

BMSTC USEFUL CONTACTS

BENEFITS, DISABILITY & WORK ADVICE	
<p>ACAS Provide employers and employees free, impartial advice on workplace rights, rules, and best practice, offer letter templates to use grievance/flexible working request, information around work laws, dispute resolution support</p>	<p>Helpline: 0300 123 1100 www.acas.org.uk Self referral online</p>
<p>Access to Work Government run scheme to keep people in work with support including: travel support including taxi fares to/from work, assessment and funding for specialist equipment such as nonstandard office equipment, technological and specialist wheelchairs, mental health support including 1:1 counselling sessions</p>	<p>Sel referral online: www.gov.uk/access-to-work</p>
<p>Citizens Advice - Reading</p>	<p>Tel: 0808 278 7819 Minster Street, Reading, RG1 2JB www.citizensadvicereading.org</p>
<p>Citizens Advice - Wokingham</p>	<p>Tel: 0808 278 7958 Waterford House, Ertstadt Ct, Wokingham RG40 2YF www.citizensadvicewokingham.org.uk</p>
<p>CommuniCare Reading Only (filling in PIP and other forms, debt, benefits advice, employment advice, housing advice, pro bono legal clinic) Home visits if necessary</p>	<p>Tel: 0118 926 3941 Email: office@communicare.org.uk www.communicare.org.uk</p>
<p>Disability Law Service Offers free legal support with benefit advice, housing issues, workplace rights including: unfair and wrongful dismissal, reasonable adjustments, discrimination in employment matters, harassment</p>	<p>Tel: 020 7791 9800 www.dls.org.uk/</p>
<p>Government Services for People with Disabilities</p>	<p>www.gov.uk/browse/disabilities</p>
<p>Reading Welfare Rights Housing & Benefits, Debt Advice (Will help filling in forms but cannot do home visits) Need to make appointment - do not offer drop-in</p>	<p>Tel: 0118 955 1070 Email: advisor@readingspecialist.co.uk 135 Cardiff Road, Reading, RG1 8JF www.readingspecialist.co.uk</p>

<p>StepChange Debt charity, free debt advice, payment plan to help you pay off debts, bankruptcy advice</p>	<p>Tel: 0800 138 1111 www.stepchange.org</p>
<p>Stepping Forward Supporting individuals and families affected by disability to access services, recreational activities, education, employment and all forms of learning</p>	<p>12A Southview Park, Marsack Street, Reading, RG4 5AF Tel: 0118 375 4729 Email: info@stepping-forward.org.uk</p>
<p>Turn 2 Us Free confidential Benefits calculator for people to check what benefits they are entitled to</p>	<p>www.benefits-calculator.turn2us.org.uk/</p>
CARERS	
<p>MS Carers Lunch Club (Reading and Wokingham Branch)</p>	<p>Heather Cresswell Tel: 01189 311 824</p> <p>2nd Thursday of the month 12.30-2.30pm various locations around Reading and Wokingham</p>
<p>Reading and West Berkshire Carers Partnership Offering support to carers in Reading, Wokingham & West Berkshire</p> <p>4 partners – CommuniCare, Reading MENCAP, (for child or adult with learning disability and or autism), Age UK Reading (age 50+), Age UK Berkshire (age 50+)</p>	<p>www.carerspartnership.org.uk</p>
<p>Signal for Carers Support for carers in Bracknell Forest, Windsor, Ascot and Maidenhead</p>	<p>www.signal4carers.org.uk Tel: 01344 266088 Email: info@signal4carers.org.uk</p>
<p>TuVida (formerly known as Reading and West Berkshire Carers Hub)</p> <p>Advice, support and information for carers across Reading and West Berkshire</p>	<p>Tel: 0118 324 7333 Email: berkshirehub@tuvida.org www.tuvida.org/</p>
CARE HOMES	
<p>Beacher Hall Care Home BUPA, Reading Residential care, respite and short stays, physical and learning disabilities, palliative care</p>	<p>Tel: 0118 9530 600 42 Bath Road, Reading, RG1 6PG</p>

	www.bupa.co.uk/care-services/care-homes/beacher-hall-reading
COUNSELLING & MENTAL HEALTH	
BMSTC Counselling	Please speak to Nikki if you would like to be referred for counselling at the Centre nikki@bmstc.org
Berkshire Mental Health Service Access mental health support, crisis resolution and home treatment team (CRHTT), mental health integrated community service (MHICS)	www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/
Compass Recovery College Free Mental health and wellbeing workshops and social groups in Reading	Tel: 0118 937 3945 Email: compass.opportunities@reading.gov.uk www.compassrecoverycollege.uk
Depression Xpression Mental health peer support group for Reading and Wokingham	www.depressionxpression.org.uk
Reading Samaritans Suicide prevention	Tel: 0330 094 5717 59A Cholmeley Road, Reading, RG1 3NB www.samaritans.org/branches/reading/
Talking Therapies Counselling (Reading, West Reading, Wokingham)	Tel: 0300 365 2000 - Option 2 www.talkingtherapies.berkshirehealthcare.nhs.uk
GENERAL SUPPORT	
Age UK Reading Social activities, support for carers, dementia groups, gardening, befriending, information and advice, coffee mornings	Tel: 0118 950 2480 Email: info@ageureading.org.uk www.ageuk.org.uk/reading/
Berkshire Vision Provide support, sport and activities to visually impaired people and their families in Berkshire.	Tel: 0118 987 2803 Email: info@berkshirevision.org.uk www.berkshirevision.org.uk
The Brigette Trust	Tel: 07469 932192

Online monthly support group for people with neurological conditions living in Surrey and emotional support and practical help from volunteers.	www.brigitte-trust.org/neurological-support-group/
Engage Befriending Volunteer befriending for age 50+ people who feel isolated and alone, coffee mornings	Tel: 0118 995 2102 www.engage-uk.org
Joy App Enables GP's and other health and social care professional to easily refer people into local services, social prescribing, search function to see what is happening in your area	www.services.thejoyapp.com
MOVEability Have active seated chair exercise classes in West Berkshire (Lambourn, Hermitage, Chieveley, Thatcham)	Tel: 0330 133 1488 www.moveability.org.uk/seated-chair-exercise-classes-in-berkshire/
Purpl Discounts Dedicated disabled discount site	www.purpldiscounts.com
Readifood Foodbank Emergency food parcel service in Reading	Email: admin@readifood.org.uk www.fcg.org.uk/readifood/
Reading Adult Social Care Services	Tel: 0118 937 3747 www.reading.gov.uk/adult-care/adultcare/about-adult-social-care/
Reading Dispensary Trust Medical charity that makes grants for equipment and services not available through statutory sources to those suffering with physical, mental illness or disability, all applications must be endorsed by a qualified health professional	Tel: 0118 926 5698 Email: theclerk@readingdispensarytrust.org.uk www.readingdispensarytrust.org.uk/
Reading Voluntary Action (RVA) Improve the lives of local people, connect communities in Reading, encourage volunteering Social Prescribing Support for people feeling lonely, wanting to improve physical health through exercise/diet, needing practical support e.g. help with form filling, information and guidance about benefits or finances. Speak to your GP, healthcare practitioner or social worker to ask to be referred	Tel: 0118 937 2273 www.rva.org.uk 3 rd Floor, Reading Library, Abbey Square, Reading, RG1 3BQ Tel: call RVA Email: social.prescribing@rva.org.uk www.rva.org.uk/social-prescribing

<p>Sequela Foundation Support for people with neurological conditions such as Parkinsons, MS, strokes, ataxia in East Berkshire. Offer exercise sessions, massage and reflexology and networking</p>	<p>www.sequelafoundation.org</p>
<p>Surrey Coalition of Disabled People For disabled people living in Surrey, taxis to foodbanks, cost of living support grants, energy efficient appliances, virtual events</p>	<p>Tel: 01483 456558 Email: info@surreycoalition.org.uk www.surreycoalition.org.uk/</p>
<p>West Berkshire Therapy Centre Specialised therapy gym with power assisted equipment for people with disabilities in West Berkshire and surrounding areas. Currently fundraising to build a Hydrotherapy pool.</p>	<p>Tel: 01635 864561 Email: info@westberkshiretherapycentre.org.uk The Frank Hutchings Hall, Bradley-Moore Square, Harts Hill Road, Thatcham, RG18 4QH www.westberkshiretherapycentre.org.uk</p>
HEALTHCARE	
<p>Bladder and Bowel (Continence) Service 10am to 2pm, Tuesday to Thursday</p>	<p>Tel: 0118 904 6540 Email: continence@berkshire.nhs.uk</p>
<p>BMSTC Continence Nurse Adviser Ceris Steel</p>	<p>Mob: 0777 623 7925 Main office: 0800 783 4228 Email: ceris.steel@nhs.net</p>
<p>Community Neurological Rehabilitation Unit (Berkshire Healthcare NHS Foundation Trust) Help managing to be as independent as possible while living with MS, e.g. memory, daily tasks, communication. Waiting list currently but they try to help as soon as possible</p>	<p>CBNRT Admin Contact Tel: 01635 273303 BHFT Referral Hub Tel: 0300 365 1234 Email: Integratedhub@berkshire.nhs.uk</p>
<p>Headway (Thames Valley) Berkshire and South Oxfordshire support for people with brain injuries</p>	<p>Tel: 01491 411 469 Email: info@headwaythamesvalley.org.uk www.headwaythamesvalley.org.uk</p>
<p>IPASS Integrated Pain and Spinal Service</p>	<p>Tel IPAS Pain: 0118 904 6140 Tel: IPAS Spine: 0118 904 6139 Email: IPASS@berkshire.nhs.uk</p>

<p>For people living with consistent chronic pain or a spinal problem, pain assessment and spinal treatments, GP referral required</p>	<p>www.berkshirehealthcare.nhs.uk/our-services/physical-and-community-healthcare/integrated-pain-and-spinal-service-ipass/</p>
<p>MS Nurses (for people attending Royal Berkshire Hospital only) Alison Cini Sarah Wyatt Diane Frampton</p> <p>(also Facebook page called “RBH MS Community” – for updates and advice but no call-back)</p>	<p>Email: alison.cini@royalberkshire.nhs.uk Email: sarah.wyatt@royalberkshire.nhs.net Email: diane.frampton@royalberkshire.nhs.net</p>
<p>MS Nurses (for people attending Frimley Park Hospital only)</p>	<p>Tel: 07467 353692 Email: fhft.neurocarenav@nhs.net and fhft.wphmsteam@nhs.net</p>
<p>MS Nurse (for people attending Basingstoke & North Hampshire Hospital only) Margaret Topping – MS Nurse</p>	<p>Tel: 01256 313256 Email: neurologyadminBNH@hhft.nhs.uk</p>
<p>Parish Nurse for Reading Gateway Church Supports members of the congregation of Reading Gateway Church</p>	<p>Jill Anders Tel: 07473 079904 Email: parishnurse@readinggatewaychurch</p>
<p>Occupational Health (OH) OH can support the overall management of disability in the workplace advising on reasonable adjustments, redeployment and medical retirement</p>	<p>www.hse.gov.uk/health-surveillance/occupational-health/ www.acas.org.uk/using-occupational-health-at-work/using-occupational-health-to-help-someone-at-work</p>
<p>Specialist Occupational Therapists Alison Newton (Wokingham area only)</p>	<p>Email: alison.newton@wokingham.gov.uk</p>
<p>LOCAL MS SUPPORT</p>	

<p>MS Society - East Berkshire Windsor, Maidenhead, Slough, Ascot, Bracknell, Crowthorne Pilates and exercise classes, coffee mornings and evenings out</p>	<p>eastberkshire@mssociety.org.uk Tel: 07703 484 204</p>
<p>MS Society - Newbury and District Newbury, Thatcham Virtual coffee mornings</p>	<p>Julie Tel: 07555 600 252 Email: newburysupport@mssociety.org.uk</p>
<p>MS Society Chairman - Reading and Wokingham Branch Rose Tocock</p> <p>MS Society Support Volunteers -Reading and Wokingham Branch Andy Welch</p>	<p>Tel: 0118 9862 591</p> <p>Email: andy.welch5@btinternet.co.uk Email: Readingsupport@mssociety.org.uk Mob: 07932 508 899</p>
<p>MSquared Reading, Wokingham and District MS Society Social group for the recently diagnosed and their partners, family and friends, meet for informal drink and chat</p>	<p>Email: msquared_rwd@yahoo.co.uk www.msreading.org.uk/events/regular-activities</p>
<p>MS NATIONAL SUPPORT</p>	
<p>Neurotherapy Network Umbrella organisation for therapy centres, provide support to centres i.e. training, peer support. Support for people with neurological conditions and HDOT UK wide</p>	<p>www.neurotherapynetwork.org.uk</p>
<p>MS Society National Helpline Helpline, online forum, research, campaigning, info booklets, regional groups, & workplace adjustment agreement template form, employee tool kit, employers tool kit</p>	<p>Tel: 0808 800 8000 www.mssociety.org.uk</p>
<p>MS Trust Helpline Helpline, focus on education, train all MS nurses, publications, healthcare professional support, research into impacts of MS</p>	<p>Tel: 0800 032 3839 Email: hello@mstrust.org.uk www.mstrust.org.uk</p>
<p>MS Together</p>	<p>www.mstogether.org Email: hello@mstogether.org</p>

Providing services of advice and support to people affected by MS aged 18-35. Peer to peer support, virtual and in person events, webinars	
MS-UK Helpline Helpline, Peer Pods – online community with a number of different topics e.g. newly diagnosed, caregivers, parents with MS, work and MS etc, webinars, new pathways	Tel: 0800 783 0518 www.ms-uk.org
Shift.MS Shift.ms app, peer support, online platform for newly diagnosed, international. Download the Shift.ms app & click the “Buddy Network” section	www.shift.ms You are very welcome to pass along my details to anyone and I can happily chat with them to explain further what the Buddy Network is. Kelly Crosby - kelly@shift.ms
Talk Health Partnership - My MS Support Programme Online support programme for people with MS	www.talkhealthpartnership.com/support/myMS
OTHER MS THERAPY CENTRES (Most nearby to us)	
Neuro Wellbeing Centre Swindon, Wiltshire (children HDOT oxygen enquiries)	www.neurowellbeingcentre.co.uk Tel: 01793 481700 Email: office@neurowellbeingcentre.co.uk
MS Therapy Centre Oxfordshire Abingdon, Oxfordshire	www.omstc.org.uk Tel: 01235 832023 Email: info@omstc.org.uk
Samson Centre for MS Guildford, Surrey	www.samsoncentre.org.uk Tel: 01483 459120 Email: info@samsoncentre.org.uk
Solent MS Therapy Centre Portsmouth, Hampshire	www.solentmstc.org.uk Tel: 023 9269 9116 Email: info@solentmstc.org.uk
Sussex MS Centre Southwick, West Sussex	www.mssussex.com Tel: 01273 594484 Email: info@mssuxxex.com
TAXI’S FOR WHEELCHAIRS	

Ave Cabs Newbury (please call to check availability for wheelchairs)	Tel: 01635 31212 www.ave-cabs.com
Green Metro Cars Reading (please call to check availability for wheelchairs) taxi service, airport taxis	Tel: 01189 666 656 Email: info@greenmetrocars.oc.uk
Motability Use qualifying mobility allowance to lease brand new adapted vehicles. Also power chairs and scooters	Tel: 0300 456 4566 www.motability.co.uk
Reading - Taxi's (specify if wheelchair used)	Tel: 0118 315 0644 www.reading-taxi.co.uk
RAC for Motability Scheme Motability Scheme vehicle is covered by RAC Motability Assist for breakdown assistance	Tel: 0800 731 1173 www.motability.co.uk/get-support/contact/broken-down/
Taxi in Reading (specify if wheelchair used)	Tel: 0118 207 3007 Email: info@taxiinreading.co.uk
Yellow Cars (including power chairs) Based in Reading	Tel: 0118 9660 555 www.yellcars.com
TRANSPORT	
Carebus Community Transport Voluntary Car Scheme Wheelchair accessible cars & group minibuses – collect from Eastern Parishes of West Berks area	Tel: 0118 930 4837 Email: info@carebus.org www.carebus.org
Downland Volunteer Group HandeBus Providing community transport bus and car booking services to the Downland Villages of West Berkshire Open hours: Mon-Fri 9.30-11.30am.	Mob: 07713 813 523 Tel: 01635 578 394 Email: dvg.office@btinternet.com Email: dvg.handebus@btinternet.com www.downlandvolgroup.org/
Keep Mobile For disabled or elderly passengers that pay council tax to Bracknell or Wokingham	Tel: 0345 544 0850 Email: admin@keepmobile.org.uk www.keep-mobile.org.uk
People to Places (pick-ups in Windsor & Maidenhead) (annual membership fee + cost of journey, telephone for details). Need to be a resident of Windsor or Maidenhead and book in advance after registering.	Tel: 01628 587 920 www.people2places.org.uk

<p>Readibus (greater Reading Borough) For people with restricted mobility. Telephone to check access area</p>	<p>Tel: 0118 931 0000 Email: bookings@readibus.co.uk www.readibus.co.uk</p>
<p>Slough Community Transport Door to door service, wheelchair accessible</p>	<p>Tel: 01753 691131 Email: scts-steph@outlook.com www.sloughcommunitytransport.com</p>
WHEELCHAIR SERVICES & PRACTICAL AIDS	
<p>Redland Mobility Sell mobility aids, wheelchairs, scooters, powerchairs, ramps, incontinence aids, showroom and home visits</p>	<p>Tel: 0118 956 0800 Email: sales@redlandmobility.co.uk www.redlandmobility.co.uk/</p> <p>6 Cholsey House, Oxford Road, Reading, RG30 1AP</p>
<p>REMAP Berkshire Robert Monk - Reading area (aims to provide practical solutions and adaptations to practical problems at cost of materials)</p>	<p>Tel: 07790 127123 Email: Berks.caseofficer@remapgroups.org.uk www.remap.org.uk</p>
<p>Sun Mobility equipment (near Asda, Reading) (Ian Aspinall – minimum of 10% reduction on all items for BMSTC Members)</p>	<p>Tel: 0118 931 4999 Email: Info@sunmobility.co.uk</p> <p>Asda Mall, Chalfont Way, Lower Earley, Reading, RG6 5TT</p>
<p>Wheelchair Clinic (Royal Berkshire Hospital)</p>	<p>0118 322 6706</p>
<p>Wheelchair Servicing (Millbrook Healthcare)</p>	<p>Tel: 0333 234 0303 - Option 2</p>

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