Support in Berkshire West

**Wellbeing Services**

1. **Wokingham Primary Care Service**

Wokingham Wellbeing Service self-referrals via [Joy](https://services.thejoyapp.com/en/oxfordshirem) or email wokinghamwellbeing@oxfordshiremind.org.uk

Please refer to the Primary Care page on OXM's website for a list of participating GP practices.

1. **Berkshire West Breathing Space**

Berkshire West Breathing Space is hosted at Ajilon House in Reading town centre and can be accessed by those who are living in Wokingham Borough, Reading and West Berkshire. Open every evening of every week including Bank Holidays from 5.00 pm until 11.00 pm.

**Self-referral**

breathing-space@together-uk.org or call us on freephone 0800 002 9091.

**Professional referral**

Please [click here to fill in the referral form](https://www.together-uk.org/berkshire-west-breathing-space-referral/).

1. **NHS Talking Therapies Berkshire**

Talking Therapies is a friendly and approachable NHS service that treats common issues like depression, stress, anxiety or phobias.

If you’re aged 17 and over and living in Berkshire, we can help you overcome the mental health and emotional wellbeing problems you’re facing.

Available for contact 8am to 8pm Monday to Thursday, and 8am to 5pm on Fridays.

<https://talkingtherapies.berkshirehealthcare.nhs.uk/>

**Self-referral**

<https://gateway.mayden.co.uk/referral-v2/7c824928-ff62-4838-855e-80d1281dfb94>

1. **Recovery in Mind**

Recovery in Mind is on a mission to improve the lives of adults living in West Berkshire with mental health challenges by delivering free of charge, inspiring and empowering  courses.

Link to contact form:

<https://recoveryinmind.org/contact-us/>

1. **Eight Bells**

Eight Bells provide support for up to 250 people living across West Berkshire whose lives are affected by mental health issues.

They offer a safe, supportive, and welcoming environment at our Drop-In Centre which is based close to Newbury Town Centre.

They work tirelessly to help members improve their lives, wellbeing, confidence, and self-esteem through volunteering and training opportunities, access to projects, a range of activities, and peer support from a dedicated team of volunteers.

Mobile 07387 962220 is manned during the following days and times:

Monday – 09:00 to 16:00

Saturday and Sunday – please leave a voicemail and you will be contacted on our next working day.

coordinator@eightbellsnewbury.co.uk

1. **Depression Xpression**

We run monthly support meetings in Reading and Wokingham. As always, our meetings are completely free of charge and everyone is welcome. We aim to provide a safe and confidential environment where everyone is listened to and treated with respect. Don’t suffer alone, come along and make new friends who understand how you’re feeling. We have speakers and demonstrations on subjects surrounding depression and anxiety as well as group discussions and a chance to share with friendly, non-judgemental peers.

 Email: depressionxpression@gmail.com

Website: [depressionxpression.org.uk](https://depressionxpression.org.uk/)

**Disability Support**

1. **Autism Berkshire**

“Our mission is to help and support anyone living with autism in Berkshire. We aim to enhance the current provision of services and support, with the purpose of improving the quality of life of people with autism and giving them maximum independence. Today we are the leading autism charity in Berkshire and deliver quality specialist services, training and social and leisure activities throughout the county, guided by a team of trustees with personal and professional experience of autism.”

**Call:** 01189 594 594

**Email:**contact@autismberkshire.org.uk

Or fill out their contact form: <https://www.autismberkshire.org.uk/contact/>

1. **Upper Lodge Farming Project**

Upper Lodge Farming Project is a social enterprise offering a therapeutic care farming service to those wishing to gain experience working and learning on a small farm with animals and in horticulture.

Supporting:

* Young adults with learning difficulties/disabilities
* Young people and adults with mental health difficulties
* Young people who are excluded or not accessing mainstream education

**Website**

[Upper Lodge Farming Project](http://www.upperlodgefarmingproject.org.uk/)

**Contact Name**

Matthew Randle and Michelle Jenkins

**Telephone**

07794 46884107976 821294

**E-mail**

info@upperlodgefarmingproject.org.uk

1. **West Berkshire SENDIASS**

The SENDIASS aims to empower children and young people with special educational needs/disabilities and their parents/carers to make informed decisions about education, health and social care.

A service for those living or working with ages 0-25yrs with Special Educational Needs and Disabilities

You can input a postcode to see if the service runs in a specific area by clicking on the following link: <https://westberkssendiass.info/home/contact-us/>

**Telephone**

0300 303 2644 (9am-5pm Mon-Fri)

**Email**

westberksiass@roseroad.org.uk

**Contact Form**

<https://westberkssendiass.info/home/contact-us/>

1. **Reading Mencap**

Reading Mencap offers support, advisory services, clubs and activities to individuals, families and carers of someone with learning disabilities in the Reading area. We have Family Advisors who visit families and provide support. We also run a number of clubs for all age groups which provide respite for the family. Our Siblings club runs in the school holidays. Please check out our website for the latest news, activities and details of our clubs or email us to find out how to become a member.

Email: office@readingmencap.org.uk

Phone: 0118 966 2518

Website: [www.readingmencap.org.uk](http://www.readingmencap.org.uk)

**Young People**

1. **Time to Talk - West Berkshire**

Time to Talk West Berkshire is an independent charity providing FREE confidential counselling services to young people in need, aged 11- 25.

Email: hello@t2twb.org

Phone: 01635 760331

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07794 46884107976 821294

**E-mail**

info@upperlodgefarmingproject.org.uk

1. **ARC**

ARC provide a free counselling, advice and information service, primarily for children, young people and their families. They also provide training for teachers and help to set up anti-bullying schemes.

They offer: someone who is trained and willing to listen; a warm and friendly welcome; access to various support groups to help with particular problems; a comprehensive information service; information and support if you are helping someone who is unwell or disabled; a free and confidential service.

Email: coordinator@arcweb.org.uk

Phone: 0118 977 6710

Website: [www.arcweb.org.uk](http://www.arcweb.org.uk)

1. **No5**

No5 is a community- based organisation offering counselling and support to young people and those around them. Their counselling sessions are provided by fully trained volunteer counsellors. We have 65 counsellors offering sessions five days a week. Our volunteers come from all walks of life and backgrounds but all share a commitment to supporting young people.

Counselling Phone: **0118 901 5668**

E-mail: **info@no5.org.uk**

Website: no5.org.uk/

**Local Crisis Support**

West Berkshire Children’s Services: 01635 503090

Common Point of Entry – Mental Health Crisis Service Berkshire: 0300 365 0300

**Befriending**

1. **Age UK Berkshire**

“We provide a free befriending service in Reading, Bracknell and West Berkshire. Our team of dedicated and caring volunteers visit clients in their own homes or speak to them on the phone to provide companionship and engage in friendly conversation.  We offer free Telephone Befriending for anyone in the Berkshire area, including Slough. Telephone befriending is useful for those who would like to talk to someone on a regular basis, without having someone visit them at home.”

<https://www.ageuk.org.uk/berkshire/our-services/befriending/>

**0118 959 4242 or**info@ageukberkshire.org.uk

1. **Re-Engage Berkshire**

[Re-Engage](https://www.reengage.org.uk/) is a national charity devoted to combating loneliness among the over 75s. Across Berkshire, Re-Engage run social support groups and the calls companion service.

You can apply by filling out this [online form](https://www.reengage.org.uk/join-a-group/apply/).

Telephone: 0207 881 2361

Email: suzan.hyland@reengage.org.uk