
The Ascot Project

Improving the quality of life of older people

Help in your home provided by local organisations	
Repair with Care: <i>free advice on home improvements organised by Maidenhead and District Housing Association</i>	01628 543100
The Winter Warmth Scheme: <i>advice on heating and insulation provided free of charge</i>	0800 952 1555
Lifeline Alarm: <i>An alarm system that can call for help when you are unable to get to the phone</i>	01628 543100
Message in a bottle: <i>A simple way of storing important information in case of emergency</i>	01753 546821
Meals on Wheels: <i>Delivered to your own home</i>	01628 683744
Voluntary sector organisations	
Chandler Centre: <i>A place for older people to meet during the day —will also deliver meals</i>	01344 624923
Ascot Volunteer Bureau: <i>Provides volunteer transport and organises volunteering opportunities</i>	01344 625520
Windsor and Maidenhead Voluntary Action: <i>Recruits volunteers and provides support, information and training for volunteers and organisations</i>	01753 622433
Ascot Alzheimer's Support Group	01344 886887
People to Places: <i>Provides a volunteer transport service for those with specific needs</i>	01628 584658/9
Support for Carers	
RBWM Social Services: <i>Carry out carers' assessments and arrange breaks for those in greatest need</i>	01628 683744
Care Plus: <i>Support group for carers with monthly meetings sharing valuable information</i>	01344 620984
Windsor and Maidenhead Crossroads: <i>Provides breaks for carers, subject to an assessment of need</i>	01753 833788
PRT Carers Helpline: <i>Offers information and emotional support to carers</i>	0118 950 5177

Emergency services and security advice	
Ambulance/Fire/Police: <i>All emergencies</i>	999
Thames Valley Police: <i>Non-emergency phone number</i>	0845 8 505 505
Victim Support Windsor and Maidenhead: <i>Local branch of charity for people affected by crime</i>	01628 636367
Berkshire Bobby Scheme: <i>Free advice on home security, including fitting new locks where needed</i>	01628 645785
Neighbourhood Watch: <i>Volunteer organisation aiming to improve community safety and reduce crime</i>	01344 623261
Advice lines	
NHS Direct: <i>Round the clock nurse led advice and information service</i>	0845 46 47
RBWM Social Services: <i>Able to respond to a wide range of requests for information and support</i>	01628 683744
Berkshire Disability Information Network: <i>An information service for disabled people and carers</i>	01344 301572
Age Concern: <i>National information line</i>	0800 009 966
SANELINE: <i>For mental health users and carers</i>	0845 7678000
CRUSE: <i>Bereavement care</i>	01344 411919
Samaritans: <i>Listening service in times of crisis</i>	0845 790 9090
Citizens Advice Bureau	0845 1202969
Other potentially useful numbers	
Disabled Parking Scheme	01628 683711
Better Caring: <i>Information on registered care homes</i>	0845 6441701
Charters Leisure Centre	01344 628686
Windsor, Ascot and Maidenhead Primary Care Trust: <i>Patient Advice and Liaison Service: Advice, information and support to patients & carers</i>	01753 636112
Ascot Durning library	01344 620653
Sunninghill library	01344 621493
Charters Adult Education	01344 302614