



YOUNG CARERS

Young Carers are children under 18 who care for parents, other relatives or siblings who have mental or physical illnesses or disabilities. We provide information, advice and counselling to Young Carers and their families. All the children on our list receive a regular Newsletter 'KIT'. We organise regular 'respite breaks' for children, including day trips and weekends away. We have drops ins at the Centre on Tuesdays and Thursdays after school. We have a 'Freephone' so that Young Carers can contact the office free of charge at any time. We also have a Mentoring Scheme to support vulnerable children.

NEWSLETTER

We produce a regular newsletter which is sent out to adult individual carers as well as to libraries, health centres, social services offices and other organisations in the Borough. It contains information about services and benefits and news about what is going on for carers in Lewisham and elsewhere. If you would like to be put on the FREE mailing list, contact our office. The Newsletter is also available on our Web Site.

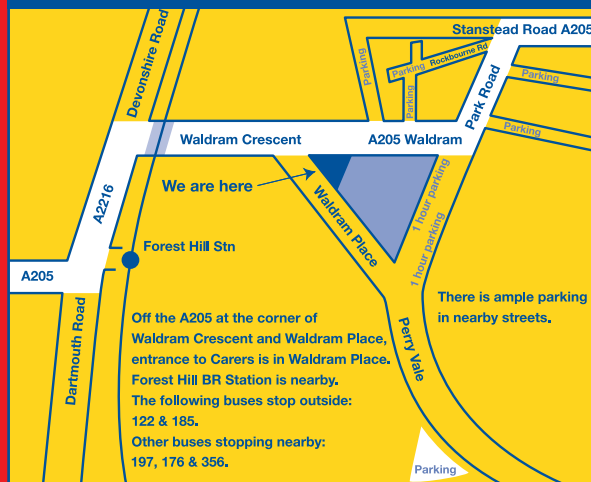
HIGHLIGHTING CARERS' NEEDS

CARERS LEWISHAM ARE INVOLVED IN HELPING THE COUNCIL, HEALTH TRUSTS, etc., to plan for better services for carers. We help them consult with carers to ensure your views as carers are heard and acted upon. If you would like to get involved in being consulted, contact the Carers Lewisham Office. We are also involved with training professionals - Nurses, GPs, Social workers, etc., so that they have a better awareness of carers' needs.

EVENTS

WE ORGANISE OCCASIONAL SPECIAL EVENTS FOR CARERS: Carers' Information Days; Market Stalls; Exhibitions; Relaxation Days and other respite activities. These are open to all the carers registered with Carers Lewisham and are advertised in our Newsletter.

FINDING CARERS LEWISHAM



Carers Lewisham is wheelchair accessible

DONATIONS

Carers Lewisham is a Charity and we do rely on donations to help us develop our work. If you are able to make a donation it would be very gratefully received. Thank you.



TO ACCESS ANY OF OUR SERVICES
RING OUR HELP LINE:
020 8699 8686

LEWISHAM CARERS CENTRE

Waldram Place, Forest Hill, London SE23 2LB
Email: info@carerslewisham.org.uk
Website: www.carerslewisham.org.uk



Registered Charity No: 1073592 Registered. Company No: 3681548

What is Carers Lewisham and What Do They Do?



020 8699 8687



ADVICE AND INFORMATION

We provide advice and information on subjects of benefit to carers, for example:

- Financial benefits
- Holidays and getting a break
- Managing the care of your cared for person
- Getting access to services and support

You can talk to us on the phone, by calling our Help-Line number. Alternatively, if you have a complicated problem you would like to discuss, we are also happy to see you in person. Please make an appointment by phoning our Help-Line. We can see you at a convenient time for you - including evenings. We can also help you by providing an Advocate to help you if you need support to go to a tribunal, case conference, panel, etc. We also produce written information leaflets on a range of topics. Please phone up and ask if we have the information you need. If we can't help we'll try to find someone who can!

We are open:

Mondays 9.30am - 8.30pm

Tuesday and Thursday 9.30am - 6pm (4.30pm in school holidays)

Wednesday and Friday 9.30am - 4.30pm

COUNSELLING FOR CARERS

If you feel you would benefit from talking to someone one-to-one on a more regular basis for emotional support, we can also offer longer term counselling for carers. We have a group of trained, supervised and supported volunteers to provide this service and we can offer it in several languages other than English.

We are a member of the British Association of Counselling and thereby adhere to their code of ethics. **This service is FREE.**

RESPIRE CARE SERVICE

WOULD YOU LIKE A BREAK FROM CARING?

We are able to offer occasional short breaks to enable you to attend a family gathering; go out with friends; have a long hot bath in peace; attend a health clinic or other health appointments. We use paid care workers from an agency. If you have a preferred care worker we may be able to negotiate to pay them to provide your service. If you would like to use this service please give us a ring and we will send you a registration pack. We also have access to funds to enable you and/or the person you care for to purchase a holiday.

WHO ARE THE CARERS?

A CARER is someone who, unpaid, supports practically or emotionally a parent, child, partner other relative or friend who has a long term mental or physical illness or disability.

WHAT IS CARERS LEWISHAM?

WE ARE A LOCAL INDEPENDENT CHARITY

funded by Lewisham Council, the Lewisham Primary Care Trust, a range of private Trusts and by donations. We are a member of the Princess Royal Trust for Carers Network. We provide advice, information and support to anyone who has caring responsibilities in the London Borough of Lewisham. If you look after a disabled, ill or frail relative or friend please do not hesitate to contact us if we can help you.

ALL services are FREE!

A LISTENING EAR

Sometimes what a carer needs most of all is a sympathetic and understanding person to talk to. We are here to listen to YOU the carer, we understand your problems and difficulties and are here for YOU.

CARERS EMPLOYMENT & TRAINING PROJECT

Provides advice, support and a range of classes to enable carers to consider paid employment at some time in the future and/or to help them in their caring role. This service includes regular IT classes, personal development, Life Coaching, job search skills, volunteer placements, etc.

COFFEE MORNINGS, SUPPORT GROUPS AND COURSES

Carers Lewisham run weekly Coffee Mornings at the Centre for all carers, plus monthly coffee mornings and sessions for Parent Carers, Male Carers, Older Carers (aged 75+), Working Carers. We also run one off Well Being Sessions, Relaxation days, Massage Sessions, etc. In addition, we run regular month specialist drop in sessions for carers of people with Dementia or Mental Health Problems.

There are also a small number of sessions and groups run in health centres around the Borough. If transport is a problem or you need to arrange a sitter for the person you look after, we may be able will help.