

*I would like to support  
The Lewisham  
Carers Centre*

I would like to donate

£5

£10

£20

£50

Other (please state amount):

All donations are very gratefully received

Name:

Address:

We can claim extra money from the government if you are a UK tax payer. Please sign the statement below to enable us to claim. 'I am a UK tax payer. Please reclaim tax on my donation' signed:

.....

Please make cheques payable to  
'Carers Lewisham'

Carers Lewisham  
The Princess Royal Trust for Carers  
Lewisham Carers Centre  
Waldram Place  
Forest Hill  
London, SE23 2LB  
Email: [info@carerslewisham.org.uk](mailto:info@carerslewisham.org.uk)

**SUPPORT  
YOUR LOCAL  
LEWISHAM  
CARERS  
CENTRE**



**Tel: 020 8699 8686**

Reg. Charity No:1073592 Reg Company No: 3681548

# WHAT IS CARERS LEWISHAM?

Carers Lewisham provides advice, information and support to anyone caring for a disabled, frail or ill relative or friend in the London Borough of Lewisham. We provide a range of services such as respite care, benefits and services advice, support to children with caring responsibilities, a regular newsletter, regular support groups for carers, workshops, counselling, advocacy, a training and employment project etc. We presently support over 3500 local carers.

We have been helping carers in Lewisham for the past 15 years.



## What Carers Say about Carers Lewisham:

*"... this is such a valuable lifeline and has certainly prevented my health from deteriorating"*

*"I was able to talk about my problems without being criticised or judged"*

The Carers Lewisham Respite Service *"enabled me to spend some quality time with my husband"*

*"Thanks for the Lewisham Carers service, more so when my Husband is getting out of hand and I am frustrated with his behaviour and I call for help and get a quick response to my call."*

*"Thanks to God strength and to Lewisham Carers, I don't know how I would be able to be coping."*

*"I am a relatively "new" Carer and as yet have had few problems to contend with. For this reason I haven't used any of your services yet. However, it's extremely likely that I'll shall need more help in the future and I have been immensely relieved to learn of all the support and services you provide – through your Newsletter, Information Packs and through talking to two very warm and helpful people from your organisation."*

## HOW CAN YOU HELP?

You can donate money now to help support the services that Carers Lewisham provides.

### For example:

- £2** will pay for a newsletter to be sent to a carer for one year.
- £5** will pay for and information pack to be sent to 2 new carers.
- £10** will pay for a carer to have one hour's break
- £15** will pay for a carer to have a counselling session
- £20** will pay for a home visit
- £50** will pay for 10 carers to attend an information workshop

*You may like to think about leaving Carers Lewisham a Legacy in your Will. Speak to your solicitor when you are next updating your arrangements.*

