

I would like to become a Supporter Member of Carers Lewisham, the Princess Royal Trust Lewisham Carers Centre. Member details will be kept on a computerised register, but will not be divulged to third parties.

PLEASE PRINT IN BLOCK CAPITALS

FIRST NAME:

SURNAME:.....

ADDRESS.....

.....

.....

POSTCODE.....

TEL No.....

EMAIL ADDRESS:

SIGNATURE.....

DATE.....

DONATIONS

Membership is FREE but if you would like to give a donation to support the work of Carers Lewisham, we would be very grateful.

Please note the amount of any donation here.

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If you are a tax payer we can claim back money from the Government which increases the size of your donation.

If you are a UK tax payer please sign below. (You can also give regular donations by standing order if you wish, call Carers Lewisham for more information)

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THANK YOU VERY MUCH!

Please make any cheques payable to 'Carers Lewisham'

RETURN FORM TO CARERS LEWISHAM, FREEPOST LON7641,
LONDON, SE23 2BR. THANK YOU.

Please Support Carers Lewisham

The Princess Royal Trust for Carers

Lewisham Carers Centre

and help

Lewisham`s Carers!



Carers Lewisham supports 4500 Carers* in the Borough of Lewisham, over 450 are children under the age of 18. Could YOU support us and the work we do and help us reach the 15,000 'hidden' carers in the Borough?

If you would like to help please become a Supporter Member of Carers Lewisham in 2009 ITS FREE!

**A Carer is someone who supports (unpaid) a mentally or physically disabled, frail or ill partner, child, other relative or friend*

**Lewisham Carers Centre, Waldram Place,
Forest Hill, London, SE23 2LB Tel: 020 8699 8686**

Reg. Charity No. 1073592

Reg. Company No: 3681548. Registered in England

Carers Lewisham invite and welcome Supporter Members who are:

**Carers; Former Carers;
Professionals; the General Public;
Groups; Organisations and Businesses
to complete the application form attached
at the back of this leaflet. ITS FREE!
Being a Member entitles you to vote at the AGM**

**Support
Carers Lewisham
The Princess Royal Trust for Carers
and support Lewisham`s carers!**

LEGACIES

We know this can be a difficult subject but as a Supporter of Carers Lewisham we would be very grateful if you might consider (or you may already have!) leaving Carers Lewisham a Legacy in your Will. Ask your solicitor when you are next updating your arrangements. They will only need our Charity name, address and Charity number (see the front of this leaflet). Carers Lewisham have produced a basic information leaflet about the importance of making a Will and how you can leave money to Charity. If you would like a copy please phone us on 020 8699 8686. **Thank you very much.**

Carers Lewisham

PROVIDES THE FOLLOWING SERVICES AND SUPPORT TO LOCAL CARERS:

- ♥ Advice and information to help carers cope better with their caring responsibilities
- ♥ Groups, coffee mornings and other get togethers to enable carers to feel less isolated
- ♥ Massage sessions and relaxation/health days to help carers look after their OWN health
 - ♥ Young Carers (under 18) clubs and outings and other support to give them a break from caring
- ♥ Training session to help carers cope healthily with their often demanding responsibilities
- ♥ Support with returning to paid employment when the time is right
- ♥ Help carers claim benefits and services they and their cared for person are entitled to
- ♥ Provides a listening ear and a counselling service to give carers emotional support
 - ♥ Provides sitters and funds to enable carers to have a break

These services are FREE to Carers in Lewisham.