

## Some Useful Contacts

**Childline** Listens to and supports children and young people who have problems.  
Tel: 0800 1111

**Candle Project** St Christopher's Hospice.  
Bereavement support is offered to an individual or group.  
Tel: 020 8768 4586

**ISIS** Afro-Caribbean Mental Health  
Tel: 020 8695 1955

**Cassel Centre** Counselling for families  
Tel: 020 8291 3436

**National Association for Children of Alcoholics** Helpline for families  
Tel: 0800 358 3456

**Macmillan** Cancer Helpline  
Tel: 0808 808 0000

**Frank** Drugs Helpline  
Tel: 0800 776 600  
or [www.talktofrank.com](http://www.talktofrank.com)

**Multiple Sclerosis** Helpline  
Tel: 0808 800 8000

**British Epilepsy Association** Helpline  
Tel: 0808 800 5050

**British Diabetic Association** Helpline  
Tel: 020 7424 1000

### **Sicklenemia**

Support to children and young people and families affected by sickle cell anaemia and thalassemia by giving: Information, Practical and Emotional Support  
Tel: 020 8291 4804 PO Box 24968, London, SE23 3GQ

### **Connexions**

Connexions provides advice, guidance and support for young people aged 13-19 whenever they need it. Each young person receives professional help on all matters relating to personal, social educational, financial, career and health issues.

Tel: 020 8297 3330 209-211 Lewisham High St, SE13 6LY

Website: [www.connexions.gov.uk](http://www.connexions.gov.uk) Email: [info@LondonEastConnexions.co.uk](mailto:info@LondonEastConnexions.co.uk)

## Lewisham Child and Adolescent Mental Health Service

Offers support to children and young people of substance misusing parents.

**Tel: 020 7138 1100** Kaleidoscope, 32 Rushey Green, Catford SE6 4JF

**Website: [www.slam.nhs.uk](http://www.slam.nhs.uk)**

## Building Bridges Family Action

This provides practical support to families where a parent has a physical disability or mental health problem.

**Tel: 020 8690 3636**

## Lewisham Social Care and Health - Joint Assessments of Need.

To find out the relevant social work team,

This involves carers in the assessment of the person they care for and gives carers the opportunity to:

- express their view on the needs of the client
- have services provided to the client to support their role as carer
- access short break schemes
- have occasional sitting provided
- receive information of support available; receive Department of Health leaflet "How to get help in looking after someone, A carers guide to a carers assessment"
- be offered a separate assessment of need if eligible

**Tel: 020 8314 6000**

**Lewisham Social Care and Health - Separate Carers Assessment of need for Young Carers - If caring for Older Adult (over 65) contact **020 8314 8866** and if caring for Younger Adult (under 65) contact **020 8314 7766****

- Assessments can lead to accessing the following services:
- Short break schemes
- Occasional day or night sitting provided directly funded by Carers Grant
- Housework or a range other services
- Benefits advice

Young Carers Lewisham, The Princess Royal Trust,  
Lewisham Carers Centre,

Waldram Place, Forest Hill, London SE23 2LB

**Tel: 020 8699 8686 Fax: 020 8699 0634**

**Email: [info@carerslewisham.org.uk](mailto:info@carerslewisham.org.uk) [www.carerslewisham.org.uk](http://www.carerslewisham.org.uk)**

