

SUPPORT US:

Carers Lewisham is a charity and we rely on the support of generous individuals and organisations to continue the work we have been doing to support Carers in Lewisham. Every donation will be very gratefully received and used to benefit carers and their families in Lewisham.

As an individual there are many ways to support us:

- Donate
- Remember Carers Lewisham in your will
- Volunteer with us
- Organise fundraising events
- Take part in a challenge!

Companies can become an official sponsor for events or specific projects. Choosing Carers Lewisham as your Partner Charity will:

- Enhance your company's profile
- Increase employee involvement through fundraising activities
- Improve team work and morale, motivation and customer loyalty
- Show commitment to Corporate Social Responsibility issues.



For full up to date details about all our services

please look at our website:

www.carerslewisham.org.uk

To access any of our services please ring our helpline:

020 8699 8686

or email us at info@carerslewisham.org.uk

OPENING TIMES:

Monday to Friday: 9am - 5pm



LEWISHAM CARERS CENTRE

Waldram Place, Forest Hill, London SE23 2LB

Email: info@carerslewisham.org.uk

Website: www.carerslewisham.org.uk

'Like' us on Facebook - Carerslewisham

Twitter: @icarelewisham



Registered Charity No: 1073592 Registered. Company No: 3681548



Do you look after someone?



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. A carer can be of any age and from any background in our local community

020 8699 8686

www.carerslewisham.org.uk



WHAT DO WE DO?

ADVICE AND INFORMATION

- Financial benefits
- Combining paid work with caring
- Getting practical help in the home
- Managing the condition of your cared for person
- First Aid
- Getting support from health and social care
- Your rights as a carer
- Specialist support for Dementia Carers, Mental Health Carers, Parent Carers, Older Carers, Male Carers, Young Adult Carers (18-25), Young Carers (under 18), carers for someone nearing the end of their life, unemployed carers.

LOOK AFTER YOUR PHYSICAL AND EMOTIONAL HEALTH

- Someone to talk to who understands
- Opportunities to meet others in similar situations
- Specialist support (as above)
- Counselling and therapy
- Mentoring for Young Carers (aged 18 and under)
- Coping Strategies training
- Relaxation days, pampering, massage
- Caring for yourself.

THINKING ABOUT THE FUTURE

- We provide help completing Lasting Power of Attorney and forms which allow you to make decisions for your loved one about their personal welfare, finances and property.

A BREAK FROM CARING

- Access money for you to have a holiday or time out from caring
- Outings and activities for adults and children with caring responsibilities
- Enjoyable and creative activities at the Carers Centre and at neighbourhood hubs throughout the Borough of Lewisham help you relax for a while and learn a new skill
- Drop Ins twice a week and regular clubs for Young Carers aged from 5-16.



WHO WE ARE?

WE ARE A LOCAL INDEPENDENT CHARITY funded by the London Borough of Lewisham, the Lewisham Clinical Commissioning Group, private trusts, the Lottery, donations and legacies. We are a member of the Carers Trust and Carers UK. We support anyone of any age or background who has caring responsibilities in 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.

WE BELIEVE

That carer should be:

- Recognised
- Valued
- Supported
- Involved
- Able to have time to be a person in their own right
- Treated as an individual.

HOW DO WE OPERATE?

We have dedicated Carers Support Officers working across all neighbourhoods throughout Lewisham. This local service provides carers with more easily accessible advice, information and support, and a variety of social activities near to where they live and look after their loved ones.

020 8699 8686

www.carerslewisham.org.ok