

**Carers Network
Beethoven Centre
Third Avenue
London
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Subscribe to Carers Network's quarterly
newsletter and regular e-bulletin by emailing
info@carers-network.org.uk

www.carers-network.org.uk

Get In Touch:



t: 020 8960 3033



e: carers@carers-network.org.uk



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Are you a **carer**?
Do you **look after**
someone?

**A parent? A partner? A friend or
neighbour?**

A carer provides **unpaid help and support** to someone who could not manage without this help.

carers network can help you if you look after an adult living in:

- City of Westminster
- London Borough of Hammersmith & Fulham
- The Royal Borough of Kensington & Chelsea
- City of London.

We can help you with:

- Carers Assessments – enabling you to be better supported in your caring role;*
- Accessing grants – to assist you in your role.*
- Support groups;**
- Advice drop-ins (no appointment needed);
- Information, advice and guidance;
- Social events and activities;
- Having your say and helping to make a difference through local Carer Forums.

**All boroughs apart from the City of London.*

Please call 07980 744 511 for further information about the City.

***All boroughs apart from The Royal Borough of Kensington and Chelsea. Please call 020 8960 3033 for further information.*



Carers Advice Line

(All boroughs apart from The City of London)

Monday & Wednesday*: 9am-1pm

(*except 3rd Weds of month)

Tuesday: 1pm-5pm, Thurs & Fri: 9am-11am

Out of hours: 3rd Weds of month: 3pm-6:30pm

t: 020 8960 3033

City of London Carers Advice Line

Wednesdays: 3pm-7pm

t: 07980 744 511

Carers Network also runs two specialist projects:

End of Life Carers Project

This project is a special carers' service designed to provide dedicated casework support to carers aged 18 or over, who are looking after someone in the later years of life or coming towards the end of their life.

For this project, the person you are looking after would either:

- Have been diagnosed with a terminal illness; or
- Is 80 or over, and has general frailty and/or co-existing conditions; or
- Is in a residential or nursing home.

Former Carers Project

This project is for carers who have stopped caring for someone and are looking to explore their options for the future.

The expert help includes:

- Advice on practical issues like money, employment or housing;
- A confidential, one-to-one listening ear;
- Help to find new activities like hobbies or volunteering;
- Workshops to learn new skills.

To find out more or to refer yourself to either project please call 020 8960 3033 or email carers@carers-network.org.uk