

Wandsworth Carers' Centre



We are a local charity supporting unpaid Carers who live in, or care for someone who lives in, the borough of Wandsworth.

A Carer is someone who without payment provides help and support to a relative or friend who could not manage without their help due to frailty, illness, disability, a mental health condition or substance misuse.

We offer free, confidential and professional services to support Carers in their caring role and to help them to look after themselves. Our services include:-

- **Information & Advice** on a wide variety of things e.g. welfare benefits, help with forms, applying for grants, housing, accessing other services.
- **Back Care, Counselling & Complementary Therapies** to help Carers care for themselves
- **Carers Breaks** - advice and support to help Carers have a break from caring e.g. help to find and book holidays, outings, advice on respite care etc.
- **Carer Peer Support Groups** – separate groups for Learning Difficulties, Dementia, Older People, Mental Illness, Substance Misuse, Asian Carers, Stroke, ex-Carers and a coffee club for all Carers.
- **Training** to help Carers in their caring roles.
- **Carers' Bulletin** - information and news on issues affecting Carers.
- **Specialist support** - for Carers of adults with a mental health condition, Carers affected by another adult's drug or alcohol misuse, and Asian Carers.
- **Participation** - getting involved, influencing services and having a voice.

We are committed to providing services to all sections of the community and we take positive steps to promote equality. Our offices are accessible and members of staff speak Hindi, Punjabi, Gujarati, Urdu, Vietnamese and Cantonese, as well as English.

Please contact us to find out more about how we support Carers

Wandsworth Office: 020 8877 1200 Monday - Friday 9.30 - 5.30
181 Wandsworth High Street, SW18 4JE. Fax: 020 8877 3936

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