






## At St George's, we are committed to identifying and supporting unpaid carers.

This could be you, if you look after, or help to look after a family member, partner or friend due to illness, mental health issues, disability or addiction. We want to make sure you have access to support, and we have produced this leaflet with key contacts and information to ensure you are able to access the information you need.

St George's hospital serves a large population, covering more than one borough, so suggested support by borough is offered, with some other useful contact information, suggested by patients and carers.

Borough	Organisation	Email address	Telephone
Wandsworth	Wandsworth Carers' Centre 	<a href="mailto:info@wandsworthcarers.org.uk">info@wandsworthcarers.org.uk</a>	0208 877 1200
Merton	Carers First 	<a href="mailto:hello@carersfirst.org.uk">hello@carersfirst.org.uk</a>	0300 303 1555
Lambeth	Carers' Hub Lambeth 	<a href="mailto:connect@carershub.org.uk">connect@carershub.org.uk</a>	0207 501 8970
Southwark	Southwark Carers 	<a href="mailto:info@southwarkcarers.org.uk">info@southwarkcarers.org.uk</a>	0207 708 4497
Kingston	Kingston Carers' Network 	<a href="mailto:admin@kingstoncarers.org.uk">admin@kingstoncarers.org.uk</a>	0203 031 2757
Croydon	Carers Information Service 	<a href="mailto:info@carersinfo.org.uk">info@carersinfo.org.uk</a>	0208 649 9339 option 1
Sutton	Sutton Carers Centre 	<a href="mailto:enquiries@suttoncarerscentre.org">enquiries@suttoncarerscentre.org</a>	0208 296 5611
Young Carers	Wandsworth Young Carers Project	<a href="mailto:youngcarersproject@wandsworth.gov.uk">youngcarersproject@wandsworth.gov.uk</a>	

## In the Hospital

Macmillan Cancer Support [cancer.information@stgeorges.nhs.uk](mailto:cancer.information@stgeorges.nhs.uk) 020 8725 2677

Patient advice and liaison service (PALS) [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk) 020 8725 2453

Bereavement Services [Bereavement.Services@stgeorges.nhs.uk](mailto:Bereavement.Services@stgeorges.nhs.uk) 020 8725 3410 or 020 8725 3411



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## Other organisations that may provide useful advice

Cancer Research <a href="http://www.cancerresearch.org.uk">www.cancerresearch.org.uk</a>	Diabetes UK <a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a>	Macular Society <a href="http://www.macularsociety.org">www.macularsociety.org</a>	Alzheimers Society <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>
RNIB - Help for visually impaired patients <a href="http://www.rnib.org.uk">www.rnib.org.uk</a>	Royal Association for the deaf <a href="https://royaldeaf.org.uk">https://royaldeaf.org.uk</a>	Dementia UK <a href="http://www.dementiauk.org">www.dementiauk.org</a>	Stroke Association UK <a href="http://www.stroke.org.uk">www.stroke.org.uk</a>
Asthma UK <a href="http://www.asthamaandlung.org.uk">www.asthamaandlung.org.uk</a>	Haemophilia Society <a href="https://haemophilia.org.uk">https://haemophilia.org.uk</a>	Anaphylaxis UK <a href="http://www.anaphylaxis.org.uk">www.anaphylaxis.org.uk</a>	British Red Cross <a href="http://www.redcross.org.uk">www.redcross.org.uk</a>
Royal Voluntary Service - RVS plus NHS & Care volunteer responders <a href="http://www.royalvoluntaryservice.org.uk">www.royalvoluntaryservice.org.uk</a>	Samaritans <a href="http://www.samaritans.org">www.samaritans.org</a>	Mind - for mental health help <a href="http://www.mind.org.uk">www.mind.org.uk</a>	Citizen's advice <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>
Carers Trust <a href="http://www.carers.org">www.carers.org</a>	Carers UK <a href="http://www.carersuk.org">www.carersuk.org</a>	NHS Talking therapies <a href="http://www.nhs.uk/mental-health">www.nhs.uk/mental-health</a>	Age UK <a href="https://www.ageuk.org.uk/">https://www.ageuk.org.uk/</a>

## St George's and Epsom and St Helier (GESH) Carers Forum

We want to hear from carers, we want to listen to, and support carers, offering opportunities to meet other carers. If you would like to be part of the new GESH Carers Forum, please contact [patientexperienceevents@stgeorges.nhs.uk](mailto:patientexperienceevents@stgeorges.nhs.uk)