

Support

Carers First

Carers First is here to support all carers in Merton, providing personalised information and tailored support in the way that suits them: online, on the phone, or face-to-face in their local community.

They are a charity specifically for carers and understand that your needs and situation are as unique as you are. They can help you find the support right for your needs.

Contact details:

Carers First
Waltham Forest Resource Hub
1 Russell Road
Leyton, London, E10 7ES
Telephone: 0300 303 1555
Email: hello@carersfirst.org.uk
Website: www.carersfirst.org.uk

Carers First

Support

Sutton Carers Centre

Sutton Carers Centre aims to help ensure that no carer has to reach crisis point before they get the support they need.

They provide free and confidential information, advice and support services, including Benefit checks to explore any benefits or concessions you or the person you care for may be entitled to, and a schedule of regular support and social groups.

Region:

London, Sutton

Contact details:

1st Floor, Sutton Gate
1 Carshalton Road
Sutton, SM1 4LE
Telephone: 020 8296 5611
Email: enquiries@suttoncarerscentre.org
Website: www.suttoncarerscentre.org



Identify



Are you a Carer?

Do you look after a family member, partner or friend who needs help because of their illness, frailty, disability, mental health or an addiction and they couldn't cope without your support?

If the answer to this is **YES**, then you are an unpaid carer.

Did you know?

- An unpaid carer could be an adult or child.
- Around 7 million people in the UK are carers - that's one in ten adults.

For further information, contact:

Email:

patientexperience@stgeorges.nhs.uk

Telephone:

0208 725 1986/0208 296 4326

Website: www.stgeorges.nhs.uk

Register

At St George's, Epsom and St Helier University Hospitals and Health Group

If the person you care for is currently on a ward then let us know. We'll make sure your details are on our system as the patient's unpaid carer and provide you with supporting information from our Carers Ward Pack.

At your GP

It's important to register at your GP as a carer. They'll add it to your medical records and can provide several carer's services including flu vaccinations and COVID -19 boosters, free annual health checks and signposting to health and social care services.

Support

There is a lot of support available to both adults and children who are carers - for physical and mental health, along with information and advice.



Support

Get a FREE Carer's Assessment

Contact your local authority social services team to ask for a FREE Carer's Assessment. They will advise on what might make life easier including respite breaks, help with gardening and housework, training on lifting safely and advice about benefits (subject to criteria).

As soon as you have identified yourself as a carer register with your local carers organisation. That way you can find out all the support options that are available to you, before you need them.

Don't wait until you reach a crisis point before seeking the help you need.

Where can I find support?

Our local support organisations are based in Wandsworth, Merton, Sutton, Lambeth and Southwark. For other carer services near you, please use the postcode checker www.carers.org

If you have any accessibility requirements, please talk to a member of the team.

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Support

Wandsworth Carers' Centre

Wandsworth Carers' Centre is a local charity dedicated to supporting unpaid Adult and Young Carers across Wandsworth.

They provide practical advice, emotional support, and access to a wide variety of services for carers who live in the borough, care for someone who lives in the borough or who are registered with a Wandsworth GP.

Services include - one-to-one support, specialist advice on carers' rights and benefits, peer support groups, training sessions, and regular events to help carers stay connected.

Region: London, Wandsworth

Telephone: 020 8877 1200

Email: info@wandsworthcarers.org.uk

Website: www.carerswandsworth.org.uk

