








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.

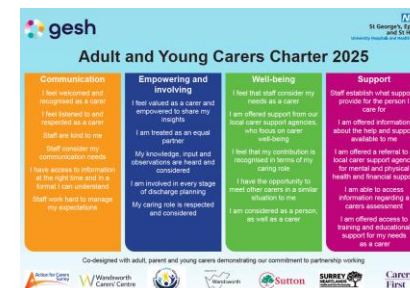
Borough	Organisation	Email address	Telephone
Wandsworth	Wandsworth Carers' Centre 	info@wandsworthcarers.org.uk	0208 877 1200
Merton & Croydon	Carers First 	hello@carersfirst.org.uk	0300 303 1555
Lambeth	Carers' Hub Lambeth 	connect@carershub.org.uk	0207 501 8970
Southwark	Southwark Carers 	info@southwarkcarers.org.uk	0207 708 4497
Kingston	Kingston Carers' Network 	admin@kingstoncarers.org.uk	0203 031 2757
Surrey	Action for Carers 	carersupport@actionforcarers.org.uk Carers under 18 SYC@actionforcarers.org.uk	0303 040 1234
Sutton	Sutton Carers Centre 	enquiries@suttoncarerscentre.org	0208 296 5611
Young Carers	Wandsworth Young Carers Project	youngcarersproject@wandsworth.gov.uk	

In the Hospital

Macmillan Cancer Support cancer.information@stgeorges.nhs.uk 020 8725 2677

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

Bereavement Services Bereavement.Services@stgeorges.nhs.uk 020 8725 3410 or 020 8725 3411



Other organisations that may provide useful advice

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

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 St George's, Epsom and St Helier (GESH) Carers Forum, please contact patientexperience@stgeorges.nhs.uk