

Extract from the 2005 Edition of the Southwark Mind Services Directory

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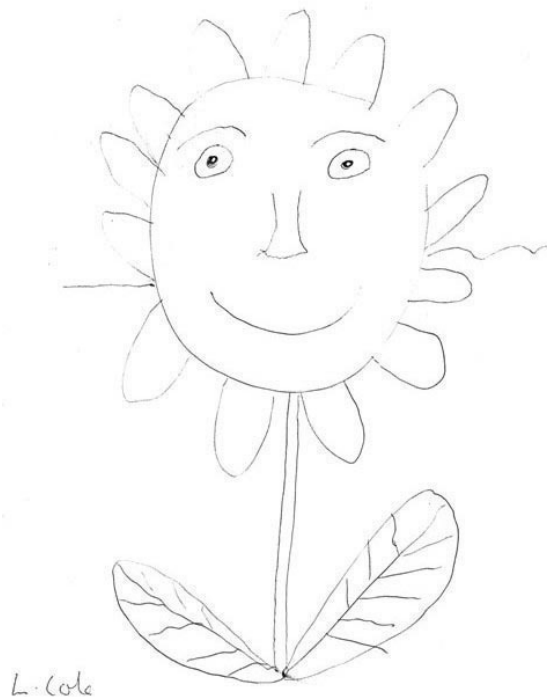
Contact us at: Cambridge House,
131 Camberwell Road, London SE5 OHF
Tel: 0207 701 8535 (Answerphone)

Email: info@southwarkmind.org.uk

Visit the fully searchable online version of this directory at
<http://www.southwarkmind.org.uk/searchframe.html>
where you can search by Category, by Keyword and by Postcode

To add details of your project to our database for inclusion in any
future updates phone or email us and ask for a questionnaire form.

Compiled and produced by Alex Clark



CHAPTER 21: SERVICES FOR CARERS

Many of us are able to live our own lives in the community thanks to the care and support of family members, partners or other personal carers. This chapter contains details for a range of services for carers, including local support groups, help with benefit applications and respite care services etc. Also see **Forresters Respite Centre** in **Miscellaneous** which offers respite breaks for users and carers, and to which users can refer themselves.

Capital Carers

Address1: 1st floor, 29-35 Lordship Lane

Address2: East Dulwich

Town/City: London

Postcode: SE22 8EW

Phone: 0208 693 5090

Other Numbers: Fax: 0208 693 0807

Email: office@capital-carers.org

Website: <http://www.capital-carers.org>

Description: Home based respite care provided by experienced community care workers to enable the main carer to take a break. Also respite care for parents of disabled children, and young carers project which provides a range of services to children and young people who care for a sick or disabled relative at home. Phone for details.

Additional Info: Staff have ongoing training

Opening Hours: Office: Mon-Fri 9am-5pm

Travel: BR: East Dulwich / Buses: 37, 40, 176, 185

Referral: Mainly via Social Services and Southwark Council. Self referrals accepted for some services, phone for details.

Criteria/Catchment: Mainly carers of people living in Southwark

Carers Education Project

Address1: c/o St Giles Continuing Care Team 1

Address2: 6 Lordship Lane

Town/City: London

Postcode: SE22 8HN

Phone: 0207 740 5450

Description: 10 week carers support programme which aims to help carers get the best out of available services, develop coping mechanisms and meet other carers. Phone for further details.

Opening Hours: Mon-Fri 9am-5pm

Travel: BR: East Dulwich / Buses: Any bus to Lordship Lane

Referral: Self or via Rethink

Criteria/Catchment: Must be a carer for a Southwark resident

Disabled Access - ramps, wide doorways, disabled toilet

Carers UK

Address1: 20/25 Glasshouse Yard

Town/City: London

Postcode: EC1A 4JT

Phone: Helpline: 0808 808 7777

Other Numbers: Admin: 0207 490 8818 London Section: 0207 566 7848

Fax: 0207 490 8824

Email: info@ukcarers.org

Website: <http://www.carersonline.org.uk>

Description: Telephone helpline offering advice and information for carers including benefits advice, community care issues, details of local support groups and a range of free publications etc. Phone for further details.

Special Interest Activities: Regular magazine for members. Other activities. Phone for details.

Opening Hours: Office: Mon-Fri 9am-5pm Helpline: Wed and Thurs 10am-12noon and 2-4pm 0808 808 7777

Referral: Open access

Criteria/Catchment: For carers and professionals only

Lambeth Carers

Address1: 4th floor, 336 Brixton Road
Town/City: London
Postcode: SW9 7AA

Phone: 0207 733 9600
Other Numbers: Fax: 0207 326 1100
Email: info@lambethcarers.org.uk

Description: Carers project offering information and advice, benefits advice, help organising respite breaks, advice on resolving problems with health and social services, Carers Forum, occasional social events, newsletter etc. Phone for further details.

Special Interest Activities: Occasional social events

Additional Info: Administer grants scheme for respite breaks

Opening Hours: Mon-Fri 10am-5pm

Travel: Tube: Brixton / Bus: Brixton Road

Referral: Self or any other source

Criteria/Catchment: For carers living or caring for somebody living in Lambeth

Disabled Access - ramps, wide doorways, disabled toilet

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Making Space

Address1: c/o St Giles Continuing Care Team 1

Address2: 6 Lordship Lane

Town/City: London

Postcode: SE22 8HN

Phone: 0207 740 5450

Description: Organise respite care breaks and seminars for mental health carers. Breaks involve small groups of carers staying at quality hotels and offer a mix of leisure activities and some training sessions. Phone for further details.

Opening Hours: Mon-Fri 9am-5pm

Travel: BR: East Dulwich / Buses: Any bus to Lordship Lane

Referral: Self or any other source

Criteria/Catchment: Must be a carer for a Southwark resident

Disabled Access - ramps, wide doorways, disabled toilet

Repaying the Kindness

Address1: The Old Courthouse

Address2: 43 Renfrew Road

Town/City: London

Postcode: SE11

Phone: 0207 820 9020

Email: repayingthekindness@jamyang.co.uk

Description: Run a Respite Breaks in a Day programme for carers of people with a mental health, physical or learning disability. Phone the office to get on the mailing list to receive their newsletter which advertises forthcoming events, which you must then book in advance.

Opening Hours: Phone during office hours

Referral: Self, Southwark Carers, Lambeth Carers, word of mouth, any other source

Criteria/Catchment: For carers living or caring for somebody living in Southwark

Restore

Address1: 21-23 Woodville Road
Town/City: Thornton Heath
Postcode: CR7 8YT

Phone: 0208 239 6061
Other Numbers: Fax: 0208 239 8206
Email: toprestore@aol.com

Description: Provide support and culturally sensitive services to Black and Ethnic Minority people who care for somebody with a mental health problem or an elderly person with dementia.. Phone for further details.

Opening Hours: Phone during office hours

Travel: BR: Thornton Heath

Referral: Self or any other source

Criteria/Catchment: Mainly for Black and Ethnic Minority carers living in and around the Croydon area

Rethink - Carers Support Project, Croydon

Address1: Courtyard House, 1D Church Road
Town/City: Croydon
Postcode: CR0 1SG

Phone: 0208 649 9339
Other Numbers: Fax: 0208 686 3472
Email: croydoncarers@rethink.org

Description: Information, advice, advocacy and support for carers of people with mental health problems, on a one-to-one basis by phone or in person by appointment. Also provide training on mental health issues to other organisations. Phone for further details.

Special Interest Activities: Carers support groups. Home or community visits by arrangement. Phone for details.

Opening Hours: Office: Mon-Fri 9am-5pm

Travel: BR: West Croydon

Referral: Open access. Self, friends, families, professionals etc

Criteria/Catchment: Mainly for carers living in Croydon

Rethink - Carers Support Project, Southwark

Address1: Cambridge House
Address2: 131 Camberwell Rd
Town/City: London
Postcode: SE5 0HF

Phone: 0207 708 5598
Other Numbers: Rethink Advice Line: 0208 974 6814
Rethink switchboard: 0845 456 0455
Fax: 0207 703 0669

Email: mhcarers@rethink.org
Website: <http://www.rethink.org>

Description: Information, advice, advocacy and support for carers of people with mental health problems, on a one-to-one basis by phone or in person by appointment. Also provide training on mental health issues to other organisations. Phone for further details.

Special Interest Activities: Carers support groups. Home or community visits by arrangement. Phone for details.

Additional Info: The Rethink Carers Support Project is based at and works in close association with Southwark Carers

Opening Hours: Office: Mon-Fri 9am-5pm

Travel: BR or Tube to Elephant and Castle then bus / Buses: 12, 35, 40, 45, 148, 171, 176, 468

Referral: Open access. Self, friends, families, professionals etc

Criteria/Catchment: Carer or person cared for must live in Southwark

Southwark Carers

Address1: Cambridge House
Address2: 131 Camberwell Rd
Town/City: London
Postcode: SE5 0HF

Phone: 0207 708 4497
Email: info@southwarkcarers.org.uk

Description: Carers centre offering information, advice, support, counselling, and help with forward planning for people caring for other people with a range of problems, including learning disabilities, mental health issues etc. Phone for details.

Special Interest Activities: Carers Drop-In every Tuesday 10am-1:30pm, also Internet access for carers. Monthly carers support group. Phone for details.

Additional Info: Local organisation, free membership

Opening Hours: Office: 9:30am-5:30pm Advice line: Mon-Fri 12:30-5:30pm

Travel: BR or Tube to Elephant and Castle then bus / Buses: 12, 35, 40, 42, 45, 68, 148, 171, 176, 468

Referral: Self referrals accepted. Phone for appointment.

Criteria/Catchment: For residents of Southwark

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Taifa Community Care Project

Address1: 5/6 Sceaux Gardens

Address2: Dalwood Street

Town/City: London

Postcode: SE5 7DN

Phone: 0207 708 1781

Other Numbers: Fax: 0207 701 8766

Description: Advice, advocacy, support and respite breaks for carers from the Black and Ethnic Minority communities. Phone for further details.

Special Interest Activities: Various support groups, language services by arrangement

Opening Hours: Phone during office hours

Travel: Bus: Peckham Road by the Town Hall

Referral: Self or any other source

Criteria/Catchment: For carers living or caring for somebody in Southwark

Vietnamese Carers Project

Address1: Top floor, Bellenden Old School

Address2: Bellenden Rd

Town/City: London

Postcode: SE15 4DG

Phone: 0207 277 8642

Other Numbers: Fax: same as phone

Description: Project offering support for Vietnamese carers. Housing and benefits advice, telephone interpreting service, help with grant claims, immigration advice etc. Phone for further details.

Special Interest Activities: Outreach service available by arrangement, Homework Support Project for Vietnamese children

Additional Info: No disabled access - offices on top floor. Also see Vietnamese Women's Group in Women's Services

Opening Hours: Mon, Tues 9am-4pm, Thurs, Fri 10am-5pm

Travel: BR: Peckham Rye / Buses: 12, 36, 37, 171, 177, 345, P13

Referral: Open access