

# Carers' Support (Bexley)

London Borough of Bexley



## Do you look after someone?

Help you can get from Carers Support (Bexley)

This is an Easy Read leaflet about support for carers in the London Borough of Bexley, January 2017.



## What is a Carer?

A carer is someone who supports a member of their family or a friend who could not manage without that help.



That person might need help for lots of different reasons. They could have a disability, be old or ill.

## Who are we?

Carers Support Bexley is run for Carers.

The logo for Carers' Support (Bexley) is a purple oval with a white outline, containing the text "Carers' Support (Bexley)" in white. A purple line extends from the bottom left of the oval.

We make life better for Carers and make sure they know their rights.

Our services are for Carers living in The London Borough of Bexley.

# Our services



## Support over the telephone

Call us on 020 8302 8011 for information, advice and support.



## One to One support

You can meet with a member of our team to talk about your needs and see what help is available for you and the person you care for.



## Carers Voice Magazine

A magazine, with helpful information and stories.



## Emotional Support

Volunteers who can meet with you on a regular basis to provide one to one emotional support and a listening ear.



## Carers Support Groups

Groups of Carers who get together to share information and support.



## Memory Support Group

A group for the person with dementia and their Carer to come along together and meet with other people in the same situation and have a light lunch.



## Social Events

Giving you a chance to do something different and raise funds for Carers' Support (Bexley) at the same time.



## A break from caring

Volunteers who can take over the caring for a while so you can have a day off, or even a holiday.



## Training

We run courses for Carers, for example First Aid and Manual Handling.



## Support Worker Service

Support workers who can help with shopping, light housework, sitting with the person you care for while you go out or taking the person you care for out and about. *(This is a chargeable service)*



## Help for Carers of stroke survivors

Information and support for Carers about discharge planning and other support they need.



## Welfare Benefits Advice

Advice about benefits you and the person you care for can claim, and help to complete the forms if needed.

## More Information



Telephone Carers' Support  
(Bexley): 0208 302 8011



Email Carers' Support (Bexley):  
[info@carerssupport.org](mailto:info@carerssupport.org)



Website:  
[www.carerssupport.org](http://www.carerssupport.org)