

Services for Carers

Information about organisations working in the London Borough of Bexley who can provide help and support for you as a carer and for the person you look after

Carers' Support (Bexley)
The Manor House, Sidcup, DA14 6BY
Tel: 020 8302 8011
Email: info@carerssupport.org
Website: www.carerssupport.org

June 2021

If you would like a translation of this document or the information in a different format, please call Carers' Support (Bexley) on 020 8302 8011.

Carers' Support (Bexley)

How to use this Guide

All organisations listed in this Guide are in alphabetical order. If you know the name of the organisation you are looking for, they should be easy to find, but please remember that lots of organisations have the word “Bexley” in the title, and might put Bexley at the end of their name, rather than at the beginning.

If you are not looking for a particular organisation, but you are looking for a certain type of support, you need to look under “Organisations Listed by Category of Service” on page 9. For example, if you are looking for a break from caring, there are several organisations listed under “Carers’ Breaks”. You can then look up the entries for these organisations to find out more information, including their contact details. There might be a few different categories that would be appropriate to your situation.

If you still can’t find the information or support you are looking for, then please contact us at Carers’ Support (Bexley) and we will see if we can find it for you.

You can contact us by:

Telephone on 020 8302 8011

Email on info@carerssupport.org

Fax on 020 8300 3002

Letter at:

Carers’ Support (Bexley)

The Manor House

Sidcup

DA14 6BY

Frequently Asked Questions

Where do I get a wheelchair from?

Ask your GP to be referred for a wheelchair. You can also borrow/hire one from Age UK Bexley 0208 300 0883.

How do I get a key to the disabled toilets?

A 'Radar' key is available from Inspire Community Trust 020 3045 5100 Also at Bexleyheath Broadway Shopping Centre at the customer service point. There is a small charge for the key.

How do I apply for a Blue Badge?

Application forms available from Inspire Community Trust 020 3045 5100. You can also pick up the form from libraries across the Borough and the Civic Offices in Bexleyheath. They will also take in the completed forms and forward them to The Inspire Community Trust.

How do I apply for the Bexley Emergency LinkLine?

Call Taking Care on 020 3045 5400 or you can email the team at telecare@TakingCare.com

I'm a carer. Can I claim any welfare benefits?

Yes - but eligibility various according to age and circumstances. Call Carers' Support (Bexley) for advice (0208 302 8011).

The person I care for uses incontinence pads and they fill up my dustbin too quickly for the fortnightly collection. Can I get help with this?

Yes, call Bexley Council 0208 303 7171 and ask for 'Clinical Waste'.

Is there a group for younger stroke survivors?

Yes, contact Different Strokes 0208 300 6642. Also check out other 'stroke' services with the Stroke Support Worker at Carers' Support (Bexley) on 0208 302 8011.

How do I find out about adaptations to my home or arrange for rails and other equipment?

Call Staying Put 020 3045 4846 – this organisation can also help regarding grants for adaptations

I am a carer, how can I get a Carer's Assessment?

Call Bexley Council's Care Central on 020 3045 5159

I'm a carer and I need a break? Can anyone help?

Various organisations can provide breaks. Carers' Support (Bexley), Crossroads - listed in the directory.

I'm a carer and I have a hospital appointment. I need someone to look after the person I care for whilst I attend?

Call Bexley Council on 020 3045 5159, or Carers Support (Bexley) on 020 8302 8011

I'm a carer and very isolated. I really need someone to talk to?

Contact the 'In Touch' project at Carers' Support (Bexley) on 0208 302 8011

Is there a handy person service for odd jobs?

Yes, call Age UK Bexley 0208 300 0883 or Staying Put on 020 3045 4846

Is there a service to fit smoke detectors?

Telephone the London Fire Brigade on 0208 555 1200 who can offer personal fire safety advice and fit smoke alarms where needed.

I've run out of Incontinence pads – how do I get further supplies?

You need to speak to the District Nursing Service, via your GP.

I need a dentist who will come to my home?

Call 020 8331 3950 – for service run by Bexley/Greenwich Care Trust. You will need to be referred by your GP or by your existing dentist if you have one.

What about an optician who will visit?

Some opticians will do this – best check with your regular optician who will advise. Usually there will be a charge for a home visit. Also call Carers' Support who have some information - 0208 302 8011

Is there any help out there as regards transport for myself and the disabled person I care for?

Yes, BATS (Bexley Accessible Transport Scheme) 01322 311333 – should be able to help you find out what would suit you best.

How do I arrange for collection of zimmers, commodes etc. which are no longer required?

Bexley Council Stores Department at Inspire Community Trust will arrange collection of equipment which was provided by Social Services Telephone 020 3045 5100.

I need some advice about getting a Stair lift?

Call Staying Put on 020 3045 4846

Who can provide information about holidays for people with disabilities?

Carers' Support (Bexley) have information about holidays. Call 0208 302 8011

I've heard about Motability vehicles – how do I get one?

To qualify you must receive the highest rate mobility component of Disability Living Allowance or Personal Independence Payment. For an information pack call 0300 456 4566 or check out the website www.motability.co.uk

Who can provide information about Direct Payments?

Contact Carers' Support (Bexley) on 020 8302 8011

Some Useful Numbers

- Queen Mary's Hospital Sidcup: 0208 302 2678
- Darent Valley Hospital, Dartford: 01322 428100
- Queen Elizabeth Hospital, Woolwich: 0208 836 6000
- Princess Royal University Hospital, Orpington: 01689 863000
- Bexley Council's Telephone Number: 020 8303 7777
- If your question for the council concerns care for someone in Bexley ring 'Bexley Social Services' direct on: 020 3045 5159

Money Matters

You could be entitled to more money:

- If you are sick or disabled you might be able to claim Disability Living Allowance (under 16), Personal Independence Payment (16-64) or Attendance Allowance (over 65).
- Your carer might be eligible for Carer's Allowance.
- If you are a pensioner on a low income you might qualify for Pension credit.
- You could qualify for reduced Council Tax and/or your Council Tax Band could be revised to a lower band if your home has been adapted because of disability.
- There are also some Council Tax discounts available for carers and people with mental impairment.

(Check out your entitlement with Carers' Support Information and Support Service 0208 302 8011)

Where to get free debt advice

Free confidential advice is available from the following organisations:

Christians Against Poverty (available to anyone of any faith or none). Tel: 01274 760720 www.capuk.org

StepChange Debt Charity: 0800 138 1111 www.stepchange.org

National Debtline: 0808 808 4000 www.nationaldebtline.co.uk

Debt Advice: 0800 043 4050 www.debtadvicefoundation.org

Shelter: 0808 800 4444 <http://england.shelter.org.uk>

Sidcup Debt Advice: 020 8269 8621 <https://sidcupdebtadvice.org.uk/>

Further information can also be found at: www.moneyadviceservice.org.uk

Useful websites / Telephone numbers

Carers UK: www.carersuk.org
0207 378 4999

Carers Trust: www.carers.org
0844 800 4361

Independent Age: www.independentage.org
*Free and impartial advice on home care, care homes,
NHS services, housing and other issues.*
0800 319 6789

The Stroke Association: www.stroke.org.uk
0207 566 0300

Speakability: www.speakability.org.uk
*A national charity dedicated to supporting and
empowering people with Aphasia and their carers.*
0207 566 1516

Disabled Living Foundation: www.dlf.org.uk
*A national charity providing impartial advice, information
and training on independent living*
0207 289 6111

Motability: www.motability.co.uk
A car scheme for disabled people
0300 456 4566

Direct Mobility: www.directmobility.co.uk
Short term hire and sale of mobility equipment
Freephone-0800 092 9322

Organisations listed by our category of service

Addiction

Adfam
Al-Anon
Families Anonymous
The Pier Road Project

Adults with Disabilities

Bexley Deaf Centre
Bexleyheath & District Club for the Disabled
Bridging the Gap SE
Crossroads Care South East London
Inspire Community Trust
Choice Support
Motor Neurone Disease Association

Bereavement

Cruse Bereavement Care (Bexley Branch)

Carers' Breaks

Carers' Support (Bexley)
Crossroads Care South East London
Ellenor

Carers' Support Groups

ADHD & ME
Alzheimer's Society (Bexley)
Bexley Mencap
Bexley SNAP
Bridging the Gap
British Polio Fellowship
Carers' Support (Bexley)
Carers Support Service (Mind in Bexley)
Greenwich & Bexley Community Hospice
Irish Community Services
North Bexley Carers' Group

Children and families

ADHD & ME
Bexley Group for Therapeutic Riding
Bexley Mencap
Bexley SNAP
Bexley Voice
Bliss (The Premature Baby Charity)
Crossroads Care South East London
Dyslexia Association
Family Lives
Family Matters
Homestart (Bexley)

National Autistic Society (Bexley Branch)

Dementia

Alzheimer's Society (Bexley)
Dementia UK (Admiral Nurse Dementia Helpline)
Diamond Jubilee Club
Happy Memories Club

Domestic violence

Bexley Women's Aid

Drop-ins

Age UK Bexley
Albany Park Seniors Club
British Polio Fellowship
Cruse Bereavement Care (Bexley Branch)
Greenwich & Bexley Community Hospice
Gujarati Samaj (Bexley)
Parkinson's Disease Society

Education

Bexley Deaf Centre
Dyslexia Association
The Learning and Enterprise College Bexley (LECB)
Reinstate
U3A (University of the Third Age) Sidcup

Employment

Bexley Twofold
Citizens Advice
Dyslexia Association
Re-Instate

Enduring illness

British Polio Fellowship
Diabetes UK Bexley Support Group
Ellenor
Greenwich & Bexley Community Hospice
Parkinson's UK

Ethnic minorities

Belvedere Asian Women's Group
Gujarati Samaj (Bexley)
Vietnam Project (BCRE)

Financial

Citizens Advice
John Payne's Charity
Staying Put (Bexley)

Health

Breast Cancer Now
Diabetes UK Bexley Support Group
Patient Experience Team at Bexley Clinical Commissioning Group

Housing

Bexley Community Housing Association (BECHA)
Citizens Advice
Novus Homeshare
Staying Put (Bexley)

Information and support

BCU Life Skills Centre
Bexley Deaf Centre
BLISS (The Premature Baby Charity)
Blind Veterans UK
Breast Cancer Now
Carers' Counselling Service
Carers' Support (Bexley)
Dimpleby Macmillan Support Centre
Inspire Community Trust
Irish Community Services
Independent Age
London Fire Brigade
Macular Disease Society Support Group
Motor Neurone Disease Association
Patient Advice and Liaison Service (PALS)
Patient Experience Team at Bexley Clinical Commissioning Group
South East London Family Mediation
SSAFA Forces Help

Learning disability

Advocacy for All
Bexley Down's Syndrome Association
Bexley Mencap
Bexley Twofold
Bridging the Gap
Challenging Behaviour Foundation
Crossroads Care South East London
Friends of Carlton
KASBAH
Larkfield with Hill Park Autistic Trust
Taking Care
National Autistic Society (Bexley Branch)
Reinstate
Volunteer Support Project

Legal issues

Citizens Advice

Leisure

Ability Plus/Outlet
Bexley Group for Therapeutic Riding

Bexleyheath & District Club for the Disabled
Diamond Jubilee Club
Different Strokes
Disabled Christian Fellowship
Home Library Service
Happy Memories Club
Library Service Bexleyheath
London Independent Complaints Advocacy
Macular Disease Society Support Group
National Autistic Society (Bexley Branch)
Parkinson's UK
U3A (University of the Third Age) Sidcup

Medical

Allergy UK
British Red Cross
British Thyroid Association
Headway (SE London/NW Kent)
London Independent Health Complaints Advocacy
Macular Disease Society Bexley Group
Motor Neurone Disease Association
The Pier Road Project

Mental health

Advocacy for All
Belvedere Asian Women's Group
Carers Counselling Service
Carers Support Service (Mind in Bexley)
Bexley Crisis Café
MCCH
Mind In Bexley
Re-Instate
Volunteer Support Project

Older people

Age UK Bexley
Diamond Jubilee Club
Evergreen Care Bexley
Gujarati Samaj (Bexley)
Independent Age
Taking Care

Parenting

South East London Family Mediation Bureau

Physical/Sensory impairment

Ability Plus/Outlet
Arthritis Care (Bexley Branch)
Bexley Deaf Centre
Bexleyheath & District Club for the Disabled

Crossroads Care South East London
Different Strokes
Guide Dogs
Headway (SE London/NW Kent)
Inspire Community Trust
KASBAH
Taking Care
Motor Neurone Disease Association
Multiple Sclerosis Society
Remap

Religion

Disabled Christian Fellowship

Respite Care

See section on Carers' Breaks

Stroke

Carers' Support (Bexley)
Different Strokes
Headway (SE London/NW Kent)
Inspire Community Trust
Speech and Language Therapy
Speakability
Staying Put (Bexley)

Transport

Bexley Accessible Transport (BATS)

Welfare benefits

Carers' Support (Bexley)
Citizens Advice
Irish Community Services
Mind In Bexley

Young Carers

Imago Young Carers Bexley

A

Ability Plus/Outlet

Categories: Physical/sensory impairment, Leisure

Phone: 01322 476550 / 0800 046 1647

Address: Bluewater Shopping Centre, Greenhithe, BA9 9SJ

Services Offered: This service is open weekdays 10am-8.30pm and weekends 9am-7:30pm. If you want to hire out a wheelchair all day they would ideally like you to call them 48hours in advance as they do get busy. If you want to hire out a mobility scooter for 4hrs it is £7:50 if you have a disability and £9 if you don't have a disability. If you want to hire out a wheelchair it is £4:20 if you have a disability and £3:50 if you don't have a disability. You are also able to call up and hire out a block of five wheelchairs if needed.

Adfam

Categories: Addictions

Phone: 0203 817 9410 (phone number is not a helpline)

Email: admin@adfam.org.uk

Website: www.adfam.org.uk

Address: 120 Cromer Street, London WC1H 8BS.

Services offered: Adfam is a national charity working to improve life for families affected by drugs and alcohol. They have a number of resources for family members on their website, including booklets offering information and advice and a map of local family support groups.

ADHD & ME

Categories: Carers Support Groups, Children and Families

Phone: 07576 884579

Email: adhdandme@icloud.com

Facebook: ADHD & Me

Address: The Danson Centre, Brampton Rd, DA7 4EZ

Services offered: ADHD & ME is a group of parents of children with ADHD supporting each other in the Bexley borough. The group is held on the first Monday of every month 9:30-12:30 at The Danson Centre. We are on Facebook too... some Monday dates are subject to change due to bank holidays or school term changes. Any changes are posted on the group (eg there is no August session). Anyone can ring for more details or information and support

Advocacy for All

Categories: Learning disability/Autistic Spectrum Disorders/Mental Health
Phone: 0345 310 1812
E-mail: info@advocacyforall.org.uk
Address: The Civic Centre, St Mary's Road, Swanley, Kent, BR8 7BU

Services Offered: Advocacy for All is an independent charity, providing advocacy for adults with learning disabilities and/or Autistic Spectrum Disorders and Mental Health needs. Advocates who are trained and supervised enter into a partnership with a person with a learning disability on a one to one basis to sort out practical problems and uphold their views. Self-advocacy groups also run across Kent, providing a safe and supportive environment for adults with Asperger's/high functioning Autism. There is also a Young People's Advocacy project for 10-18 year olds, an IMCA service (Independent Mental Capacity Advocates), an NHS Complaints Advocacy Service and a Bridge to Independence which provides young people (16-25 years) who have ASC or ADHD with support around education and work

Age UK Bexley

Categories: Older people
Phone: 020 8300 0883 (Between 10am and 4pm)
Fax: 020 8300 2495
E-mail: accounts@ageukbexley.org.uk
Website: www.ageuk.org.uk/bexley/
Address: Belvedere Community Centre, Mitchell Close, DA17 6AA

Services Offered: Information and Advice (helpline and advice desk). Supported Information and Advice (support to older people in their own homes to put in place services to maintain their independence, where Social Services criteria not met). Handyperson Service – Small DIY jobs. Foot care Service – clinic and domiciliary nail-clipping service. Day Care Service – 1 Day Centre. Wheelchair Loan Service. Active living service (activities for isolated older people, including befriending cafés and activities such as Tai Chi and Football). Dementia Café. Men in Sheds scheme

Al-Anon Family Groups

Categories: Addiction
Phone: 0207 593 2070-Admin.
Helpline: 0800 0086 811 (10am-10pm)
Email: enquiries@al-anonuk.org.uk
Website: www.al-anonuk.org.uk
Address: 57B Great Suffolk Street, London, SE1 0BB.
Services Offered: Al-Anon Family Groups provide support to anyone whose life is, or has been affected by someone's else's drinking, regardless of whether that person is still drinking or not. Al-Anon believes alcoholism affects the whole family, not just the drinker.

Albany Park Seniors Club

Categories: Drop-ins
Phone: 01322 521219
Address: 76 Bridgen Road, Bexley, DA5 1JF.
Services offered: Club for anyone who is lonely. Thursday afternoon 1-3pm. Entertainment and day trips are provided in the summer. The club is held at Hurst Community Centre, Hurst Road. Just turn up and join in the fun.

Allergy UK

Categories: Health
Phone: 01322 619898
E-mail: info@allergyuk.org
Website: www.allergyuk.org
Address: Planwell House, LEFA Business Park, Edgington Way, Sidcup, DA14 5BH
Services Offered: Practical advice and allergy support for sufferers and their carers. Educational information available. Patient information helpline. Dedicated helpline, support network and a Facebook support group. Just search for "Official Allergy UK Support Group" on Facebook and it will come up.

Alzheimer's Society (Bexley)

Categories: Dementia
Phone: 01322 524950
Dementia Connect Support Line: 0333 1503456 this is in addition to our current number
Email: bexleybranch@alzheimers.org.uk
Address: Wolsley House, Wolsley Close, Crayford, DA1 4BE
Services Offered: Dementia Advisor Service, Virtual Singing for the Brain. Virtual Carers Information and Support Programme.

Arthritis Care (Bexley Branch)

Categories: Physical/Sensory Impairment

Phone: 020 8301 1864

Mobile: 07952683582

Email: phil.hinton1@talktalk.net

Services Offered: Social club held on first Thursday of every month at the Welling Seventh Day Adventist Church, Kelvin Road, Welling, DA16 2EH 1.15-3.30 pm. The club is also open to anyone who would like to come along to help. Information leaflets etc. available from national office. Transport to and from club provided.

Aspens Charities Ltd

Categories: Learning Disability

Phone: 01322 334 318

E-mail: enquiries@aspens.org.uk

Address: 8a Twigg Close, Erith, DA8 3LD

Services Offered: 6 bed supported living service. Also offer support to people in their own home e.g. life skills. Social Group. Frank House is a two-storey property, which provides accommodation for six individuals with Autism, Learning Disabilities, and mental health conditions. • It is a 6 bed house • All bedrooms include a wash basin • It has a communal kitchen, dining room, lounges and accessible adapted toilets, showers and bathrooms. • There is an outside enclosed patio and garden area • There are close links with buses and trains and just a short walk away is a local leisure and sports centre and other amenities • There is 1 sleep in night staff.

B

BCU Life Skills Centre

Categories: Information and Support

Phone: 020 8301 3187

Address: Trinity Baptist Church, Trinity Place, Bexleyheath, DA6 7AY

Email: bculife@btconnect.com

Website: www.bculifeskills.org.uk

Services Offered: Women's Day only each Thursday. Drop in with low cost food. Therapy Group for Women running on Thursdays. Individual counselling by appointment only. Advice and information. Courses and workshops as funding allows. Friday open to all. Drop in with low cost food. Individual

counselling by appointment only. Listening service.
Advice and information. Listening and advocacy. Courses
and workshops (as funding allows).
All services free of charge (except for food/drinks).

Belvedere Asian Women's Group

Categories: Ethnic minorities' and Mental health
Phone: 020 8311 5550 / 01322 435161
Address: Belvedere Community Centre, Mitchell Close, Belvedere,
DA17 6AA Every Wednesday 10.30am – 1.30pm

Services Offered: The Bexley Asian Women's Group is open to all Asian women living and working in the London Borough of Bexley. It provides an opportunity for women to meet to discuss issues of concern to them and share their experiences.

The Belvedere Asian Women's Group provides an opportunity for Asian women to come together to socialise, access information and advice on a range of issues and most importantly to have some time for themselves.

Bexley Accessible Transport (BATS)

Categories: Transport
Phone: 01322 311333
Address: Office 9, Thames Road Depot, Crayford, DA1 5QJ.
Website: www.bexleyct.co.uk
Email: enquiries@bexleyct.co.uk

Services offered: BATS runs an "Individual Transport Scheme" which provides transport for individuals who have mobility problems that prevent them accessing public transport. The service is open to wheelchair users. This is a membership scheme so a joining fee is required. Bookings should be made between 9.30 and 3.00 Monday – Friday and are accepted on a "first come first served" basis.

Bexley Community Housing Association (BECHA)

Categories: Housing
Phone: 0203 866 5999
E-mail: enquiries@becha.org.uk
Website: www.becha.org.uk
Address: 21 Bourne Road, Bexley, Kent DA5 1LW.
Services Offered: Provide Social Housing to residents in the London Borough

Bexley Crisis Café

Categories: Mental health
Phone: No phone number for this service, just drop in
Website: www.mindinbexley.org.uk
Address: 2a Devonshire Road, Bexleyheath, DA6 8DS

Services Offered: The Bexley Crisis café is a safe and friendly place that you can come to if you are experiencing severe emotional or psychological distress. It is a place to meet others with similar problems and to access mental health support and advice from mental health and wellbeing professionals. Open hours from 6pm to 10pm seven days a week.

Bexley Deaf Centre

Categories: Sensory impairment, Information and Support, Education
Phone: 01322 351122
Email: info@bexleydeafcentre.co.uk (Bexleydeafcentre.com)
Address: 20 Whitehall Lane, Slade Green, DA8 2DH (fully accessible with parking)

Services Offered: Bexley Deaf Centre is currently open from 10 am to 3 pm Monday to Friday. For those wishing to collect Hearing Aid Batteries or for tubing and maintenance. Please be aware that we are working to strict government guidelines around social distancing so wait times may be longer than usual. Thank you for your patience in these difficult times. If you are unable to get to our office, please leave a message on 01322 351122, We will then call you back to make arrangements with you

Bexley Down's Syndrome Group

Categories: Learning disability
Phone: 07708 067661
Email: info@BexleyDownsSyndrome.co.uk
Website: www.bexleydownssyndrome.co.uk
Address: 34 Selkirk Drive, Erith, Kent, DA8 3QR

Services Offered: Affiliated to the Down's Syndrome Association. Assists in schemes of services, research and educational programmes. Supply of information to members. Aims to assist people to better lives.

Bexley Mencap

Categories: Learning disability, Carers support groups, Children and Families
Phone: 020 8303 6336
E-mail: office@bexleymencap.org.uk
Address: 19 Church Road, Bexleyheath, DA7 4DD

Services Offered: Bexley Mencap provides support and opportunities to adults with learning disabilities and the people that care about them, living in Bexley. They offer a range of support, practical help and groups to enable people with a learning disability to live life to the full. Services and groups include:

Social groups
Activity groups – music, dance, keep fit, gardening
Independent living support (1:1 support to help people to remain independent at home)
Self-advocacy groups
Health groups and support at health appointments
Family support service including support for young people in transition to adult services
Wheelchair access.
Open Monday – Friday 9am-5pm

Bexley Samaj (Bexley)

Categories: Ethnic minorities

Phone: [07958 626101](tel:07958626101)

Email: bexleygujaratisamaj@hotmail.com

Address: 18 Glengall Road, Bexleyheath, DA7 4AL

Services Offered: To provide religious, social, and cultural events for the Gujarati community. To offer support especially for young and older people.

Bexley SNAP

Categories: Children and Families and Carers' support groups

Phone: 01322 334192

E-mail: admin@bexleysnap.org.uk

Website: www.bexleysnap.org.uk

Address: Normandy Children's Centre
Fairford Avenue
Barnehurst
DA7 6QP

Services Offered: Information and advice for parents and carers on a variety of disability issues including behaviour and educational needs. Early Year's project for pre-school children with delayed motor development and a new Sensory project for pre-school children with additional sensory needs. Leisure activities for disabled children aged 2 – 25 years with a significant physical disability, ASD, Learning Difficulties, Sensory Impairments and profound and multiple disabilities. Information and advice for parents and carers on a variety of disability issues including behaviour and educational needs. Clubs/short breaks for children and young people with additional needs from birth until the age of 25. These include an Early Year's service for pre-school children and a variety of Saturday, afterschool and youth clubs.

Bexley Twofold

Categories: Learning disability and Employment

Phone: 020 3045 4920

E-mail: bexley.twofold@bexley.gov.uk

Website: www.bexley.gov.uk/twofold

Address: Atrium Court, 104 High Street, Erith, Kent, DA8 1SL

Services Offered: Bexley Twofold is a supported employment service which helps adults registered as having a learning disability to find suitable paid employment.

Bexley Voice

Categories: Children and Families

Phone: 07512 409936

E-mail: bexleyvoice@hotmail.co.uk

Website: www.bexleyvoice.org.uk

Address: Bexley Voice, Normandy SEND Hub, Normandy Children's Centre, Barnehurst, DA7 6QP.

Services Offered: The group's aim is to represent the views of families that are living with a child/young person with Special Educational Needs or Disability (aged 0-25 years). Bexley Voice can offer support for parents around the planning and review of services. They are a central point for consultation by service providers and a forum for parents to raise issues. Offer signposting to help or advice and parent workshops on a range of topics relating to disability/additional needs. Please note that Bexley Voice is run mainly by volunteers and is only available during school term time. Telephone helpline available Thursday mornings only, enquiries can be sent by email.

Bexley Women's Aid

Categories: Domestic violence

Phone: 020 8301 1536 Helpline. Mon-Fri 9.30am -12.30pm

E-mail: admin@bexleywomensaid.org.uk

Address: P.O. Box 25, Bexleyheath, DA7 4BS

Services Offered: BWA provides safe, temporary accommodation for women and children escaping domestic violence. Residents receive practical and emotional support. Community service offers advice and advocacy sessions, support groups, life skills training and vocational training. Outreach services for children and young people.

Bexleyheath & District Club for the Disabled

Categories: Adults with Disabilities and Physical/Sensory Impairment
Phone: 020 8303 4826 (Please make enquiries during club hours on Mondays and Wednesday between 10am and 2.30pm or Tuesdays between 2.30pm and 4.00pm)
Email: bexleyheathdisabled@hotmail.com
Address: Barton Close, Bexleyheath, DA6 8JP
Services offered: The club is open on Mondays and Wednesdays (10.00 – 3.00) for various social activities and on Tuesday afternoons (2.30pm-4.30pm) for entertainment. A garden and patio are available and the building is fully accessible throughout.

Bliss, the Special Care Baby Charity

Categories: Children and families, Information and support
Phone: 020 7378 1122
E-mail: ask@bliss.org.uk
Website: bliss.org.uk
Address: 2nd Floor, Chapter House, 18–20 Crucifix Lane, London, SE1 3JW
Services Offered: Bliss is the premature and sick baby charity. It champions the rights of every baby born premature or sick to receive the best care. For advice and support families can call 0808 801 0322.

Blind Veterans UK

Categories: Information and Support,
Phone: 0800 389 7979
E-mail: membership@blindveterans.org.uk
Website: blindveterans.org.uk
Address: Blind Veterans UK, 12-14 Harcourt Street, London, W1H 4HD
Services Offered: Support for blind veterans to lead independent and fulfilling lives by helping them with our in-depth expertise, experience and full range of services.

Breast Cancer Now

Categories: Health and Information and support
Phone: 0333 20 70 300
E-mail: info@breastcancer.org
Website: www.breastcancer.org
Address: Breast Cancer Now, Ibex House, 42 - 47 Minories, London EC3N 1DY
Services Offered: Breast Cancer Now is steered by world-class research and powered by life-changing care. They are there for anyone

affected by breast cancer, the whole way through, providing support for today and hope for the future. The free services include support over the phone with a nurse or with someone who's been there, welcoming online forums, reliable information and local group support. Call the Helpline 0808 800 6000, lines open Monday-Friday, 9am-4pm, Saturday, 9am-1pm

Bridging the Gap

Categories: Carers' support groups, Learning disability and Adults with Disabilities

Phone: 020 8300 5444/07557 278215/07847205819

Address: c/o The Carlton Centre, Carlton Road, Sidcup, Kent, DA14 6AH

E-mail: info@btgse.co.uk

Website: www.btgse.co.uk

Services Offered: Support for adults on the Autistic Spectrum and their friends, relatives and carers, especially those with Asperger Syndrome. Support is offered to anyone, with or without learning difficulties and with or without a diagnosis. Two events a month at the Carlton Centre, Carlton Road, Sidcup. Peer led discussion group on the second Wednesday of the month from 8pm – 10pm. Diverse topics and lots of fun. Social club on the last Wednesday of each month from 8pm until 10pm. On offer music, table tennis, snooker, Wii sports/dance, sensory room, nail painting as well as quizzes and table games. All are welcome: parents, carers, siblings and friends, from transition up (although under 18's must be accompanied). Refreshments are available. We now have a lunch club which meets in a pub in Bexleyheath every Thursday lunch time. Contact needs to be made with us for full details. Also there is a small group who go ten pin bowling on a regular basis and again contact needs to be made in order to have full details. We now have an allotment in Sidcup which is half vegetable growing and half wildlife sanctuary. Managed and maintained by a team of members. All welcome. Various subsidised trips and events during the year including coach trip to the seaside, BBQ, Sausage sizzle, pool competition & photographic competition.

British Polio Fellowship

Categories: Carers' support groups Drop-ins, Enduring illness
Phone: 0800 043 1935 or 01923 281090
Address: The Xchange, Wilmington Close, Watford, WD18 0FQ
E-mail: info@britishpolio.org.uk
Website: www.britishpolio.org.uk
Services Offered: Support for polio sufferers and their carers. Provides personal welfare support. Social activities. News-sheet. Promotion of immunization programmes within UK. Regular and social group meetings. Advice given.

British Red Cross

Categories: Medical
Phone: 0208 944 0246
Email: London_enquiries@redcross.org.uk
Website: www.redcross.org
Address: 28 Worple Road, Wimbledon, SW19 4EE
Services Offered: First Aid training courses, emergency response, support to vulnerable people after a hospital stay, refugee services & destitution support for asylum seekers.

British Thyroid Foundation

Categories: Medical
Phone: 01423 810093
Email: info@btf-thyroid.org

Website: btf-thyroid.org
Address: Suite 12, One Sceptre House, Hornbeam Square North, Hornbeam Park, Harrogate HG2 8PB.
Services Offered: Reliable information and support for thyroid patients and their families.

C

Carers' Counselling Service

Categories: Information and Support and Mental Health
Telephone: 01322 550764
Email: CarersCounsellingAdmin@bexley.gov.uk or carerscounsellingservice@bexley.gov.uk
Address: 64 Wolsley Close, Crayford, Dartford, Kent, DA1 4BE
Services Offered: A counselling service for carers of people living in Bexley. If required, the service can be provided in the carer's own home. Sessions are held at Worsley House. Carers are able to self-refer.

Carers' Support (Bexley)

Categories: Carers' breaks, Information and support, Welfare benefits, Stroke and Carers Support Groups

Phone: 020 8302 8011 (general) 020 8302 6579 (Respite)

Fax: 020 8300 3002

E-mail: info@carerssupport.org

Website: www.carerssupport.org

Twitter: @CSBex

Address: The Manor House, Sidcup, DA14 6BY

Services Offered: Advice on welfare benefits and help to complete claim forms; carers support groups; newsletter and information pack for carers; one to one emotional support for carers and former carers who are under stress and isolated; dedicated worker to support carers of stroke survivors; free respite at home service providing live-in support by full-time volunteers, to people in their own homes, to give a carer a break for up to 2 weeks; support workers to provide help with housework, shopping, or anything else required (chargeable service). The Information and Support Project can be contacted directly on the email address above. Lead agency for the Carers Wellbeing Hub (a group of voluntary organisations working in partnership to provide support and services for carers). Carers can meet with a member of staff who will help to identify their support needs and then put them in touch with services that can support them in their caring role, either provided by Carers Support (Bexley) or by other charities/voluntary organisations.

Carers Support Service (Mind in Bexley)

Categories: Carers' Support Groups, Mental Health

Phone: Carers' Service (24hr answerphone) 0203 912 0030

E-mail: info@mindinbexley.org.uk

Website: www.mindinbexley.org.uk

Address: Devonshire Road Office: 020 8303 8932 2a Devonshire Road, Bexleyheath, DA6 8DS

Services: IAPT, Community Connect, Breathing Space, Office Administration and Accounts

Challenging Behaviour Foundation

Categories: Learning Disability

Phone: 01634 838 739, Family Support Line: 0300 666 0126

Website: www.challengingbehaviour.org.uk

Email: info@theCBF.org.uk

Address: The Old Courthouse, New Road Avenue, Chatham, Kent, ME4 6BE.

Services Offered:

The Challenging Behaviour Foundation is a charity for children and adults with severe learning disabilities and behaviour described as challenging, referring to a wide range of behaviours which may include aggression, self-injury, inappropriate or socially disruptive behaviours. This organisation focuses on helping those with severe learning disabilities to access the right support to live a full and active life in their local community.

The Foundation provides information about understanding and supporting children and adults whose behaviour challenges, and can offer practical information about challenging behaviour for family carers and professionals.

Their resources are free to families and available to purchase for professionals.

Choice Support

Categories: Adults with Disabilities, Mental Health.

Phone: 01322 341123

Email: Jane.Munday@choicesupport.org.uk

Website: www.choicesupport.org.uk

Address: 19 Bushey Court, Hazel Road, Slade Green, DA8 2LN

Services Offered: One to one support for up to 3 months for adults with mental health needs or who are on the Autistic Spectrum (ASD), but may not be eligible for support from the Local Authority. Support is aimed at maximising independence. Monthly support group for people with ASD which can still be accessed when the one to one support has come to an end. Please note: Clients must have a Bexley GP.

Citizens Advice

Categories: Employment, Financial, Housing, Legal Issues, and Welfare Benefits

Phone: 01322 517150

Website: www.bexleycab.org.uk

Address: 42 Pier Road ERITH DA8 1TA, plus outreach at Central Library, Bexleyheath and Sidcup Libraries.

Services Offered: Free impartial advice and guidance to individuals who live, work or study within the London Borough of Bexley. Drop in advice and guidance sessions in Erith (42 Pier Road), at Central Library Bexleyheath and Sidcup Library. Telephone advice line. Opening times at Erith are: Mon, Tues, Wed, Fri 1.30-3.30 and Thurs 10.00-1.00 & 1.30-3.00pm. Open Door

drop-in sessions in Erith: Mon, Tues, Wed, Fri 9.30-12.30.
Closed Thurs. No appointments required. Open door drop in
sessions at Bexleyheath Library: Monday & Thursday 10am-
1pm-, and at Sidcup Library on Tuesday 10am-1pm.

Crossroads Care South East London

Categories: Adults with Disabilities, Carers' Breaks, Children and
Families, Learning disability, Physical/Sensory impairment

Phone: 01322 336086

E-mail: info@ccsel.org

Website: www.ccsel.org

Twitter: @XroadsCareSEL

Facebook: Crossroads SEL

Instagram: @crossroadscare42

Address: Pier Road Centre, 42 Pier Road, Erith, DA8 1TA

Services Offered: Trained staff providing a range of regulated personal care
services to carers of adults, older people, children and
young people with disabilities in their own home or in the
community.

24/7; 365 days per year.

Individuals can purchase/self-fund directly or through
Direct Payments/Individual Budgets

- Sleeping/Waking overnights
- Supported/Independent Living Services,
- Short breaks/respite for carers
- Older carers service.(65+) - Activities
- Volunteer adult befriending service
- Information and signposting
- Carers café based in Eltham
- Social groups for carers/ older people
- Adult Befriending service

Cruse Bereavement Care (Bexley & Bromley Area)

Categories: Bereavement and Drop-ins

Phone: 020 8304 5245

Services Offered: Due to Covid-19 all groups and face to face meetings
suspended until further notice. In addition, currently only
offering a telephone or zoom bereavement support service.
Counselling sessions are now held during the daytime and
early evening at: Queen Mary's Hospital, Sidcup - Daytime,
early evenings and weekends; United Reformed Church,
Bromley, Daytime and early evenings. Geddes Place Cruse
Bereavement Friendship Group 1.30-3.30pm, Thursday; In
exceptional circumstances i.e. infirmity a home visit may be
offered. There are two bereavement support groups, which

are held once a month between 7pm and 9pm, at venues in Bromley and Erith. We also have a Walk and Talk group which meets once a week for a walk around Danson Park, Bexley, with some of our volunteers, please contact 020 8304 5245 for details.

D

Dementia UK (Admiral Nurse Dementia Helpline)

Categories: Dementia
Phone: 0800 888 6678 (9am-9pm Mon- Fri or 9am-5pm weekends)
Email: helpline@dementiauk.org
Website: www.dementiauk.org
Services Offered: Admiral Nurses provide specialist dementia support. When things get challenging or difficult, Admiral Nurses work alongside people with dementia, their families and professionals; giving them one-to-one support and expert guidance and practical solutions. To speak directly to an Admiral Nurse please contact the Admiral Nurse Dementia helpline by either e-mail or phone. You can also visit the Dementia UK website where you will find further information and advice. There are Admiral Nurses working across Kent but currently not in the South East London areas like Bexley and Bromley

Diabetes UK Bexley Support Group

Categories: Health and Enduring illness
Phone: 01322409312 (9am-9pm)
Mobile number: 07775305110
E-mail: secretary@diabetesukbexley.com
Website: www.diabetesukbexley.com
Address: 46 Woodside Road, Barnehurst, Kent, DA7 6JZ.
Services Offered: For people with diabetes and their carers. Mutual support, sharing information about diabetes and good practice in care and treatment. Meetings 3rd Friday of each month (August excluded), 7.00pm at the United Reformed Church, Geddes Place, Bexleyheath, DA6 7DJ. Visiting speakers.

Diamond Jubilee Club

Categories: Leisure, Older People and Dementia
Phone: Eileen: 020 8856 5499 or Carol: 01322 447705
Address: 17 Upland Road, Bexleyheath, Kent DA7 4NR (With effect from Tuesday 26th June, DJC will be held at 17 Upland Road, DA7 4NR and every month thereafter.)

Services Offered: A club offering musical entertainment and reminiscence on the last Tuesday of the month from 10.30 -12.15. Aimed at the over 65's although anyone is welcome, including people with dementia and their carers. There is no need to book although if you are new to the club it is advisable to telephone to check the dates, as these occasionally have to change.

Different Strokes

Categories: Leisure, Physical/Sensory impairment, Stroke

Phone: 0208 303 9530

Mobile: 07769777000

E-mail: neillathrope@aol.com

Address: Danson Youth & Community Centre, Brampton Rd,
Bexleyheath, DA7 4EZ

Website: www.differentstrokes.co.uk

Services Offered: This Fun, Friendly and Supportive group for younger stroke survivors meets every Wednesday from 2-4pm for an exercise class followed by refreshments. Social meetings, outings, daytrips, guest speakers. Also on Facebook-Different Strokes-London South East.

Disabled Christian Fellowship

Categories: Leisure and Religion

Phone: 020 8300 9998

E-mail: dfjcole@gmail.com

Address: 6 County Gate, New Eltham, SE9 3UB

Services Offered: Meets regularly on second Saturday of each month (except August) in the hall of Sidcup Baptist Church, Main Road, Sidcup, from 2.00-4.30pm. Entertainment, outings, events and leisure activities.

Dimbleby Macmillan Support Centre

Categories: Information and Support

Phone: 020 7188 5918

Address: Guy's Cancer at Queen Mary's Hospital, Frognal Avenue,
Sidcup, DA14 6LT

Services Offered: Cancer information, support and signposting for counselling and benefits advice. Referral criteria may apply.
Opening hours vary, please call 020 7188 5918 for up to date information.

Dyslexia Association of Bexley, Bromley, Greenwich and Lewisham

Categories: Education, Children and families, Employment
Phone: 020 8315 2526 (Admin.)
Helpline: 0300 999 1800 and also an Adult Helpline – 07762 265 827 – which is available Monday to Friday, 4pm-7.30pm (11am-5pm during school holidays)
E-mail: info@dyslexiawise.co.uk
Website: www.dyslexiawise.co.uk / Also on Facebook and Twitter – search full title
Address: Community House, South Street, Bromley, BR1 1RH
Services Offered: Support group for dyslexic families, parents, children, adults, teachers, healthcare professionals, etc. Guidance on special needs in school, statutory assessment and Education, Health and Care (EHC) Plans, dyslexia screenings and also have an adult group. Meetings, newsletters, assistance and information. Telephone helpline and befriending service.

E

Ellenor

Categories: Enduring Illness, Carers Breaks
Phone: 01474 320007
E-mail: info@ellenor.org
Website: www.ellenor.org
Address: Ellenor, Coldharbour Road, Gravesend, Kent, DA11 7HQ.
Services Offered: Ellenor children's service provides hospice at home care to babies, children and young adults with life threatening or life limiting illness. All services are supported by access to 24hr telephone advice from registered children's nurses, counselling and bereavement support, chaplaincy and respite care. All care is provided free of charge to patients and their families, in some circumstances families are able to use their direct payments to access ongoing respite care through Ellenor. Across north Kent, Ellenor provides specialist nursing and medical care to people of all ages living with a life threatening illness, at home, in care homes and in the hospice at Gravesend. Ellenor children's service also provides hospice care across the London boroughs of Bexley, Maidstone, Tunbridge wells, Tonbridge, Sevenoaks and surrounding villages. Also offers a range of support

services to Carers of both adults and children through their Wellbeing Service, contactable on 01474 320007.

Evergreen Care Bexley

Categories: Older people

Phone: 01322 431765

E-mail: info@evergreencarebexley.org

Website: www.evergreencarebexley.org

Address: 22 The Pantiles, Bexleyheath DA7 5HD

Services Offered: Evergreen Care Bexley seeks to serve older and vulnerable adults by improving their circumstances through advocacy, friendship and practical support. The service includes: Befriending- a weekly visit from a volunteer to alleviate loneliness Home support- to assist with cleaning, shopping, laundry, meals and well-being calls and offers a dedicated Home Support Worker(chargeable service).

Trusted Trades- database of trusted traders, based on recommendations and feedback to help ensure you receive a reliable and quality service. Lifeline 24- a Telecare service. Call Evergreen about their new service

Elderberries is held at Baptist Church, 50 Nuxley Road, Belvedere DA17 5JG which is a new centre provided by Evergreen Care Bexley for older people to meet, build friendships and have light refreshments and a hot meal.

Elderberries will be open every Monday from 10am to 2pm (except Bank Holidays) and will have a Vintage Tea atmosphere. Elderberries is open to anyone over the age of 60yrs + who enjoys socialising with others and want a safe place to meet. Help and advice can be obtained from the staff on services and events taking place across the borough.

F

Family Anonymous

Categories: Addiction

Phone: 0207 498 4680 (Helpline)

Email: office@famanon.org.uk

Website: www.famanon.org.uk

Address: Doddington & Rollo Community Association, Charlotte Despard Avenue, Battersea, London, SW11 5HD.

Services offered: Meetings are for Families and Friends of those with a Drug or Related Behaviour Problem. Call the Helpline or visit the Website for information and the discussion forum.

Family Lives

Category: Children and Families
Phone: 07811 689115
Email: lisap@familylives.org.uk
Address: St Augustines Children's Centre, St Augustines Road, Belvedere, DA17 5HP.

Services Offered: Works specifically with families with at least one pre-school child and has a range of services including a team of 50 home visiting volunteers

They also have a team of play staff who deliver play work across three Children's Centre localities (Danson Children's Centre, West Street, and St Augustine's Children's Centres), and also bite size parenting sessions from venues.

Family Matters

Categories: Children and families
Phone: 01474 536661 01474 537392 (Helpline)
Fax: 01474 546636
E-mail: admin@familymattersuk.org
Website: www.familymattersuk.org
Address: 13 Wrotham Road, Gravesend, DA11 OPA

Services Offered: Therapy and Helpline. Therapy is for adult and child survivors of rape and sexual abuse.

Friends of Carlton

Categories: Learning Disability
Phone: 020 8302 4619
Email: friendsofcarlton@yahoo.co.uk
Address: Carlton Day Centre, Carlton Road, Sidcup, DA14 6AH

Services Offered: Support to parents and other carers of adults who have a Learning Disability and attend Carlton Day Centre. Run a calendar of social events for enjoyment and raising funds in support of the centre activities. Membership and events are open to all. (Wheelchair access)

G

Greenwich and Bexley Community Hospice

Categories: Enduring illness, Carers' support groups and Drop-ins

Phone: 020 8312 2244

E-mail: info@gbch.org.uk

Website: www.communityhospice.org.uk

Address: 185 Bostall Hill, Abbey Wood, London, SE2 OGB

Services Offered: Community Café drop-in for patients and carers or those who are recently bereaved, every Friday, 10.00am to 12.30pm. Specific carers' support groups are also available – please see the website for details.

Guide Dogs

Categories: Physical/sensory impairment

Phone: 0345 143 0213

E-mail: london@guidedogs.org.uk

Website: www.guidedogs.org.uk/londonteam

Services Offered: The charity Guide Dogs provides services for people who are blind or partially sighted.

H

Happy Memories Club

Categories: Dementia and Leisure

Phone: 01322 557731 (Sarah Young)

Email: syoung@CSHA.org.uk

Address: Lingwood Lounge, Three Corners, Barnehurst, Bexleyheath, DA7 6HE

Services Offered: A place for anyone with dementia and their carers to come and chat and meet new friends. There will be music, crafts and bingo as well as tea, coffee and cakes. Meets on the last Friday of each month 2-4pm and costs £2:00.

Headway (SE London/NW Kent)

Categories: Physical/sensory impairment, Medical, Stroke

Phone: 020 8185 7775

E-mail: info@headwayselnwk.co.uk

Website: www.headwayselnwk.co.uk

Address: Shrewsbury House Community Centre, Bushmoor Crescent, London SE18 3EG

Services Offered: Headway provides services to survivors of traumatic and acquired brain injury, including survivors of stroke. Services include social rehabilitation, carer, and family support at their Centre in Shrewsbury house and Deptford and one-to-one Community Support Programme.

Home Library Service - Bexley

Categories: Leisure

Phone: 0203 045 4565

E-mail: librarycommunityservices@bexley.gov.uk

Website: www.bexley.gov.uk/libraries

Address: Community Library Service, Sidcup Library, Hadlow Road, Sidcup, Kent, DA14 4AQ.

Services Offered: This is a free service for residents of Bexley who are unable to reach and use their local library.

I

Imago Young Carers Bexley

Category: Young Carers

Phone: 0300 111 1110

Email: youngcarers@imago.community

Website: <http://www.imago.community/children-and-young-people/Bexley-Young-Carers>

Address: John Spare House, 17-19 Monson Road, Tunbridge Wells, Kent, TN1 1LS

Services offered: Imago Young Carers aim to reduce the negative and highlight the positive impact of being a carer such as increased resilience, empathy, non-judgmental attitude and caring nature.

Imago Young Carers delivers a support service to anyone aged 8-18 living in Bexley who is taking on caring responsibilities for a family with a long-term illness, disability, mental health or substance misuse issue.

Enables Young Carers aged 8-18 to receive some respite from their caring responsibilities, socialize with their peers and receive tailored support. Provides social groups for Young Carers called Workshops as well as in school drop ins, one to one work and information, advice and guidance.

Inspire Community Trust

Categories: Adults with Disabilities, Information and Support, Physical/sensory impairment, Stroke,
Phone: 020 3045 5100
Fax: 01322 345416
Minicom: 01322 334716
E-mail: info@inspirecommunitytrust.org
Website: www.inspirecommunitytrust.org
Address: Inspire Community Trust, 20 Whitehall Lane, Slade Green, DA8 2DH

Services offered: Disability Equipment Shop, Occupational Therapist offering in-home equipment assessments from £36; Homecare service, Day Care ; Short Breaks; Sensory Support services for hearing and sight difficulties; Support with managing Direct Payments and Individual Budgets for adults and children; Transport advice for Taxi Card and assessments for Blue Badges and Freedom Passes; Physical Disability Registration; Support with care planning, access to personal assistants/support workers; Moving & Handling Assessments and Advice by Qualified Occupational Therapists; NHS Wheelchair Service; Radar Keys sold. Open weekdays 9am to 5pm. Fully accessible building and facilities with free onsite parking. They also have their Living Solutions and Mobility Shop open in 50/50A High Street Sidcup for people to buy their own equipment at competitive prices. They have trained advisers for assisting the customers with appropriate equipment purchase for promoting independence and improving the quality of their lives.

Irish Community Services

Categories: Carer Support Group, Information and Support, Welfare Benefits
Phone: 020 8854 4466
Fax: 020 8854 2992
E-mail: carersmanager@irishcommunityservices.org.uk
Address: Irish Community Centre, The Irish Centre, 2B Devonshire Road, Bexleyheath, DA6 8DS.

Services offered: Carers' Support Group – 1st Wednesday of the month at St Nicholas Church Hall, 66A Whetstone Road, Kidbrooke, SE3 8PZ 11am-12pm. Telephone support. Monthly reminiscence group for carers and cared for with memory or cognitive issues. Befriending Scheme. Advice and information on a wide range of issues including welfare benefits. Lunch Clubs 12 – 2.30pm (Monday to Friday) –

provide a home cooked Irish meal, entertainment, guest speakers. Services are available for residents in the London Boroughs of Bexley, Greenwich and Lewisham. They also run a project, "Your Life Through Songs" to capture the memories of the those with memory loss. New Carers group for Carers and Cared for: 3rd Wednesday of the month 12pm-1.30pm United Reform Church, Geddes Place Bexleyheath DA6 7DJ

Independent Age

Categories: Older people and Information and support
Phone: 020 7605 4200
Helpline: 0800 319 6789
Website: www.independentage.org
Address: Independent Age, 18 Avonmore Road, London, W14 8RR
Services Offered: Provide free services to enable older people to find the care they need, remain independent, choose the right place to live, stay connected with others, and more. Our free services comprise of:
Regular Visits - a trained, regularly supported and DBS checked volunteers make free weekly or fortnightly visits to homes of older people for a friendly chat.
Information and Advice
They give free, confidential advice over the telephone for older people, their families and carers on issues such as getting help at home, adaptations, care assessments, paying for care, staying in touch with other people and welfare benefits. Regular phone calls. Referrals and self-referrals to all services can be made by calling Freephone line on 0800 319 6789 Monday to Friday 8.30am to 6.30pm, Saturdays 9am to 1pm - Sundays and bank holidays closed.

J

John Payne's Charity

Categories: Financial
Phone: 020 8298 7336
Fax: 020 8298 7312
Address: Fosters Primary School, Westbrooke Rd, Welling, DA16 1PN
Services Offered: Offers financial assistance in region of £50 - £100 to help those in need or hardship or distress. Beneficiaries must live in the Ancient Parish of East Wickham (which includes the Parishes of St Michael East Wickham and St. Mary welling)

and/or in the DA16 postcode area. Applications should be made in writing to the above address or can be made by a Social or Health Care Professional on your behalf. Trustees normally meet in March and October.

K

KASBAH - Supporting Disabled People towards Independence

Categories: Physical /Sensory Impairment, Learning Disability
Phone: 01474 536501
E-mail: admin@kasbah.org.uk
Website: www.kasbah.org.uk
Address: 27-27A East Kent Avenue, Northfleet, Kent, DA11 9HU
Services Offered: KASBAH Disability Information Advice Line (DIAL), provides generic advice on disabilities, negotiating through the complex benefit system, incorporating a form filling service in North West Kent. Provided by a team of volunteer specialist advisers, the project is supported by a DIAL Advice Manager. They also offer information, support and empowerment on all topics relating to disability to KASBAH members across Kent. KASBAH had six residential sites across North West Kent and Medway. Within these projects, they can offer support and training in all aspects of daily living, promote independence, improve social communication and interaction skills within peer groups and offer budgeting, travel training and problem solving support. They now have the ability to provide individually tailored respite services within their projects. This could be a simple short session with a focused activity or an over stay. These services are available to young vulnerable adults, between the ages of 18-35 who have a physical and/or learning disability and have the potential to live independently within the correct support setting.

L

Library

Categories: Leisure
Phone: 020 8303 7777
E-mail: centrallibrary@bexley.gov.uk
Website: www.bexley.gov.uk/libraries
Address: Central Library, Townley Road, Bexleyheath, DA6 7HJ

Services Offered: Range of books, books on CD's and MP3 & DVD's. Local information. Provides FREE access to the Internet and office-based computer packages. Free WiFi access (for internet/Wi-Fi use, a library card is required). Local Studies and Archive Centre. Wheelchair access. There is a home library service for housebound readers. Also there is a tourist information centre.

Adult activities offered such as: Games Club, Coffee & Conversation and Reading groups.

The Learning and Enterprise College Bexley (LECB)

Categories: Education

Phone: 020 3045 5176, Best to Contact Ros Shaw direct on 020 8298 2727

E-mail: ros.shaw@lecb.ac.uk

Address: 5 Brampton Road, Bexleyheath, Kent DA7 4EZ Services

Website: www.lecb.ac.uk

Services Offered: Contact Ros Shaw (020 8298 2727) Financing college courses, welfare and counselling. Special needs advice via Sarah Meredith on 02082982828. Student welfare advice and student counselling, also administering the college discretionary learning fund which assists learners on low incomes with a range of financial help e.g. childcare, kit for courses, travel etc. via Ros Shaw on 020 3045 5176.

London Fire Brigade

Categories: Information and Support

Phone: 0800 028 4428

Text/SMS: 44786 002 1319

E-mail: smokealarms@london-fire.gov.uk

Website: www.london-fire.gov.uk/safety/carers-and-support-workers/

Services Offered: Specialist fire safety advice for carers, based on the cared-for person's home and individual needs during a free home fire safety visit. Free installation of smoke alarms.

London Independent Health Complaints Advocacy Service (IHCAS)

Categories: Medical

Phone: 0300 456 2370

Fax: 0300 456 2365

Minicom: 0300 456 2364

NHS complaints advocacy: 0203 5535960

Text: Text pohwer to 81025 with your name and number

E-mail: pohwer@pohwer.net

Website: www.pohwer.net

Address: POhWER, PO Box 14043, Birmingham, B6 9BL

Services Offered: POhWER is an independent advocacy charity whose mission is "To enable our clients' voices to be heard, speaking for them when they can't and supporting them when they can." One service they provide is the Independent Health Complaints Advocacy Service (IHCAS). IHCAS is a free, independent and confidential service offering advocacy support to people who want to make a formal complaint about the NHS and/or the care they have received.

M

Macular Society Bexley Group

Categories: Medical, Information and Support

Phone: 0208 856 8954

Email: ajnmac@aol.co.uk

Services Offered: The group meet at Hurst Community Centre, Hurst Road, Bexley, on the last Monday of each month (except bank holidays) from 10am – 12 midday. There are speakers on subjects of interest for those with a visual impairment caused by a Macular condition, and also on topics of general interest. A chance to meet and make new friends while learning to cope with failing eyesight.

Mind in Bexley

Categories: Mental health, Welfare benefits

Phone: See below

E-mail: info@mindinbexley.org.uk

Website: www.mindinbexley.org.uk

Address: Devonshire Road Office: 020 8303 8932 2a Devonshire Road, Bexleyheath, DA6 8DS

Services: IAPT, Community Connect, Breathing Space, Office Administration and Accounts

Motor Neurone Disease Association – North West Kent Branch

Categories: Medical

Phone: 0808 802 6262

Email: mndconnect@mndassociation.org

Website: www.mndassociation.org

Services Offered: Information, advice and support to people living with motor neurone disease and their carers.

Bexley Dartford and Gravesend MS Society

Categories: Physical /Sensory impairment

Phone: 020 8306 7050

Email: bexley@mssociety.org.uk

Website: www.mssociety.com

Services Offered: Provides help, information and support to all people affected by MS. Monthly support meetings usually on 1st Saturday of each month, 3-5pm at Inspire Centre, 20 Whitehall Lane, Slade Green, DA8 2DH.

N

National Autistic Society (Bexley Branch)

Categories: Learning disability, Children and families, Leisure

Phone: 07826 950496

Email: bexley@nas.org.uk

Services Offered: Provides leisure and social activities for families of a child on the autistic spectrum, including swimming with inflatables and flumes, Youth Club for teenage children, Make and Bake sessions, fun days with entertainers, theatre trips. family summer holiday club, Christmas party and Trampoline sessions.

North Bexley Carers Group

Categories: Carers' support groups

Phone: 0208 473 7367

Address: 55 Cherbury Close, North Thamesmead, SE28 8PQ

Services Offered: Meetings held fortnightly on Wednesday 12.45-2.45pm, at Lambert Court, 246 Park Crescent, Erith. To provide support, advice and information for carers. Occasional speakers, social activities, outings. Wheelchair access.

Novus Homeshare

Categories: Housing/Homeshare

Phone: 0330 0882 225

Address: 376-378 Pinner Road, North Harrow, Middlesex, HA2 6DZ

Email: enquiries@novus-homeshare.org.uk

Website: www.novus-homeshare.org.uk

Twitter: [@NovusHomeshare](https://twitter.com/NovusHomeshare)

Facebook: facebook.com/NovusHomeshare

Services Offered: Novus Homeshare is a charity that helps to match people who want or need a little bit more support or companionship at home with those who need somewhere to live and are

willing to help for at least 10 hours per week. Homeshare is an affordable service that helps people to stay living in their own home, whilst being able to keep their independence. Both parties therefore mutually benefit from such scheme.

Tasks may include: cooking, DIY, doing the laundry, gardening, help with electronics, shopping, overnight security and companionship. Homeshare provides peace of mind to family members by reassuring them that their relatives are not alone as someone stays overnight with them.

P

Parkinson's UK (Bexley and Dartford Branch)

Categories: Enduring illness and Leisure

Phone: 0208 306 5973

E-mail: Brian.leach7@ntlworld.com

Services Offered: Support group covering the Bexley and Dartford areas. General advice and information available. Social meetings They now meet on the second Wednesday of the month at Mick Jagger Centre and also now meet in Roberts Hall (Christ Church Bexleyheath) on the fourth Thursday afternoon of the month. Outings including, trips and meals. Parkinson's Disease Nurse Specialists are available to Bexley and Dartford residents and a Local Advisor in both areas can help members to apply for various benefits they may be entitled to. Wheelchair access.

Patient Advice and Liaison Service (PALS) - Oxleas

Categories: Information and support,

Phone: 0800 917 7159

E-mail: oxl-tr.pals@nhs.net

Address: Oxleas NHS Foundation Trust, Pinewood House, Pinewood Place, Dartford, DA2 7WG

Services Offered: Free confidential advice and information for patients and carers who have questions or concerns about the Mental Health Services in Bexley. Pals also cover forensic services at the Bracton. Community Services, Children and Young people's services to Greenwich and Bexley available. They also cover the mental health and (healthcare in most) in the Kent prison services.

Patient Advice and Liaison service (PALS) - Queen Mary's Hospital

Categories: Mental health, Information and support, Medical, Health

Phone: 0800 917 7159

Email us at: oxl-tr.qmh-pals@nhs.net

Address: Queen Mary's Hospital, Frognaal Avenue, Sidcup, DA14 6LT

Services Offered: Oxleas NHS Foundation NHS Trust Patient Advice and Liaison Service (PALS) is a service we offer at Queen Mary's as there are several NHS organisations. We have a dedicated PALS service to help people using all of the services at the hospital and this managed by Oxleas NHS Foundation Trust.

PALS is a free, confidential service helping patients, families and carers to deal with concerns about treatment and care at Queen Mary's.

Opening times: Monday to Friday, 9am to 4pm - When we are not available to take your call, there is an answer machine. If you leave a message, we will aim to call you back within one working day.

Patient Experience Team at Bexley Clinical Commissioning Group

Categories: Health, Information and support

Phone: 0800 328 9712

E-mail: bexccg.contactus@nhs.net

Address: 2 Watling Street, Second Floor West, Bexleyheath, DA6 7AT

Services Offered: Free confidential service which can provide information on health services commissioned by the Bexley Clinical Commissioning Group. The Patient Experience Team will listen to your concerns, questions or suggestions regarding services they commission, or they will signpost you to other relevant organisations who can assist you in resolving your problems or finding support for services they do not commission. Office hours: 9.00 – 5.00 Monday – Friday.

R

Re-Instate

Categories: Mental health, Employment, Learning Disability, Training

Phone: 0203 645 1508 – The Employment Service
01322 438 155- The Community Hub

E-mail: info@re-instate.co.uk

Website: www.re-instate.co.uk

Address: St John's Hall, 194 West Street, Erith, DA8 1AN

Services Offered: Re-Instate is a charity working to improve employment opportunities, quality of life and well-being for disadvantaged people in the London Borough of Bexley including people experiencing mental ill-health, people with learning disabilities and young people. Re-Instate's Employment Service supports local people who have experienced mental ill-health as part of Bexley's Recovery and Wellbeing Service run in partnership with Mind in Bexley. The service includes Job Retention, Preparing for and finding new jobs, support with volunteering and training.

Remap (Rehabilitation Engineering Movement Advisory Panels)

Categories: Physical/Sensory Impairment

Phone: Lenise Moth: 07780 366130
01322 438 155- The Community Hub

E-mail: londonsouth.chairman@remapgroups.org.uk

Website: <https://londonsouth.remap.org.uk/>

Address: D9 Chaucer Business Park, Kemsing TN15 6YU

Services Offered: Remap is a charity that will try to adapt or make a gadget to meet the needs of the disabled person or direct them (or their carer) to something suitable that they could purchase. Custom-made equipment from Remap is free of charge, although donations to the charity are always welcome. To find out more you can contact Remap directly, or ask your occupational therapist, other healthcare professional, relative or friend to contact Remap on your behalf.

S

South East London Family Mediation Bureau

Categories: Information and Support

Phone: 020 8315 7460

Email: enquiries@selfmb.org.uk

Website: www.selfmb.org.uk

Address: The Stables, 1 North Street, Bromley, BR1 1SB

Services Offered: A not for profit organisation offering Family Mediation for: a separating married/civil partnership couple (with or without children), whether seeking divorce or not; separating co-habitees (with or without children); teenage parents and parents of teenagers, grandparents, parents and adult children, other members of the extended family where

communication and/or relationship difficulties are problematic.

Speakability

Categories: Stroke
Phone: Paul Meaton on 07815 295960
E-mail: themeatons@yahoo.co.uk
Website: www.stroke.org.uk
Address: Meetings are now on Tuesday weekly in the Magill Seminar Room, Ground Floor, Main Building, Queen Mary's Hospital
Services Offered: Speakability Aphasia Self-help Groups are run by and for adults who have Aphasia (speech and language problems caused by a stroke, brain injury or neurological incident).

Speech and Language Therapy

Categories: Stroke
Phone: 02039107092
Email: oxl-tr.BCHS-NeuroTeam@nhs.net
Services Offered: The Speech and Language Therapy team offer individual and group treatment where appropriate for people with communication difficulties following stroke. If you would like to be referred to the department, please contact your GP. In addition, 'Friday Club' and 'Speakability' are long term social support groups (not therapy) for people with communication difficulties, and accept referrals from the SLT department.

SSAFA

Categories: Information and Support
Phone: 0208 639 0495
E-mail: LondonSE.Branch@ssafa.org.uk
Services Offered: A range of practical support and financial assistance for Service, Ex-service men, women and their families. i.e.: Respite holidays, white goods, furniture, house/garden repairs, removal costs, wheelchairs, stair lifts, etc.

Staying Put (Bexley)

Categories: Financial, Housing, Stroke
Phone: 020 3045 4846 or 020 8303 7777
Fax: 0203 045 4784
E-mail: bexleystayingput@bexley.gov.uk or visit www.bexley.gov.uk
Address: Civic Offices, 2 Watling Street, Bexleyheath, Kent, DA6 7AT
Services Offered: Bexley Staying Put is a service offered by Bexley Council for homeowners over the age of 60 or

under and vulnerable, offering help and advice on home repairs. A Bexley Staying Put Adviser will visit you to discuss the best ways to fund this work including assistance with applying for Local Authority grants and loans. In addition, there is a team of Handypersons who can carry out small repairs to the homes of older or disabled Bexley residents. There is a charge for the handyperson service and the work is restricted to a maximum of 3 hours. Staying Put also has an approved list of reputable contractors to provide free estimates for work. A new service being offered is the Housing Options Service where an Adviser will visit and discuss with you the options should your home no longer be suitable for you.

T

Taking Care

Categories: Older People, Learning Disability, Physical/Sensory Impairment, mental health, Dementia, Long term illness, domestic violence, end of life/palliative, substance misuse, children

Phone: 020 3045 5400

Email: screeners@bexley.gov.uk

Website: taking.care/bexleyreferral

Address:

Services: Taking Care are the UK's largest personal alarm provider and are the London Borough of Bexley's chosen Telecare provider, working in partnership with the Council to provide the Assistive Technology service for residents of Bexley. Personal Alarms for peace of mind. 24/7 help at the press of a button.

The Pier Road Project

Categories: Addiction, Medical

Phone: 01322 357940

Email: slm-tr.PierRoadProject@nhs.net

Website: <https://prpbexley.org.uk/>

Address: Erith Health Centre, 50 Pier Road, Erith, DA8 1RQ

Services offered: Drug and Alcohol Service for Residents living in the London Borough of Bexley aged 18+.

U

U3A (University of the Third Age) Sidcup

Categories: Education, Leisure

Phone: 020 8850 2046

Email: george.murrell@btinternet.com

Address: New Community Church, Station Road, Sidcup

Services Offered: Promotes well-being of "3rd Agers" by sharing skills, knowledge, experience and keeping the mind and body active. Monthly meetings with speakers and group activities. Annual subscription (£18.00). The group meet on the 3rd Thursday of each month at 2pm in the New Community Church, Station Road, Sidcup. Please call in at a meeting for more information.

Volunteer Support Project

Categories: Mental health, Learning disability

Phone: 01322 524 682

E-mail: vspworker@bvsc.co.uk

Website: www.bvsc.co.uk

Address: Bexley Voluntary Service Council, Crayford Manor House,
Mayplace Road East, Crayford, Kent, DA1 4HB

Services Offered: Provides access and assistance for people with mental health problems, or a learning disability to undertake voluntary work in their local community. A worker provides encouragement and assistance and offers as much support as the volunteer needs to enable them to find and carry out their chosen voluntary work.

This booklet is produced by Carers' Support (Bexley), a registered charity supporting carers, with funding from Bexley Council.

Carers' Support (Bexley)



Carers' Support (Bexley) The Manor House Grassington Road Sidcup DA14 6BY

Telephone: 020 8302 8011 Fax: 020 8300 3002

E-mail: info@carerssupport.org

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