

# Useful Contacts:

## **Carers' Support (Bexley)**

Telephone: 020 8302 8011

Email: [info@carerssupport.org](mailto:info@carerssupport.org)

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

Fax on 020 8300 3002

Carers' Support (Bexley), The Manor House, Sidcup. DA14 6BY

## **Imago Young Carers Bexley**

Phone: 0300 111 1110

Email: [hello@bexleyyoungcarers.org.uk](mailto:hello@bexleyyoungcarers.org.uk)

Website: [http://](http://www.imago.community/children-and-young-people/Bexley-Young-Carers)

[www.imago.community/children-and-young-people/Bexley-Young-Carers](http://www.imago.community/children-and-young-people/Bexley-Young-Carers)

Address: John Spare House, 17-18 Monson Road, Tunbridge Wells, TN11 1LS

# DO YOU LOOK AFTER SOMEONE?



**Getting help and connected as a Carer in The London Borough of Bexley**

# PRACTICE LOGO

Carers' Support (Bexley)

**NHS**

Bexley  
Clinical Commissioning Group

## You may be a Carer ....

...if you provide help and support to a partner, relative, child, friend or neighbour who could not manage without your help due to physical or mental illness, disability, frailty or addiction. There are thousands of unpaid Carers in The London Borough of Bexley.

Anyone can become a Carer — children, parents, daughters, sons, spouses, partners and friends. Many people don't think of themselves as Carers; they just look after someone close to them. Caring often just happens to you, as you find that someone close to you gradually needs more help.

Many people juggle work and caring; some don't live with the person they are caring for.

## Support for you

Becoming a Carer can feel isolating and it's often a struggle to get the information you need.

When you are looking after someone, it's important to have some help and support for yourself, such as a break from caring.

Carers Support (Bexley), is a local organisation that can provide you with information and advice on any aspect of caring and services that might be useful. They can meet with you one to one to talk about your situation and suggest support services to help you in your caring role.

They can put you in touch with other organisations that offer specialist support, for example about dementia, mental health problems or recovering from a stroke.

Carers Support (Bexley) can also advise on any financial help you or the person you look after may be entitled to. There are also Carers' support groups that meet regularly to share practical ideas and friendship.

Call Carers Support (Bexley) confidentially:  
**0208 302 8011**

## Your Own Health

As a Carer, it is important that you look after your own health; it is easy not to look after yourself when you are looking after someone else.

Here at the **XXXXXXX** we want to be able to do all we can to try to help you to stay as fit and healthy as possible.

We will do our best to help you look after yourself as well as the person you care for. For example we are keen to offer flu vaccinations to Carers each Autumn.

We keep a register of Carers who are our patients so that we can let you know about any new services or support that becomes available. **Please register yourself as a Carer at reception or discuss it with your Doctor.**