

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)
Wolsley House, 64 Wolsley Close, Crayford. DA1 4HB
Tel: 020 8302 8011

Email: info@carerssupport.org

Website: www.carerssupport.org

November 2023

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)

Wolsley House,

64 Wolsley Close

Crayford,

DA1 4HB

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 Bexley Council on 020 8303 7777 or 020 3045 5159 and ask for Adult Social Care to make a referral for an assessment

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 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.

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
0300 772 9600

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
0303 3033

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*
0300 123 3084

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
0208 370 7888

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

Children and families

ADHD & ME
Bexley Group for Therapeutic Riding
Bexley Mencap
Bexley SNAP
Bexley Voice
Bliss, the charity for premature and sick babies.
Crossroads Care South East London
Dyslexia Association

Family Matters
Homestart (Bexley)
National Autistic Society (Bexley Branch)

Dementia

Alzheimer's Society – Dementia Connect
Dementia UK (Admiral Nurse Dementia Helpline)
Diamond Jubilee Club

Domestic violence

Bexley Women's Aid

Drop-ins

Age UK Bexley
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

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

Information and support

BCU Life Skills Centre
Bexley Deaf Centre
BLISS, the charity for premature and sick babies.
Blind Veterans UK
Breast Cancer Now
Carers' Counselling Service
Carers' Support (Bexley)
Dimbleby 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
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)
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 UK
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

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 Monday, Wednesday, Saturday 10am-5:00pm, Tuesday, Thursday, Friday 10am-8pm, Sunday 11am - 5pm. If you want to hire out a wheelchair or scooter they would ideally like you to call them 48 hours 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. A wide range of products are also sold, from Riser Recliner chairs, & beds, to scooters, Powerchairs, Rollators & wheelchairs.

We also currently have a scheme for carers, offering a £50 M&S voucher for any referrals that go on to purchase a Rise & Recline chair, Bed, Mobility scooter or Powerchair. I have posted you some of these leaflets, by all means, your carers can come into store and pick up a leaflet at the time of purchase should they wish.

Adfam

Categories: Addictions

Phone: +44 7442 137421 (phone number is not a helpline)

Email: admin@adfam.org.uk

Website: www.adfam.org.uk

Address: 27 Swinton Street, London, WC1X 9NW

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, a support forum 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.

Age UK Bexley

Categories: Older people

Phone: 020 8300 0883 (Between 10am and 4pm)

Website: www.ageuk.org.uk/bexley

Address: Belvedere Community Centre, Mitchell Close, DA17 6AA

Services Offered: Information helpline. Welfare benefits advice and help with completing claim forms. Nail cutting service. Day Care Service. Befriending Cafes throughout the borough. Fitness activities including Fit Move class, Tai Chi, Walking and Cycling. Dementia Café. Digital inclusion Café. Men in Sheds project. One to one befriending. Pathways project (supporting people to access social care services from the local authority).

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.

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 and a Facebook support group. Just search for "Official Allergy UK Support Group" on Facebook and it will come up.

Alzheimer's Society – Dementia Support Bexley

Categories: Dementia

Phone: 0333 150 3456

Website: www.alzheimers.org.uk

Email: leanne.stephens@alzheimers.org.uk

Services Offered: Living with dementia can be overwhelming, but you're not alone.

From a listening ear on the phone, to a visit in person. From practical tips and advice, to opportunities to connect with others. Alzheimer's Society is here for you - no matter how you need us.

We are here to help

If you need dementia support, we're here for you. Get personalised information, support and advice by calling us on 0333 150 3456.

We are here to help

Our dementia advisers will listen and give you support and advice, and connect you to help you need. We can provide you with telephone or face to face support.

Phone support is available seven days a week:

Support line opening hours:

Monday to Wednesday: 9am – 8pm

Thursday and Friday: 9am – 5pm

Saturday and Sunday: 10am – 4pm

Arthritis Care (Bexley Branch)

Categories: Physical/Sensory Impairment

Phone: 020 8301 1864

Mobile: 07952683582

Email: philhinton60@icloud.com

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. We're a very friendly older persons social club which meets the first Thursday each month at the Club Hall, Barton Close, Bexleyheath, DA6 8JP between 1;15 and 3;45pm. We have entertainment followed by tea and cake and are open to all not just those suffering with Arthritis. And we are also always looking for helpers, particularly drivers happy to transport for a couple of our more mobile members.

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: The Centre's information has changed and we are open as follows:-

Thursdays 10 - 1 pm

Women's Therapy Group - by invitation only - 10 - 11.30

Individual counselling

Listening

Advocacy

Drop-in with low cost meal available, open to all.

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.

Penge Churches Housing Association (PCHA)

Categories: Housing
Phone: 0208 659 3055
E-mail: Housing@pcha.co.uk
Website: www.pcha.co.uk
Address: 99 Maple Road, London, SE20 8LN
Services Offered: We do offer social housing however we take all of our nomination from Bromley and Bexley borough councils. We do have a direct application list for studio flats however as we are small this is an indefinite waiting list.

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. If you are unable to get to the office, please leave a message on 01322 351122, they will then call you back to make arrangements

with you. Also, they have just launched their new “Lend an Ear Befriending Service” Hearing Aid clinic at Central Library Bexleyheath every Monday 10am-1pm
And a clinic once a month on a Wednesday at Sidcup library 10am-12pm
Also a clinic at St John’s church, Church Rd Sidcup once a month 10am-12pm

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 SEND Hub

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: Postal Address: Christ Church Bexleyheath, Broadway,
Bexleyheath, DA6 7BT
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 ensure the collective 'voice' of parent and carers of CYP with SEND in Bexley is heard by local area partners. Bexley Voice are a central point for consultation by service providers and a forum for parents to raise issues with the aim of the delivery of better outcomes and more effective services for families living with SEND.

The group offer information, signposting, and support to parents and hold 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 part-time Monday to Friday (term time). Please leave a message and they will endeavour to respond as soon as possible, or enquiries can be sent by email. Membership is free, via the website, for parent/carers and professionals who work with SEND.

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.

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 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 charity for babies born premature or sick.

Categories: Children and families, Information and support
Phone: 020 7378 1122
E-mail: reception@bliss.org.uk
Website: bliss.org.uk
Address: 1st Floor North, 10-18 Union Street, London, SE1 1SZ

Services Offered:

Bliss exists to give every baby born premature or sick in the UK the best chance of survival and quality of life. We champion their right to receive the best care by supporting families, campaigning for change and supporting professionals, and enabling life-changing research. We give parents of premature and sick babies somewhere to turn to for information and support.

We offer the following support services that families can access

Email support service:

Families of babies who are born premature or sick can get in touch with our support team directly by emailing:

hello@bliss.org.uk This is a self-referral service mainly accessed by parents who are either on or have had a neonatal experience and would like some further support. We aim to respond to these emails within 3 working days and act as a supportive outlet for parents providing signposting to services that may be helpful in your journey.

Bliss Champion Online Service:

This is a service where families can access support over Zoom with a fully trained volunteer Bliss Champion. Bliss Champions offer emotional support and practical information to parents who have a baby on a neonatal unit, or who have recently been discharged. You can arrange an appointment with a Bliss Champion by sending an email to hello@bliss.org.uk and we will set this up for you. You can find out more information about the service on the Bliss Champions Online Support page of our website.

Bliss social media:

By following Bliss on social media families can also have access to lots of information and support. We have Instagram Q&A's which are saved in the highlights reel (on subjects such as RSV, mental health support, coming home from a neonatal unit

with your baby, starting school). We also have lots more in the pipeline.

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, 3 Queens Square London WC1N 3AR
Services Offered: Blind Veterans UK helps vision-impaired ex-Servicemen and women to rebuild their lives after sight loss. We provide rehabilitation, training, practical advice and emotional support to veterans regardless of how or when they lost their sight. We're here to help blind veterans regain their independence and live the life they choose.

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 a volunteer who has had similar experiences, welcoming online forums, reliable information and online support groups. 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](tel:08000431935)

Address: [CP House, Otterspool Way, Watford WD25 8HR](#)

E-mail: info@britishpolio.org.uk

Website: www.britishpolio.org.uk

Services Offered: The British Polio Fellowship is a charitable organisation dedicated to supporting and empowering the 120,000 people in the UK living with the late effects of polio and post-polio syndrome (PPS). They provide information, welfare and support to those affected, to enable them to live full, independent and integrated lives and campaigns to raise awareness of PPS. They have members across the UK with branches and groups across the nation. They publish a seasonal newsletter, the bulletin; and campaign to raise awareness of PPS among healthcare professionals, members of parliament and the general public and supports the efforts of fellow Polio organisations in attempts to eradicate the disease worldwide.

British Red Cross

Categories: Medical

Phone: 0208 944 0246

Email: London_enquiries@redcross.org.uk

Website: www.redcross.org

Address: 28 Worples Road, Wimbledon, SW19 4EE

Services Offered: Professionally recognised workplace first aid as well as community based First Aid training courses, advice following a domestic fire or flood, support to vulnerable people after a hospital stay, wheelchair and commode hire as well as living aids for purchase, advice and support services for refugees, limited emergency one off destitution support based on individual circumstances and humanitarian need.

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: Evidence-based information and support for thyroid patients and their families.

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: Crayford Manor House, Crayford. DA1 4HB
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: carers@mindinbexley.org.uk
Website: <https://mindinbexley.org.uk/carers>
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

Family Support Service's email address? If so it's support@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 with severe learning disabilities with behaviours which may be described as challenging, 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: 4 Wheelock close Erith DA8 1NH

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: 0808 2505709

Website: www.bexleycab.org.uk

Address: 42 Pier Road ERITH DA8 1TA,

Services Offered: Free impartial advice and guidance to individuals who live, work or study within the London Borough of Bexley.

We no longer offer a drop in service, we only see clients on an appointment only basis. Appointments are available at Erith, Bexleyheath and Sidcup.

Appointments can be made by calling on 08082505709 using option 4 Monday – Friday 9.30 – 3.30 or by completing the contact form on our website; www.bexleycab.org.uk or by writing to us at 42 Pier Road, Erith, DA8 1TA

- Crossroads Care South East London

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- Categories:

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- Carers(Adults & Older People)

- Parent Carers(Children, Young people and families)

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- Physical, Learning, Sensory, Complex

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- Phone: 01322 336086

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- E-mail: info@ccsel.org

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- Website: www.ccsel.org

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- Twitter: @XroadsCareSEL

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- Facebook: Crossroads SEL

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- Instagram: @crossroadscaresel42

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

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- Services Offered:

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- Respite Breaks (for carers) either full personal care or a sitting service through our prevention & early intervention service*

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- Respite breaks for parent carer(s) of children/young people with disabilities

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- Overnight care (waking/ sleeping)

-

- 24/7 packages of care

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- Volunteer Adult Befriending service for older people.
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- Lunch group for carers and older people
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- Trauma informed assessments & counselling/therapy for carers & older people
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- Shopping, light housework and transport to appointments
-
- Information and signposting for carers and older people.
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- Frailty assessments for carers and the person they care for.
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- Carers Assessments
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- *You may be able to access a respite break through our prevention and early intervention service funded through the London Borough of Bexley.
- You can also purchase services directly from us as a self-funder or through a Direct Payment or Personal Budget.
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Cruse Bereavement Care (Bexley & Bromley Area)

Categories: Bereavement and Drop-ins

Phone: 020 8304 5245

Email: BexleyandBromley@cruce.org.uk

Services Offered: **Due to Covid-19** all groups (except Walk and Talk Danson Park) and In Person meetings suspended until further notice. Currently only offering a telephone or zoom bereavement support service. In Person sessions when available again are held at: Queen Mary’s Hospital, Sidcup - Daytime, early evenings and weekends, United Reformed Church, Bromley- Daytime and early evenings. Geddes Place Bexleyheath, 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. They also have a Walk and Talk group which meets once a week for a walk in Danson Park, Bexley, with some volunteers, please contact 020 8304 5245 for details and to register for the Bereavement Support Services including the Walk.

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

Virtual appointments by phone/video call: www.dementiauk.org/book-an-appointment

Services Offered: Dementia UK is the specialist dementia nursing charity that is there for the whole family. Our specialist nurses, known as Admiral Nurses, provide free, expert advice, support and understanding to help families care for their loved one. As experts in the condition, their tailored, life-changing support helps families through the fear and confusion of dementia. From sharing practical tips for caring to offering compassionate emotional support and helping plan for the future, they are there when people impacted by the condition need them most.

To speak directly to an Admiral Nurse please contact the Admiral Nurse Dementia Helpline by either email or phone. To book a free, confidential phone or video appointment with an Admiral Nurse, please visit www.dementiauk.org/book-an-appointment.

Please visit www.dementiauk.org for information on all aspects of dementia and to find out how you can support our life-changing work. There are Admiral Nurses working in the community across Kent.

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: 07941424409

E-mail: dcf@sidcupbaptistchurch.org.uk

Address: Sidcup Baptist Church, 167 Main Road, Sidcup, Kent, DA14 6PA

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. Tea and entertainment.

Dimbleby Macmillan Support Centre

Categories: Information and Support

Phone: 020 7188 5918

Address: Guy's Cancer at Queen Mary's Hospital, Frogna 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: Helpline: 0300 999 1800 and also an Adult Helpline – 07762 265 827 – which is available Monday to Wednesday, 5pm-7pm

E-mail: info@dyslexiawise.co.uk

Website: www.dyslexiawise.co.uk / Also on Facebook and Twitter – search full title

Address: We are now virtual tenants at Community House so rather than Address, I've inserted "Registered Address". Dyslexia Association of Bexley Bromley Greenwich & Lewisham Community House South Street Bromley, Kent

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 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 telephone advice 9am to 5pm 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 respite and wellbeing support including Play/Music Therapy across the London borough of Bexley. Also offers a range of support services to Carers of both adults and children through their Wellbeing Service, contactable on 01474 320007.

Evergreen Care UK

Categories: Older people
Phone: 01322 431 765
E-mail: info@evergreencareuk.org

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Address: Wilmington Community Church, Broad Lane, Dartford, DA2 7AQ

Services Offered: Evergreen Care UK 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). Reliable Trades- database of trusted traders, based on recommendations and feedback to help ensure you receive a reliable and quality service. Careline365 - a Telecare service. Call Evergreen about Elderberries vintage tea rooms, a centre provided by Evergreen Care UK for older people to meet, build friendships and have light refreshments and a hot meal. Evergreen hold 5 Elderberries cafés across the Bexley and Dartford boroughs:

- Elderberries **Belvedere** - open every Monday from 10am to 2pm (except Bank Holidays).
- Elderberries **Wilmington** - open every Monday from 12pm to 3pm (except Bank Holidays).

- Elderberries **Crayford** - open every Tuesday from 10.30am to 1.30pm (except Bank Holidays).
- Elderberries **Bexley** - open every Friday from 2pm to 4pm (except Bank Holidays).

All cafés 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 0207 498 4680 or visit the Website www.famanon.org.uk for information and the discussion forum.

Family Matters

Categories: Children and families
 Phone: 01474 536661 01474 537392 (Helpline)
 E-mail: admin@familymattersuk.org
 Website: www.familymattersuk.org
 Address: 13 Wrotham Road, Gravesend, DA11 OPA
 Services Offered: Family Matters is a registered Charity that provides specialist support services for all survivors of rape and sexual abuse in Kent. Family Matters offers therapy to adults and children. The sexual violence can be recent or historic; it can be reported to police or not reported. As a charity their services are subject to funding and at present, are are funded to offer therapy to clients living within Kent or the London Borough of Bexley. Their therapy involves up to 12 one to one sessions (1 session a week for 50 minutes). Family Matters provide Independent Sexual Violence Advisors (ISVA'S) support for both children and adults. The ISVA's are specially trained to provide impartial emotional and practical support tailored to the needs of the survivor. Assistance is offered to help survivors through the criminal

justice system, from reporting to police through to court. Information, support and signposting can still be provided even if the sexual violence has not been reported to the police. As a charity their services are subject to funding and at present, they are funded to offer the ISVA service to survivors living within Kent.

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: 0800 781 1444
E-mail: information@guidedogs.org.uk
Website: <https://www.guidedogs.org.uk/>
Services Offered: The charity Guide Dogs provides services for people who are blind or partially sighted.

H

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, digital services including group sessions and in person services run from Shrewsbury House and Mulberry Centre (Deptford) as well as one-to-one Community Support.

Home Library Service - Bexley

Categories: Leisure
Phone: 0203 045 4565
E-mail: librarycommunityservices@bexley.gov.uk
Website: www.bexley.gov.uk/libraries

Address 176 Crayford Library Town Hall Square Crayford DA1 4FN

Services Offered: This is a free service for residents of Bexley who are unable to reach and use their local library. The Home Library Service is run a little differently now with Volunteers using all our libraries to work from.

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: 01322 520 560

Fax:

Minicom:

E-mail: CES@inspiremedicare.org

Website: www.inspirecommunitytrust.org

Address: Inspire Community Trust, 130-136 Maidstone Road, Sidcup, DA14 5HS

Services offered: Day Care; Short Breaks; Sensory Support services for Payments and Individual Budgets for children; Transport advice for Taxi Card and assessments for Blue Badges and Freedom Passes; NHS Wheelchair Service for Greenwich borough and wheelchair equipment services for Bromley Borough residents; Radar Keys sold. 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: carersproject@irishcommunityservice.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 / helpline@independentage.org

Website: www.independentage.org

Address: Independent Age, 18 Avonmore Road, London, W14 8RR

Services Offered:

Independent Age is a national charity providing support for older people facing financial hardship. We offer free impartial advice and information for older people and their families on what matters most: money, housing, and care.

Our free services comprise of:

Information and advice

We provide confidential, free and impartial advice and information over the telephone for older people, their families and carers on issues such as money and benefits, housing, care and support, and more. This support can range from a discussion around the assessment process for moving into care, how a hospital discharge should take place, to a full welfare benefit check to maximise income.

We can also offer a telephone translation service to speak with one of our advisers if this is needed.

We also provide free guides and factsheets which are full of information to help older people boost their income, find the care they need, remain independent, choose the right place to live, stay connected with others and more.

Good to Know Groups, one-off information themed groups
Telephone groups for older people to connect with new friends and to learn more about the issues that matter to them. Our telephone groups are particularly aimed at those who aren't online or can't get out and about in their local communities.

Referrals and self-referrals to all services can be made by calling the Helpline team on freephone 0800 319 6789, Monday to Friday, 8:30am to 5:30pm, or by email: helpline@independentage.org Closed weekends and bank holidays.

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: 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 3045 3603

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 3045 3603) Financing college courses, welfare and counselling. Special needs advice via Sarah Meredith on 020 3045 3593. 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/
Text/SMS: 44786 002 1319 - We do not currently have a dedicated text mobile

Services Offered: From April 1 we are changing the way we do Home fire safety visits and will be means tested to qualify for free smoke alarm installation.

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: Call the helpline on 0808 802 6262
Email: mndanorthwestkent@gmail.com
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: 07467817902 and 07467815986
Email: bexleydartford@mssociety.org.uk
Website: www.mssociety.com
Services Offered: Provides help, information and support to all people affected by Multiple Sclerosis. Monthly support meetings usually on 1st Sunday of each month, 2.30-5pm at Holiday Inn Black Prince Interchange DA5 1ND.

N

National Autistic Society (Bexley Branch)

Categories: Learning disability, Children and families, Leisure
Phone: [07826 950496](tel:07826950496)
Email: bexley.branch@nas.org.uk
Website: www.bexleynas.co.uk
Services Offered: Provides leisure and social activities for families of a child on the autistic spectrum. Our events over the past year have included science workshops, theatre trips, animal interactions, arts and craft activities and Christmas festivities.

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](https://www.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.gmh-pals@nhs.net

Address: Queen Mary's Hospital, Froggnal 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 5pm - 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. Living well is a project run by Re-Instate that supports adults with learning disabilities and autistic adults to play an active role in their local community. Our program 'Five ways to Living Well', which is based on the New Economics Foundation's Five Ways to Well-being – Connect, Be Active, Take Notice, Keep Learning and Give, will support people to achieve their life goals and can be met by the comprehensive range of activities, groups and classes. 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, London South - Disability Service

Categories: Physical/Sensory Impairment

Phone: Chair: 07780 366130 The Community Hub

E-mail: londonsouthremap1@gmail.com

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

Address: London South Remap, c/o Remap 2010, D9 Chaucer Business Park, Kemsing TN15 6YU [Correspondence only]

Services Offered: Skilled volunteers custom design and make, or adapt, equipment for local disabled people, to meet their individual needs and help them overcome everyday challenges. London South Remap is one of many independent self-funding groups, all under the umbrella of the registered national charity Remap 2010. To find out more you can contact them directly, or ask someone else 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 separating or divorcing couples in relation to children/financial/property matters and for inheritance disputes, care of elderly relatives and other family issues. Free mediation may be available for those on benefits or a low income.

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.

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.

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: 0203 045 5159
Email: screeners@bexley.gov.uk
Website: taking.care/bexleyreferral
Address:

Services: Taking Care are the London Borough of Bexley's chosen Telecare monitoring call centre, working in partnership with the Council to monitor the Linkline and Telecare connections 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

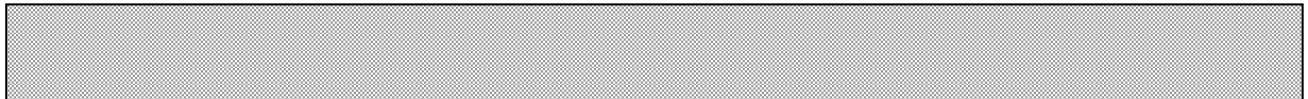
U3A (University of the Third Age) Sidcup

Categories: Education, Leisure
Phone: 0771 702 0611

Email: sapplegate@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. The monthly meetings are still 3rd Thursday of each month. As from Thursday 18th May the venue will change. We are moving to St Lawrence's Church. 1 Hamilton Rd, Sidcup. DA15 7HB Start time still 2pm. Annual subs now £20.



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

Carers' Support (Bexley)



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