



Annual Report 22/23

Read our 22/23 Annual Report to learn how we have helped and supported unpaid carers over this period. The report is available on our website www.carerssupport.org where you will also find lots of information about the wide range of support, advice and services we can provide. We also have three new information videos on our home page which provide details on:

- How Carers Support (Bexley) can help you
- Financial and Mental Health Support
- Carers Assessment

Need help with getting online? Then why not speak to a Digital Champion who is a trained volunteer or staff member who works with individuals or groups to improve digital skills and confidence. For more information on the Bexley Digital Champions Network call 01322 524 682 (Option 2) or email brett@bvsc.co.uk.

New - Carers Café

All unpaid carers are welcome to pop for a free drink and chat to local charities at the new carers café held at the Salvation Army, Lion Road, Bexleyheath DA6 8NR. Charities will include Carers Support (Bexley), Mencap, SELCE, Community Connect, One Bexley and more. The café, supported by the Bexley Carers Partnership, is a relaxed informal space where you can ask about welfare benefits support and guidance, carers assessments, cost of living and more. **The café will take place from 10am - 12pm on the 22nd February, 25th April and 27th June.**



Household Support Grants

Are you an unpaid carer living in the Bexley Borough?

Could you benefit from a £150 grant to help you if you are struggling to afford energy and water bills, food, and other wider related essentials?



The Household Support Carers Grant is a national grant, funded by the Department for Work and Pensions, that has been made available to support those most in need to help with the rising cost of living.

Please note that unpaid carers are not able to apply directly for the grant themselves, applications must be made through an endorser. For information on the correct way to apply please visit our website www.carerssupport.org/household-support-grants or call us on 0208 302 8011.



Call: 020 4566 5764
Email: energy.advice@selce.org.uk
Visit: www.selce.org.uk/warm-home-for-less/

Struggling with bills too high to manage? Nobody should have to choose between a warm house and a meal. South East London Community Energy can provide free help and support with reducing bills, contacting energy companies on your behalf, support and guidance for extra financial help, help in the change of payment methods and home visits for extra support if you need it.

 Coffee Mornings & Cafes

 Art group

 Music for Memory Group

 Carers' Support Pub Group

 Memory Support Group

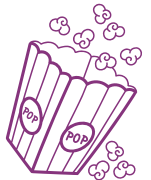
GROUPS PROGRAMME

 Music & Singing Group

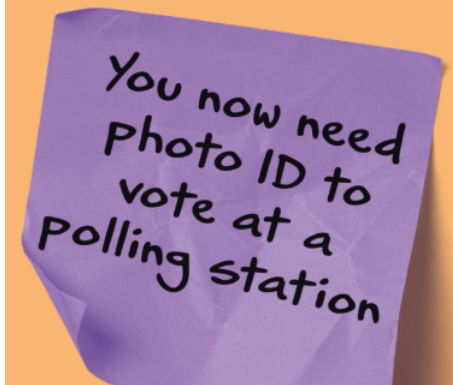
We run a full programme of groups throughout the months across the borough. The easiest way to find out more about the venues, dates and times is to visit our website www.carerssupport.org/events or call our office on 020 8302 8011



Sidcup Storyteller Cinema are running dementia friendly screenings designed for people with dementia and their families to enjoy the cinema together in a relaxed and safe environment. To find out when the next screenings are taking place visit www.sidcupstoryteller.co.uk/access-screenings or email rebecca.wheeler@careuk.com



The Electoral Commission



No Vote, No Voice - Make sure you have the right photo ID to vote

The UK Government has introduced a requirement for voters to show photo ID when voting at a polling station. You may already have a form of photo ID that is acceptable such as a passport, driving licence (or provisional licence), Blue badge and certain travel cards (freedom pass)

For a full list of accepted photo ID and for more information visit: www.electoralcommission.org.uk or call their helpline on 0800 328 0280

New banking hub



A new banking hub has opened based at 97-99 Welling High Steet (the former Barclays Bank premises). The Hub will offer a counter service operated by the Post Office, where customers of all major banks and building societies can carry out regular cash transactions. It will also offer a Community Banker service where customers can talk to their own banking provider about more complicated issues, Monday to Friday, 9am to 5pm. Community Bankers will work on rotation, with a different bank available on each day of the week:

- Monday: HSBC
- Tuesday: NatWest
- Wednesday: Lloyds
- Thursday: Barclays
- Friday: Santander (am only)

Keep more up to date with Carers' Support (Bexley) by subscribing to our e-bulletins. You can subscribe on our website at the bottom of the home page or email info@carerssupport.org with the heading "subscribe to e-bulletins" or give us a call at 020 8302 8011. You can also keep up-to-date through our website and social media channels :