

# 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](mailto:info@carerssupport.org)

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

May 2025

**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](mailto:info@carerssupport.org)**

**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](mailto:telecare@TakingCare.com)*

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

*Yes - but eligibility varies 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 7777 and ask for 'Clinical Waste'.*

**Is there a group for younger stroke survivors?**

*Check out other 'stroke' services 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 83037777*

**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 83037777, 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 83122244– 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](http://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 83037777

## **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](http://www.capuk.org)

StepChange Debt Charity: 0800 138 1111  
[stepchange.org](http://stepchange.org)

National Debtline: 0808 808 4000  
[www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

Debt Advice: 0800 043 4050  
[www.debtadvicefoundation.org](http://www.debtadvicefoundation.org)

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

Further information can also be found at:  
[www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)

### **Useful websites / Telephone numbers**

**Carers UK:** [www.carersuk.org](http://www.carersuk.org)  
0207 378 4999

**Carers Trust:** [www.carers.org](http://www.carers.org)  
0300 772 9600

**Independent Age:** [www.independentage.org](http://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](http://www.stroke.org.uk)  
0303 3033 100

**Speakability:** [www.speakability.org.uk](http://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](http://www.dlf.org.uk)  
*A national charity providing impartial advice,  
information and training on independent living*  
0300 123 3084

**Motability:** [www.motability.co.uk](http://www.motability.co.uk)  
*A car scheme for disabled people*  
0300 456 4566

**Direct Mobility:** [www.directmobility.co.uk](http://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  
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 Mencap

Bexley Snap  
Bexley Voice  
Bliss, the charity for premature and sick babies.  
Crossroads Care South East London  
Dyslexia Association  
Family Matters  
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)

### **Financial**

Citizens Advice

### **Health**

Breast Cancer Now  
Diabetes UK Bexley Support Group

### **Housing**

Citizens Advice  
Novus Homeshare  
Penge Churches Housing Association (PCHA)

### **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)

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  
Taking Care  
National Autistic Society (Bexley Branch)  
Reinstate

### **Legal issues**

Citizens Advice

### **Leisure**

Ability Plus/Outlet  
Bexleyheath & District Club for the Disabled  
Diamond Jubilee Club  
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

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)  
Choice Support  
Bexley Crisis Café  
Mind In Bexley  
Re-Instate

## **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  
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)

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

## Adfam

Categories: Addictions

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

Email: [admin@adfam.org.uk](mailto:admin@adfam.org.uk)

Website: [www.adfam.org.uk](http://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 and a support forum.

## ADHD & ME

Categories: Carers Support Groups, Children and Families

Phone: 07576 884579

Email: [adhdandme@icloud.com](mailto: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 Meetings are held the last Thursday of the month from 12 of every month 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](mailto: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 covering Bexley, Bromley, Croydon, Sutton and Kent, providing advocacy for vulnerable people, including those with Learning Disabilities (LD), ADHD, Mental Health and Autism Spectrum Conditions (ASC). Advocates who are trained and supervised enter into a partnership with a person on a one to one basis and helps that person talk about their needs and wishes.

Self-advocacy groups also run across Bexley, Bromley, Croydon, Sutton and Kent, providing a safe and supportive environment for adults with Learning Disabilities or Asperger's/high functioning Autism. Advocacy for All also provide statutory advocacy services: IMCA (Independent Mental Capacity Advocate), Care Act Advocacy, Relevant Persons Representative, IMHA (Independent Mental Health Advocate), Rule 1.2 advocates, Children's Advocates, and NHS Complaints Advocacy Service.

## **Age UK Bexley**

Categories: Older people

Phone: 020 8300 0883 (Between 10:15 am to 3:45pm)

Website: [www.ageuk.org.uk/bexley](http://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).

Support at Home Service (support workers providing help at home). Handy Person Service (simple DIY jobs eg. fitting key safes, handrails, curtain rails, etc). Functional Fitness Assessments.

### **Al-Anon Family Groups**

Categories:           Addiction

Phone:                0207 593 2070-Admin.

Helpline:            0800 0086 811 (10am-10pm)

Email:                [enquiries@al-anonuk.org.uk](mailto:enquiries@al-anonuk.org.uk)

Website:             [www.al-anonuk.org.uk](http://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](mailto:info@allergyuk.org)

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

Address: London House Business Centre, Texcel Business Park, Thames Rd, Dartford DA1 4SL

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](http://www.alzheimers.org.uk)

Email: [bexleybranch@alzheimers.org.uk](mailto:bexleybranch@alzheimers.org.uk)

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. No matter what type of dementia you have, we're here for you. Our dementia advisers will listen and give you support and advice, and connect you to help you need.

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](mailto: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](mailto: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.

## **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](mailto:bculife@btconnect.com)

Website: [www.bculifeskills.org.uk](http://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. New café now on a Friday 'Warm Spaces, Warm Welcome 10-1pm. A free lunch is offered in the drop-in for those attending the project who may require counselling, signposting and the chance to meet other like minded adults'.

## **Belvedere Asian Women's Group**

Categories: Ethnic minorities' and Mental health

Phone: 020 8311 5550 / 01322 435161/ 07466 484199

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](http://www.bexleyct.co.uk)

Email: [enquiries@bexleyct.co.uk](mailto: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](mailto:Housing@pcha.co.uk)

Website: [www.pcha.co.uk](http://www.pcha.co.uk)

Address: 99 Maple Road, London, SE20 8LN

Services Offered: We offer social housing however we take all our nomination from Bromley and Bexley borough councils. The only exception to this is we take direct applications for studio for those

with a local connection to Bromley or Bexley. Please be aware, we are small association therefore waiting times for a bedsit can be lengthy. When available these properties are allocated based on priority need rather than by any waiting list.

### **Bexley Crisis Café**

Categories: Mental health

Phone: No phone number for this service, just drop in

Website: [www.mindinbexley.org.uk](http://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](mailto:info@bexleydeafcentre.co.uk)

(Bexleydeafcentre.com)

Address: Learning & Enterprise College, 5 Brampton Road, Bexleyheath, Kent DA7 4EZ (fully accessible with parking)

Services Offered: Bexley Deaf Centre is currently open from 10am-3pm, Monday- Friday(excluding bank holidays) for retubing and collecting batteries. Our Hearing Aid clinic is every Monday(excluding bank holidays) at the Central Library, Bexleyheath

from 10am-1pm. We also have a clinic on the third Tuesday every month at Erith Library, High Street, Erith, 10am-12pm and a clinic at St John's Church, Church Road, Sidcup on the last Wednesday of the month from 10am-12pm.

### **Bexley Down's Syndrome Group**

Categories: Learning disability

Phone: 07708 067661

Email: [info@BexleyDownsSyndrome.co.uk](mailto:info@BexleyDownsSyndrome.co.uk)

Website: [www.bexleydownssyndrome.co.uk](http://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](mailto: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](mailto: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 support groups

Phone: 01322 334192

E-mail: [admin@bexleysnap.org.uk](mailto:admin@bexleysnap.org.uk)

Website: [www.bexleysnap.org.uk](http://www.bexleysnap.org.uk)

Address: Normandy SEND Hub, Fairford Avenue, Barnehurst, DA7 6QP

Services Offered:

At Bexley Snap we offer disabled children and young people aged between 1 and 25 years an exciting and varied programme of

clubs to provide parents and carers support, guidance, and regular breaks from their caring responsibilities.

We are passionate for our members to have the opportunity to improve their development and learning through structured and free play, socialising with peers and the experienced Snap Team in a nurturing, understanding and fun environment.

We also aim to help parents and carers meet others in a similar situation and to feel that they are not alone in what may be a new and emotional situation.

### **Bexley Twofold**

Categories: Learning disability and Employment

Phone: 020 3045 4920

E-mail: [bexley.twofold@bexley.gov.uk](mailto:bexley.twofold@bexley.gov.uk)

Website: [www.bexley.gov.uk/twofold](http://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

Address: Bexley Voice Office, Learning & Enterprise College  
Bexley, 5 Brampton Road, Bexleyheath, DA7 4EZ

E-mail: [admin@bexleyvoice.org.uk](mailto:admin@bexleyvoice.org.uk)

Website: [www.bexleyvoice.org.uk](http://www.bexleyvoice.org.uk)

Bexley Voice is an independent, parent-led, registered charity supporting parent carers with children and young people (0-25) with special educational needs and/or disabilities (SEND) who live

in and/or attend an educational setting in the London Borough of Bexley. Our aim is to support; inform; signpost and empower SEND parent carers:

Our services are: Support (Tea and Talk support group; workshops and events; Members Facebook Group; Schools and Community Engagement; Regular Information bulletins and free membership); Information and Signposting (relating to activities for CYP; specific SEND issues (including education and preparing for adulthood); key SEND organisations; Jargon busting and parent carer resources; Empowerment for parent carers (opportunity to influence future strategic service planning and use your skills to volunteer with us).

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 Abuse

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

E-mail: [helpline@bexleywomensaid.org.uk](mailto:helpline@bexleywomensaid.org.uk)

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

Services Offered: BWA provides safe, temporary refuge accommodation for women and children escaping domestic abuse. We also have a community outreach service which offers information, support

and signposting as well as 1:1 sessions, a drop in and support groups. Additionally, we offer awareness training and workshops to children, young people and professionals. Please call or email to make a referral.

### **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](mailto:bexleyheathdisabled@hotmail.com)

Address: Barton Close, Bexleyheath, DA6 8JP

Services offered: The club is open on Mondays (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 for general enquiries  
hello@bliss.org.uk for support

Website: [www.bliss.org.uk](http://www.bliss.org.uk)

Address: 1st Floor North, 10-18 Union Street, London, SE1 1SZ

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](mailto:hello@bliss.org.uk). This is a self-referral service mainly accessed by parents who are either on a neonatal unit or have had a neonatal experience and would like some further support. We aim to respond to these emails within 3 working days, although usually it's much quicker than that, and act as a supportive outlet for parents providing signposting to services that may be helpful.

#### Online Bliss Champion 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. Many parents have shared that they have found it helpful to talk through how they are feeling with someone, and it can help them feel less isolated when they get home. They can arrange an appointment with a Bliss champion by sending an email to [hello@bliss.org.uk](mailto:hello@bliss.org.uk) and we will set this up for them.

#### Online peer support:

Parents and families can talk to each other and share their experiences by joining our Bliss – Support group for parents of babies born premature and sick which is a private Facebook group. This is a great way to connect online with other parents of premature and sick babies, who share their stories and support each other through difficult times. We have a great group of parents from all over the UK in the group that are really supportive of each other throughout their neonatal journeys.

#### 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.

#### Information and Support Hub:

We have an easy-to-navigate personalised support tool which can be accessed at [support.bliss.org.uk](https://support.bliss.org.uk).

### **Blind Veterans UK**

Categories:	Information and Support
Phone:	0800 389 7979
E-mail:	<a href="mailto:membership@blindveterans.org.uk">membership@blindveterans.org.uk</a>
Website:	<a href="https://blindveterans.org.uk">blindveterans.org.uk</a>
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  
Phonetel: 03332070300 (for fundraising enquiries)  
0808 800 6000 the helpline (speak to the nurses)  
E-mail [nurse@breastcancernow.org](mailto:nurse@breastcancernow.org)  
Website: [www.breastcancernow.org](http://www.breastcancernow.org)  
Address: Breast Cancer, Now6th Floor, The White Chapel Building, 10 Whitechapel High Street, London, England, E1 8QS.

#### Services offered:

Whether you're worried about breast cancer, dealing with your diagnosis or trying to live your life with or beyond treatment – or if someone you love is. Breast Cancer Now's free information and support is here for you.

Welcoming online forums, information you can trust and support groups tailored to your needs. In person, online, on the phone or in print. So you can get the support you need in the way you want.

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](mailto:info@btgse.co.uk)

Website: [www.btgse.co.uk](http://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:0800 043 1935)

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

E-mail: [info@britishpolio.org.uk](mailto:info@britishpolio.org.uk)

Website: [www.britishpolio.org.uk](http://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](mailto:London_enquiries@redcross.org.uk)

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

Address: 28 Worple 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 hire delivered and collected to your home as well as living aids for purchase and advice and support services for refugees.

### **British Thyroid Foundation**

Categories: Medical

Phone: 01423 810093

Email: [info@btf-thyroid.org](mailto:info@btf-thyroid.org)

Website: [btf-thyroid.org](http://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.

## **C**

### **Carers' Counselling Service**

Categories: Information and Support and Mental Health

Telephone: 01322 550764

Email: [CarersCounsellingAdmin@bexley.gov.uk](mailto:CarersCounsellingAdmin@bexley.gov.uk) or  
[carerscounsellingservice@bexley.gov.uk](mailto: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](mailto:info@carerssupport.org)

Website: [www.carerssupport.org](http://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](mailto:carers@mindinbexley.org.uk)  
Website: <https://mindinbexley.org.uk/carers>  
Address: Devonshire Road Office: 020 8303 8932 2a  
Devonshire Road, Bexleyheath, DA6 8DS

### **Challenging Behaviour Foundation**

Categories: Learning Disability  
Phone: 01634 838 739, Family Support Line: 0300 666 0126  
Website: [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)  
Email: [info@thecbf.org.uk](mailto:info@thecbf.org.uk)  
Family Support Service: [support@thecbf.org.uk](mailto: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 Mental Health Illness and people that are highly functioning on the autistic spectrum.

Phone: 07880404476

Email: [Olunike.Ajayi@choicesupport.org.uk](mailto:Olunike.Ajayi@choicesupport.org.uk)

Website: [www.choicesupport.org.uk](http://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](http://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](http://www.bexleycab.org.uk) or by writing to us at 42 Pier Road, Erith, DA8 1TA

### **Crossroads Care South East London**

Categories: Unpaid Carers(Adults), Working Carers  
Parent Carers (Children, Young people, and families),  
Physical, Learning, Dementia,Frailty, Complex.

Phone: 01322 336086

E-mail: [info@ccsel.org](mailto:info@ccsel.org)

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

Twitter: @XroadsCareSEL

Facebook: Crossroads SEL

Instagram: @crossroadscarese

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

#### **Services Offered:**

Respite care breaks(for carers) either full personal care or a sitting service.

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

Overnight care (waking/sleeping)

24/7 packages of care

Adhoc care breaks

Volunteer Befriending service for adults / older people.

Lunch group for carers and older people(befriending service)

Counselling/therapy services for carers & older people

Shopping, light housework and transport to appointments

Frailty assessments for carers and the person they care for

Carers Assessments

Information and advice for unpaid carers/ working carers  
(welfare, debt, poverty)

Carers may be eligible to access a community respite break  
through our prevention and early  
intervention service funded through the London Borough of  
Bexley.

Some of our services are chargeable and can be purchased from  
us through private/ self-funder route,  
through a Direct Payment or a Personal Budget.

### **Cruse Bereavement Support (Bexley & Bromley Area)**

Categories: Bereavement Support

Phone: 020 8304 5245

Email: [BexleyandBromley@cruse.org.uk](mailto:BexleyandBromley@cruse.org.uk)

Services Offered: Phone and Zoom support is available and some  
In Person sessions are held at: Queen Mary's  
Hospital, Sidcup - Daytime, early evenings and  
weekends. Groups: Geddes Place Bexleyheath,  
Friendship Group - 1.30-3.30pm, Thursdays. There  
is a bereavement support group, which is held  
once a month between 7pm and 9pm, in  
Northumberland Heath Erith. They also have a  
Walk and Talk group which meets once a week for

a walk in Danson Park, Bexleyheath, 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](mailto:helpline@dementiauk.org)

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

Virtual appointments by phone/video call:

[www.dementiauk.org/book-an-appointment](http://www.dementiauk.org/book-an-appointment)

Dementia UK is the specialist dementia nursing charity that is there for the whole family. Its nurses, known as Admiral Nurses, provide expert, life-changing support to families affected by all forms of dementia. From sharing practical tips for caring to offering compassionate emotional support and helping plan for the future, they are there people need them most.

How Dementia UK can support you

‘Dementia: what next?’ online sessions

‘Dementia: what next?’ online sessions are designed to give people the information and advice they need when they or someone close to them is diagnosed with the dementia. The

sessions take place on Zoom and are hosted by Admiral Nurses. They cover:

- What is dementia?
- Financial and legal issues
- Planning for the future

To sign up, visit [dementiauk.org/dementia-what-next](https://dementiauk.org/dementia-what-next)

### Admiral Nurse Dementia Helpline

To speak to an Admiral Nurse about any aspect of dementia, free and in confidence, please contact Dementia UK's Helpline.

Call: 0800 888 6678

Email: [helpline@dementiauk.org](mailto:helpline@dementiauk.org)

Opening hours: Monday-Friday 9am-9pm;  
Saturday, Sunday and bank holidays 9am-5pm  
(except 25th December)

If you cannot get through immediately, please leave a voicemail and an Admiral Nurse will get back to you as soon as possible.

### Phone and video appointments

If you have a more in-depth query, you can book a phone or video appointment with an Admiral Nurse at a time and date that suits you. Appointments are free, confidential and last 45 minutes.

Visit [dementiauk.org/book](http://dementiauk.org/book) to book an appointment.

### **Diabetes UK Bexley Support Group**

Categories: Health and Enduring illness

Mobile number: 07775 305110

Telephone Number: no landline number

E-mail: [Enquires@diabetesukbexley.com](mailto:Enquires@diabetesukbexley.com)

Website: [www.diabetesukbexley.com](http://www.diabetesukbexley.com)

Services Offered: For people with diabetes and their carers.

Mutual support, sharing information about diabetes and good practice in care and treatment.

Meetings 3<sup>rd</sup> 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: 07814 418042

Address: 17 Upland Road, Bexleyheath, Kent DA7 4NR (With effect from Tuesday 26<sup>th</sup> 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.

## **Disabled Christian Fellowship**

Categories: Leisure and Religion

Phone: 07941424409

E-mail: [dcf@sidcupbaptistchurch.org.uk](mailto: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

Emails address: [DimblebyCancerCare@gstt.nhs.uk](mailto:DimblebyCancerCare@gstt.nhs.uk)

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

Services Offered: Cancer information, support and signposting for counselling, psychological and Complementary Therapy, and welfare and benefits advice. Referral criteria may apply.

## **Dyslexia Association of Bexley, Bromley, Greenwich and Lewisham**

Categories: Education, Children and families, Employment

Phone: General Helpline: 0300 999 1800

Adult Helpline – 07762 265 827 - Monday to Wednesday, 5pm-7pm

E-mail: [info@dyslexiawise.co.uk](mailto:info@dyslexiawise.co.uk),  
[helpline@dyslexiawise.co.uk](mailto:helpline@dyslexiawise.co.uk)

Website: [www.dyslexiawise.co.uk](http://www.dyslexiawise.co.uk) / Also on Facebook, and Instagram – search full title

Address: Registered Address - Dyslexia Association of  
Bexley Bromley Greenwich & Lewisham,  
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 for children up to the age of  
14

Adult Support Group

Open Meetings

Newsletter (for members)

Telephone helplines offering assistance and  
information

## E

### **ellenor**

Categories: Enduring Illness, Carers Breaks, Hospice

Phone: 01474 320007

E-mail: [TELH.Clinical-Admin@nhs.net](mailto:TELH.Clinical-Admin@nhs.net)

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

Address: Ellenor, Coldharbour Road, Gravesend, Kent,  
DA11 7HQ.

Services Offered: Ellenor is a specialist palliative care provider for  
adults and children in Dartford, Gravesham and  
Swanley, and children only across the London  
Borough of Bexley. Children's Services.  
Within Bexley we provide respite care and

wellbeing support for children with a life limiting or life threatening condition, supporting them and their family to cope when things feel overwhelming. Life limiting conditions are those which we know will result in a shortened life, whereas life threatening conditions are complex health conditions that can result in periods of instability and susceptibility and make the future feel uncertain. Respite. We have a small team of highly skilled health care assistants, lead by a nursing associate, who are able to provide respite care to support families within their own homes. The team prioritises those who are too unwell/young to attend school or nursery and those who are at end of life. The aim of a respite period is to enable parents to have a short break from caring responsibilities, provide some fun for the child, support the siblings and help families to make special memories. Short term respite can also be offered to families who are in crisis due to a change in their child's health or their social situation. This is to support families until things settle down or another agency is able to offer longer term support. Most of our respite sessions are carried out in the home, but we can also provide support when the child is in hospital or take children out to have fun. Social Activities

We offer a range of activities throughout the year for children, young people and their families, providing them with the opportunity to get together in a supported environment, and meet with other families in similar situations, to share experiences and support one another, whilst

enabling their child and siblings to enjoy organised activities. These events predominately happen in the school holidays and are often linked to key celebrations, such as Easter, Mother's Day, Father's day, Halloween and Christmas. Wellbeing

We can provide support for children and their families through our range of wellbeing services including our Family Support Team, Play and Music therapy, Counselling and Bereavement support and our specialised GEMS group for bereaved children.

### **Evergreen Care UK**

Categories: Older people

Phone: 01322 431 765

E-mail: [info@evergreencareuk.org](mailto:info@evergreencareuk.org)

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

Services Offered: Evergreen Care UK seeks to serve older and vulnerable adults over the age of 60 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 4 Elderberries cafés across the Bexley and Dartford boroughs:

- Elderberries in **Welling**, every Thursday from 12th Sept 11am – 1pm.  
Salvation Army, 124 Welling High Street, DA16 1TJ
- 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 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](mailto:office@famanon.org.uk)

Website: [www.famanon.org.uk](http://www.famanon.org.uk)

Address: The Old Convent, Beeches Green, Stroud, Glos, GL5 4AD

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](http://www.famanon.org.uk) for information and the discussion forum.

## **Family Matters**

Categories: Children and families

Phone: 01474 536661

E-mail: [admin@familymatters.org](mailto:admin@familymatters.org)

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

Address: 13 Wrotham Road, Gravesend, DA11 0PA.

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, and 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 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.

## **Friends of Carlton**

Categories: Learning Disability

Phone: 020 8302 4619

Email: [friendsofcarlton@yahoo.co.uk](mailto:friendsofcarlton@yahoo.co.uk)

Address: Carlton Day Centre, Carlton Road, Sidcup, DA14 6AH

Services Offered: Services Offered: Support to parents and other carers of adults who have a Learning Disability and attend Carlton Day Centre.

## 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](mailto:info@gbch.org.uk)

Website: [www.communityhospice.org.uk](http://www.communityhospice.org.uk)

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

Services Offered: We no longer have the Community Café here at Greenwich & Bexley Community Hospice. We do however have a number of services as part of our Wellbeing offer that can be found in more detail at: Well-being - Greenwich & Bexley Community Hospice

The main three that would perhaps be useful for carers are:

- Tea and Talk on a Wednesday afternoon, 1:30 - 3:30pm, which is a drop-in session for anyone in the local area.
- Walk and Talk on a Wednesday morning, 10am, which meets at the Cricket Nets on Bostall Heath and provides any opportunity to go for a walk around the local area with the ability to enjoy conversation or discuss

any concerns with our Wellbeing Support Worker or Counsellor.

- Living Well with Dementia on a Monday afternoon, 1:30 - 3:30pm, a 10-week programme where each week there is a different activity that focuses on stimulating cognition. It is for those with a formal diagnosis of dementia and their carers.

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](mailto: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

## **Home Library Service - Bexley**

Categories: Leisure

Phone: 0203 045 4565

E-mail: [librarycommunityservices@bexley.gov.uk](mailto:librarycommunityservices@bexley.gov.uk)

Website: [www.bexley.gov.uk/libraries](http://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. A Volunteers will visit the home once a month with reading material and collect at the

next visit. We have a selection of large print, Talking books and MP3's to loan.

I

### **Imago Young Carers Bexley**

Category: Young Carers

Phone: 0300 111 1110

Email: [youngcarers@imago.community](mailto:youngcarers@imago.community)  
[kian.riverol@imago.community](mailto:kian.riverol@imago.community)  
[karen.walter@imago.community](mailto:karen.walter@imago.community)

Website: <https://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.

## **Independent Age**

Categories: Older people and Information and support

Helpline: 0800 319 6789 / [helpline@independentage.org](mailto:helpline@independentage.org)

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

Email: [charity@independentage.org](mailto:charity@independentage.org)

Services Offered: Independent Age believe that no older person should face financial hardship.

Their award-winning information and advice services offer free, impartial expert advice on money and benefits, housing, and care. For more information or to order a free guide, call one of their friendly advisers free on 0800 319 6789 (Monday to Friday, 8.30am to 5.30pm, excluding bank holidays). To download a free guide or factsheet, visit [independentage.org/get-advice/advice-guides-factsheets-leaflets](http://independentage.org/get-advice/advice-guides-factsheets-leaflets). We also offer [Good to Know' webinars](#) where you can socialize with your peers and learn from subject experts in our sessions held virtually.

## **Inspire Community Trust**

Categories: Adults with Disabilities, Information and Support,  
Physical/sensory impairment, Stroke,

Phone: 01322 520 560

E-mail: [Enquiry@inspiremedicare.org](mailto:Enquiry@inspiremedicare.org)

Website: [www.inspirecommunitytrust.org](http://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. We also deliver, collect, service and repair Bexley NHS equipment, for example: Profiling Beds Air mattresses and cushions, Hoists, Rise and Recliner chairs, Bath lifts, Commodes and Walking Aids.

## **Irish Community Services**

Categories: Carer Support Group, Information and Support, Welfare Benefits

Phone: 020 8854 4466

Fax: 020 8854 2992

Carer Support Group, Information and Support contact Sue Cannon :

[carersproject@irishcommunityservices.org.uk](mailto:carersproject@irishcommunityservices.org.uk)

Welfare Benefits Phone: 020 8854 4466

Address: Irish Community Centre, The Irish Centre, 2B Devonshire Road, Bexleyheath, DA6 8DS.

Services offered:

Aggie's Café – Warm friendly space with free benefit advice – every Wednesday / **Last Saturday of the month – 10.30am – 2.30pm**

Carers' Support Group – 1st Friday of the month at 2B,  
Devonshire Road, 11am – 1pm - Sue

Cancer Support Group – 1st Friday of the Month at Devonshire  
Road. 11am – 1pm - Teresa

Telephone support.

Advice and information on a wide range of issues including  
welfare benefits, all ages.

ICS Choir Thursday 1pm, weekly, 2B Devonshire Road, DA6  
8DS

Carers group for Carers and Cared for Chat Group: Friday 11am –  
12pm weekly online

Craft Group – Tuesdays 9.30am – 12pm – 2B Devonshire Road -  
Taylor

Tea cake clubs – 2nd and 4th Thursday 12pm -2.30pm – Glyndon  
Community Centre, Plumstead, SE18 - £4

Good news Café – Monday 3pm – weekly online at present

Free Legal Advice Sessions – Advance booking required

Home Footcare Service – Book through office - Paid for service

Walks – Woolwich – Tuesday 1.30pm, Danson – Friday 1.30pm  
call 0208 854 4466 for more details

1:1 complimentary therapies- Reflexology / Reiki Monday  
Mornings - £5 for 15 minutes - Sue

Lunch Club – Home cooked meal – Tuesdays – Progress Hall,  
Eltham -12pm – 2.30pm -£6 Booking essential –  
call 0208 854 4466 – Rhiann

Lunch Club – Home cooked meal – Mondays – Devonshire Road,  
Bexleyheath 12pm – 2.30pm Booking essential –  
call 0208 854 4466 - Rhian

Gardening Group – Danson Park – Thursdays Bi weekly -11am –  
12.30pm – Alice for more details

Book Club – Monthly – 10am – 12pm – Call Taylor for more  
details

Games Club – Mondays – weekly 1pm -3.30pm

Poetry Club – 1st Thursday of the month 11.30am – 12.30pm –  
Devonshire Road

Chair based Exercise – Weekly - Wednesday 11am – online with  
Rhian

IT support – call Shauna for more details – 0208 854 4466

Also, we have assistance with Irish Passport renewal or new, call  
Office for an appointment.

Clients can always call 0208 854 4466 for details or any other  
information.

## K

### **KASBAH- Supporting Disabled People towards Independence**

Categories: Physical/ Sensory Impairment, Learning Disability

Phone: 01474 536501

E-mail: [admin@kasbah.org.uk](mailto:admin@kasbah.org.uk)

Website: [www.kasbah.org.uk](http://www.kasbah.org.uk)

Address: 7 The Hive, Northfleet, Kent, DA11 9DE

Services Offered: The KASBAH Advice Service can provide  
information, advice and guidance on all aspects of

disability to people with disabilities across the County of Kent. We have a volunteer led service providing benefits form filling service in NW Kent. We are able to offer face to face appointments at the KASBAH Office (subject to availability). We are unable to respond to drop ins, appointments need to be booked in advance. KASBAH had six residential sites across North West Kent and Medway. Within these projects, we offer support and training in all aspects of daily living, promoting independence, improving social communication and interaction skills within peer groups and offer budgeting, travel training and problem-solving support. These services are available to any person aged 18+ who have a physical and/ or learning disability and have a desire develop their daily living skills and increase their independence. We also have a working farm that offers a wide range of life skill and animal management opportunities in Tonbridge, Kent.

## L

### **Library**

Categories: Leisure

Phone: 020 8303 7777

E-mail: [centrallibrary@bexley.gov.uk](mailto:centrallibrary@bexley.gov.uk)

Website: [www.bexley.gov.uk/libraries](http://www.bexley.gov.uk/libraries)

Address: Central Library, Townley Road, Bexleyheath, DA6 7HJ

Services Offered: Range of books, books on CD and MP3. Local information. Provides FREE access to the Internet and office-based computer packages. Free Wi-Fi 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, Reading groups and Knit & Knatter. All information about our events can be found on our website.

### **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](mailto:ros.shaw@lecb.ac.uk)

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

Website: [www.lecb.ac.uk](http://www.lecb.ac.uk)

Services Offered: Contact Ros Shaw (e-mail:- [ros.shaw@lecb.ac.uk](mailto:ros.shaw@lecb.ac.uk) or phone 020 3045 3603) for financial help for those on low incomes to cover travel, childcare, kit etc, welfare advice/support e.g. domestic abuse, housing etc or for one to one free counselling.

Contact Sarah Meredith (e-mail:- [sarah.meredith@lecb.ac.uk](mailto:sarah.meredith@lecb.ac.uk) or phone 020 3045 3593) for any additional support required while learning e.g. one to one support

with a learning support assistant, dyslexia, extra examination time etc.

## **London Fire Brigade**

Categories: Information and Support

Phone: 0800 028 4428

Text/SMS: 44786 002 1319 Please note that Text/SMS is only to be use for clients that are deaf/hard of hearing

E-mail: [smokealarms@london-fire.gov.uk](mailto:smokealarms@london-fire.gov.uk)

Website: [www.london-fire.gov.uk/safety/carers-and-support-workers/](http://www.london-fire.gov.uk/safety/carers-and-support-workers/)

Services Offered: A person does not need to be means tested to qualify for a free smoke alarm; this is instead dependent upon fire risk. Please note that we also now have an addition web link to our You can also visit the Home Fire Safety Checker: Please use this link to our website: <https://www.london-fire.gov.uk/safety/the-home/home-fire-safety/home-fire-safety-checker-hfsc/>

## **M**

## **Macular Society Bexley Group**

Categories: Medical, Information and Support

Phone: 0208 856 8954

Email: [ajnmac@aol.co.uk](mailto:ajnmac@aol.co.uk)

Services Offered: The group meet at The Salvation Army Hall, 124 Welling High Street, Welling, 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

Phone: 020 8303 8932

E-mail: [info@mindinbexley.org.uk](mailto:info@mindinbexley.org.uk)

Website: [www.mindinbexley.org.uk](http://www.mindinbexley.org.uk)

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

Services: Talking Therapies, Recovery Service, Advocacy, Crisis  
Café, Carers Support Service, Digital Hub,  
Employment Support, Training and Research

### **Motor Neurone Disease Association – North West Kent Branch**

Categories: Medical

Phone: Call the helpline on 0808 802 6262

Email: [mndanorthwestkent@gmail.com](mailto:mndanorthwestkent@gmail.com)

Website: [www.mndassociation.org](http://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

Email: [bexleydartford@mssociety.org.uk](mailto:bexleydartford@mssociety.org.uk)  
Website: [www.mssociety.com](http://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: Autism, Children and families, Leisure  
Phone: [07826 950496](tel:07826950496)  
Email: [bexley.branch@nas.org.uk](mailto:bexley.branch@nas.org.uk)  
Website: [www.bexleynas.co.uk](http://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](mailto:enquiries@novus-homeshare.org.uk)  
Website: [www.novus-homeshare.org.uk](http://www.novus-homeshare.org.uk)  
Twitter: [@NovusHomeshare](https://twitter.com/NovusHomeshare)  
Facebook: [facebook.com/NovusHomeshare](https://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](mailto: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 Advice,  
Phone: 0800 917 7159- The opening times are Monday to Friday 9am-4pm  
E-mail: [oxl-tr.pals@nhs.net](mailto:oxl-tr.pals@nhs.net)  
the service is by phone and email.  
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 (the phone line is open from 9am-4pm)  
Email us at: [oxl-tr.qmh-pals@nhs.net](mailto:oxl-tr.qmh-pals@nhs.net)  
Address: Queen Mary's Hospital, Frognal 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 two working days.

## R

### Re-Instate

Categories: Mental health, Employment, Learning Disability, Training, Autism

Phone: 01322 438 155- Covers All Services

E-mail: [info@re-instate.co.uk](mailto:info@re-instate.co.uk)

Website: [www.re-instate.co.uk](http://www.re-instate.co.uk)

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

**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. Early Intervention Employment Service Supporting local people starting to struggle with their mental health with work support before a problem becomes a crisis. If you work in a team, and could benefit from group support to focus on your wellbeing and mental health whilst at work, then contact Nathan and sign up for one of our free sessions. Use the general email above.

### **Remap, London South - Disability Service**

Categories: Physical/Sensory Impairment

Phone: Enquiries: 07780 366130

E-mail: [londonsouthremap1@gmail.com](mailto:londonsouthremap1@gmail.com)

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

Address: London South Remap, c/o Remap 2010 PO Box 976, NEWPORT NP20 9SL [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 local, 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 2010 on your behalf.

## **Southeast London Family Mediation Bureau**

Categories: Information and Support

Phone: 020 8315 7460

Email: [enquiries@selfmb.org.uk](mailto:enquiries@selfmb.org.uk)

Website: [www.selfmb.org.uk](http://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](mailto:themeatons@yahoo.co.uk)

Website: [www.stroke.org.uk](http://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](mailto: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](mailto: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.

## **Stroke Association**

Name of Contact: Helpline

Role: Engagement Team

Category: support for Stroke Survivors

Phone: 0303 3033 100

Helpline 18001 0303 3033 100

Textphone

Email: [engagementteamlondon@stroke.org.uk](mailto:engagementteamlondon@stroke.org.uk)

Website: [www.stroke.org.uk](http://www.stroke.org.uk)

Address: Stroke Association, Resource Centre, 1 2 Sterling  
Business Park, Salhouse Road, Brackmills,  
Northampton NN4 7EX

Services offered: We currently offer a range of services covering the whole stroke pathway through our Stroke

Recovery Service and individual service elements. These include our Communication Support Service, Emotional Support Service and Post-Stroke Reviews. Reduce hospital readmissions. Shorten hospital stays.

## 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](mailto:screeners@bexley.gov.uk)

Website: [taking.care/bexleyreferral](http://taking.care/bexleyreferral)

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](mailto: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

Email: [sapplegate@btinternet.com](mailto:sapplegate@btinternet.com)

Address: St Lawrences Church, Sidcup

Services Offered: Promotes well-being of “3<sup>rd</sup> Agers” by sharing skills, knowledge, experience and keeping the mind and body active. The monthly meetings are still 3<sup>rd</sup> Thursday of each month. We have now moved to St Lawrence's Church. 1 Hamilton Rd, Sidcup. DA15 7HB. Start time still 1.45pm. Annual subs now £20.

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



Carers' Support (Bexley) Wolsley House

64 Wolsley Close

Crayford. DA1 4BE

*Telephone:* 020 8302 8011

*E-mail:* [info@carerssupport.org](mailto:info@carerssupport.org)

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