



**We are a local charity supporting unpaid Carers** who live in, care for someone who lives in the borough of Wandsworth or has a Wandsworth GP.

**A Carer is** someone who without payment provides help and support to a relative or friend who could not manage without their help due to frailty, illness, disability, a mental health condition or substance misuse.

**We offer** free, confidential and professional services to support Carers in their caring role and to help them to look after themselves. Our services include:-

- **Support, Information & Advice** on a wide variety of things e.g. Carers Assessments, welfare benefits, help with forms, applying for grants, housing, accessing other services.
- **Specialist support** - for Carers caring for someone with a learning disability, Autism, a mental health condition, Dementia, Carers affected by another adult's drug or alcohol misuse, older people, Asian Carers, Carers of someone with a neurological condition and Carers from the LGBT+ community.
- **Back Care, Counselling & Complementary Therapies** to help Carers care for themselves
- **Respite** - to support Carers to have a break from caring when they are stressed and not able to take time out for themselves.
- **Carer Peer Support Groups** – separate groups for Learning Difficulties, Dementia, Older People, Mental Health, Neurological conditions, Autism, Asian Carers, LGBT+ Carers and a coffee club for all Carers.
- **Training** to help Carers in their caring roles and to look after themselves
- **Carers' Connect Newsletter** - information and news on issues affecting Carers.
- **Participation** - getting involved, influencing services and having a voice.

We are committed to providing services to all sections of the community. Our offices are accessible and members of staff speak **Urdu, Punjabi, Hindi, Vietnamese and Cantonese, as well as English.**

**To refer please click here:** <https://carerswandsworth.org.uk/for-professionals/referrals/>

**Contact us:** [info@wandsworthcarers.org.uk](mailto:info@wandsworthcarers.org.uk)

**Tel:** 020 8877 1200 Monday - Friday 9.30am - 5.30pm

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