

Are you looking after someone with someone with a physical or mental health condition, for example: learning disabilities, autism, dementia, and older person, or substance mis-use?

Does that person live in their own home or with you?

Do you often find that your own wellbeing takes second place?

Is your life on hold because you are looking after somebody?

Do you feel isolated as a result?

If any of the above applies to you, you will find a listening ear at Wandsworth Carer' Centre. We can provide:

- One to one support
- Information and advice
- Respite
- Peer support
- Help with form-filling and applying for benefits
- Training
- Back care service

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.**

Call us on: 020 8877 1200, or email us at: info@wandsworthcarers.org.uk

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