Carers' Pack

Vassall Medical Centre

89 Vassall Road

London, SW9 6NA

Tel: 020 7793 3100

Fax: 020 7582 7472
Welcome to the Vassall Medical Centre Carers pack. You will find various local organisations who may well be able to provide you with help and guidance as well as peer support.

Carers 4 Carers  Page 3
Contact  Page 5
(for families with disabled children)
Carers Hub Lambeth  Page 6
DASL  Page 7
(Disability Advice Service Lambeth)
VMC Carers Group  Page 8
(Vassall Medical Centres’ peer support group run in association with the Patient Participation Group)
CARERS4CARERS

An essential and resilient service run by carers for carers

All services free for carers

✓ Inspirational Us — Access to holistic & beauty therapies, yoga, squash, pilates, swimming and gym, wellbeing workshops, meditation and lunch
✓ Inspirational Together — Trips for carers and their families
✓ Inspirational Champions — A personal development and volunteer programme.
✓ One to one support

Consultancy

Service reviews, coaching and training available to organisations, community networks and individuals upon request
Contact Us/ Join Our Network
Email: info@carers4carers.com
Office: 020 7207 0443
Paula: 07976 829 614 / Bobbie: 07956 872 365
Website: carers4carers.com

Supporters
We were founded in the 1970s by families of disabled children, who recognised that even if their child's conditions were different, they shared a common experience - of being a family with a disabled child. They understood how important it is to support each other.

A lot has changed since then but some things haven't changed nearly enough. There is a desperate lack of services and support for the 620,000 parents in the UK who care for a disabled child. As a result, families face a huge range of challenges and many feel isolated and alone. Coping with extra financial costs and practical challenges can put an enormous strain on daily life, with families more likely to face emotional issues, stress and anxiety.

We are here for all families with disabled children - supporting families, bringing families together and helping families take action for others.

Our vision is that families with disabled children feel valued and are strong, confident and able to make the decisions that are right for them.

**How we can help you**

Our parent advisers will help you with any issue around raising a disabled child, whatever your concern or question.

We offer families confidential advice on any issue, including:

**Freephone: 0808 808 3555** 9.30am-5pm, Monday-Friday; free from UK landlines and UK mobiles(Answer within five rings)
We are a charity offering services to anyone who provides unpaid care and support, either living in Lambeth or caring for someone in Lambeth. You might be looking after a family member, partner, friend or neighbour because of their ill health or disability. We offer advice, information, emotional support, support groups and events.

We have a specialist team for young carers (anyone with a caring role who is under 18) and a specialist worker for carers of someone with a mental illness.

Whatever your own situation Carers’ Hub Lambeth provides a range of services to support you in your caring role.

To contact us you can:

- Telephone the Carers’ Enquiry Line on 020 7501 8970 between 9am and 5pm Monday to Friday
- Email the Carers’ Enquiry Line: connect@carershub.org.uk
- Write to us at the above address

Carers Hub Lambeth is a partnership between Help for Carers and Lambeth Mencap (registered charity number 1048540) and is part of the Independent Living and Carers Partnership.
DASL has been Lambeth's specialist provider of advice and information services for disabled people for many years. We now work in partnership with other local charities to deliver most of these services but our experience and skills are still available to you.

For general enquiries about DASL, or to contact our Specialist Advice Service for people with mental health problems, you can call the Enquiry Line on 020 7738 5656. The line is covered on a part-time basis but please leave a message if we do not have someone available to answer your call when you ring and we will call you back as soon as we can.
We are a newly formed peer support group, run by a carer and Patient Participation Group member. Our initial run of meetings will be held at Vassall Medical Centre on the following dates—

Saturday 28th October — 12 to 2pm
Tuesday 31st October — 10am to 12pm and 6pm to 8pm
Saturday 25th November — 12 to 2pm
Tuesday 28th November — 10am to 12pm
Tuesday 12th December — 6 to 8pm

Please feel free to come along, all carers welcome. As this is a new venture, you can help to shape the group.