

ARE YOU A CARER?



If you look after or support a family member, close friend or neighbour who depends on you, then you are a carer. The person you care for could be either an adult or a child, with:

- A medical or long-term condition
- Physical or learning disability
- Sensory impairment
- Dementia
- Mental health condition
- Substance dependency

Camden Carers offers information, advice and support to unpaid adult carers (18+) living, working or studying in Camden, or caring for someone who lives in Camden. Camden Carers is also the gateway to a wide range of services provided by other local organisations and agencies working with carers in Camden.

**Help is a phone call away on our Support and Wellbeing line
Weekdays 9am–5pm, 7pm on Wednesdays**

020 7428 8950

You can send us a message by email:

info@camdencarers.org.uk

Or visit our website: www.camdencs.org.uk/contact

**Camden Carers
The Greenwood Centre
37 Greenwood Place
London, NW5 1LB**

See over for the services we offer

Camden Carers offers a friendly, confidential service to adult carers in Camden, based on their needs. Services include:

- Information, advice and advocacy
- Specialist workers providing 1-2-1 support and advice
 - Emotional support, including counselling
 - Specialist training around the caring role
- Social outings, events, activities and group meetings
- Day opportunities for people with mild-moderate dementia and their carers
 - Young adult carers (18-25) project
- Carer engagement and carers' forum (Camden Carers' Voice)
- Health and lifestyle consultations (HLCs) and nutritionists
 - Carers conversations (Assessments)
 - Financial support & benefits advice
 - Working for carers project
- A wide range of opportunities for volunteering

Our services and activities are available free of charge to any unpaid carer who lives, works or studies in Camden or cares for someone who lives in Camden.

Check our website for up to date information:

www.camdenccs.org.uk/activities

