

Carer Specific Services

Bede House

Carer Information Session and Summer Holiday Respite

A series of respite activities for Carers of people with learning disabilities entering transitional phases eg: leaving college/school.

Contact: Verity Mihai

veritymihai@bedehouse.org

020 7237 8930

Cambridge House and Talbot

Only Connect - Learning Disabilities Services

Term time Wednesday After School Respite sessions for Carers of Children with severe learning disabilities. Summer and Easter Respite sessions for Carers of Children with severe learning disabilities

Contact: Sherry Allen

contact@cambridgehouseandtalbot.org.uk 020 7703 5025

Respite Services for Adults with Learning Disabilities

Term time Saturday respite for Carers of adults with severe learning disabilities. Summer and Easter Respite sessions for Carers of adults with severe learning disabilities

Contact: Sherry Allen

contact@cambridgehouseandtalbot.org.uk 020 7703 5025

Capital Carers

Aylesbury Young Carers Project

A service for Young Carers (Carers under the age of 16 years) who live on the Aylesbury Estate. Services include support, advice, befriending, advocacy, group activities, signpost and advocacy.

Contact: Martine Ives

office@capital-carers.org.uk

020 8693 5090

The Young Carers Project

A service for Young Carers (Carers under the age of 16 years). Services include support, advice, befriending, advocacy, group activities and advocacy.

Contact: Martine Ives office@capital-carers.org.uk 020 8693 5090
Home based Respite Service

Homebased respite for Carers of children with a disability

Contact: Wayne Warick office@capital-carers.org.uk 020 8693 5090
Carers Engagement Service

A service to bring about improvements to all Carers services and to connect with people not already known to social services. The aim is to improve and enhance the lives of Carers by pro actively assessing and referring/signposting Carers to a range of available services.

Contact: Mike Wilson office@capital-carers.org.uk 020 8693 5090
Children with Disabilities Team
Support for Carers of Children with Disabilities

The provision of respite packages for the carers of children with disabilities.

Contact: William Chatterton csc@southwark.gov.uk 020 7525 4428
Contact a Family, Southwark
Parent/Carers Support Service

One to one support, information and advice for Parent Carers. The aim is to reduce the isolation of Parent Carers by facilitating engagement with Carers groups, activities and expand Parent Carers social networks.

Contact: Christina Kono southwark.office@cafamily.org.uk 020 7277 4436
Activities and Workshops Service

The provision of a year long programme of leisure activities and events for Parent Carers and their families.

Contact: Emma Evans southwark.office@cafamily.org.uk 020 7277 4436

KIDS

Sibling Project

The provision of support for siblings of children with disabilities by giving them opportunities to meet and share experiences whilst taking part in play and other recreational activities.

Contact: Kerry Bailey Veronica.boys@southwark.gov.uk 020 7525 2823

Providence Linc United Services

Carers Respite Service

A flexible, tailored respite service for Carers of Adults with learning disabilities living at home

Contact: Mick How admin@plus-services.org 020 8297 1250

Making Space

Carers/Family Development Service

A key worker to provide advice, advocacy, information and support for Carers addressing the difficulties arising from caring for a person with mental health conditions. This service is due to start later in the year.

Contact: Malcolm Pyper malcolm.pyper@makingspace.co.uk 01925571680

Otter Canoe

Otter Canoe Group

Weekly respite service for Carers of Children with disabilities. Activities include Swimming and canoeing during term time.

Contact: David Slack edwin335@hotmail.com

Parents at Toucan (PAT)

Short Breaks and Quarterly Activities

Two short Breaks away for Parents/Carers of adults with learning disabilities

Contact: Carol Lee

Repaying the Kindness

Break in a Day for Carers

A respite service for Carers with relaxation sessions using meditation techniques and teaching stress management skills. This includes Carers days, workshops on craft making, tai Chi, Dance Improvisation and Yoga.

Contact: Estelle Rose

repayingthekindness@jamyang.co.uk

020 7820 9020

Rethink

Carer Support Service

A new support group for people caring for Adults suffering from mental health disabilities

Contact: Rethink Co-ordinators

mhcarers@rethink.org.uk

020 7703 0669

Respite Breaks for Carers

A service providing flexible respite breaks for Carer of Adults suffering from mental health conditions. Breaks include individual payments to Carers and group weekend breaks away.

Contact: Rethink Co-ordinators

mhcarers@rethink.org.uk

020 7703 0669

Southwark Carers

Advice and Support Service

Offers individual information, advice and signposting on all aspects of caring for Adult Carers.

Contact: Vivian Topliffe or Dawn Levy

info@southwarkcarers.org.uk

020 7708 4497

Carers Information Service

Produces a bi-monthly themed newsletter and Information event as well as a library service and information pack.

Contact: Sarah Kirk-Browne info@southwarkcarers.org.uk 020 7708 4497

Advocacy Service

An advocacy service for Adult Carers designed to inform, support and represent Carers to resolve issues.

Contact: Bindi Deo info@southwarkcarers.org.uk 020 7708 4497

Health Service Liaison Worker

To provide and promote Carer awareness in the health sector through the implementation of various general practitioner based Carer support groups and the provision of specific Carer information within general practitioner surgeries.

Contact: Lucy Daniels info@southwarkcarers.org.uk 020 7708 4497

Counselling Service

Individual counselling sessions for Adult Carers, Carers massage sessions, a group Relaxation sessions and a Bereavement and Moving on group.

Contact: Adrian Scott info@southwarkcarers.org.uk 020 7708 4497

Carers Activity Group

An arts and books group, a series of short group breaks for Carers and monthly group meetings for Adult Carers.

Contact: Vivian Topliffe info@southwarkcarers.org.uk 020 7708 4497

Flexible Care Scheme

Up to 40 hours per year homebased respite for Adult Carers.

Contact: Vivian Topliffe info@southwarkcarers.org.uk 020 7708 4497

Taxi Scheme

Up to 6 free taxi journey's per year for Adult Carers

Contact: Vivian Topliffe info@southwarkcarers.org.uk 020 7708 4497

Fix Yourself a Break Scheme

Individual payments to a maximum of £300 for Adult Carers to take a respite break of their choice.

Contact: Carol Ment

Southwark Carers/Capital Carers info@southwarkcarers.org.uk 020 7708 4497

Hospital Discharge Carers Support Service

A service to provide a key worker to give support, information and advice for carers when the person they care for has been discharged from hospital. This service is due to commence later this year.

Contact: **Southwark Carers** info@southwarkcarers.org.uk 02077084497

Southwark Carers/Contact a Family

Transition Support

A support service offering information, advice and sign posting for Carers of young people aged between 14-25 engaged in the process of transition from childhood to adulthood.

Contact: Anthony Scully info@southwarkcarers.org.uk 020 7708 4497

Southwark Social Services/PCT

EMI Respite Service

A weekend residential respite service for Carers of older people.

Contact: John Chapman csc@southwark.gov.uk 0845 600 1287

Southwark Vietnamese Women's Group

Vietnamese Carers Worker

Information, support and advice for Vietnamese Carers

Contact: Haquyen Trinh quyen Trinh@gmail.com

Southwark Social Services/PCT-Learning Disabilities Team (Adults)

Older Persons Project

A support, information and advice service especially for Carers aged over 65 years of age.

Contact: Learning Disabilities Team, Adults csc@southwark.gov.uk 0845 600 1287

Homebased Respite Service

Homebased respite for Carers of Adults with a learning disability

Contact: Learning Disabilities Team, Adults

Residential Respite Service

Residential respite service for Carers of Adults with a learning disability.

Contact: Learning Disabilities Team, Adults csc@southwark.gov.uk 0845 600 1287

Taifa Community Care Project

BME Carers Service

A support, information and advice service specially for Carers from an ethnic minority group

Contact: Stella Aber Tafia@globalnet.co.uk 020 7708 1781

The Federation

Manual Back Handling

Back care and manual handling training sessions for Adult Carers

Contact: Carol Gibbons carolgibbonsfed@netscape.net 020 7639 5388

Southwark Health and Social Services Teams

| Team | District | Telephone |
|--|-----------------|------------------|
| Older People | North | 020 7525 3241 |
| | South | 020 7525 4612 |
| | | |
| Adults with Physical, Sensory or Neurological Disabilities | | 020 7525 2149 |
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| Children's Services | North | 020 7525 1925 |
| | South | 020 7525 1049 |
| | | |
| Children with Disabilities | | 020 7525 4406 |
| | | |
| Learning Disabilities | | 020 7525 2032 |
| | | |
| | North East | 020 7525 4578 |
| | North West | 020 7525 2751 |
| Mental Health | South | 020 7301 8000 |
| | | |
| Southwark National Team and Substance Misuse | | 020 7919 2403 |