

Looking after someone? You need to look after yourself too!

Sutton Carers Centre is here to support you and your family*



Your Caring Role

- Diagnosis information and caring training
- Information on how to arrange paid home support, respite care and breaks
- Contingency & end-of-life planning
- Access to statutory Carer Assessments with Sutton Social Services
- Help navigating health and social care systems

Managing at Home

- Help with aids and adaptations and access to Occupational Therapy support
- Needs-based small grant applications
- Links to local volunteer support services
- Advice and support for people who have difficulty accessing services or experience isolation

Your Mental & Physical Health

- Online and in-person Carer peer support groups
- 1-2-1 emotional support from SCC staff

Your Finances and Employment

- Confidential welfare benefit checks with our in-house advisor from Citizens Advice Sutton
- Benefit form-filling assistance by phone, video or in person
- Information & advice (e.g. concessions, rights)
- Advice and assistance to access individual funding for essential items such as food, white goods or equipment to support unpaid Carers at home

Time for Yourself & Breaks

- 1-2-1 and group online and in-person Carer groups
- Social events
- Carer support when caring ends

- Groups, workshops and individual support with our Sutton Uplift Wellbeing Navigator, IAPT and Peer Support workers
- Health and self-care training



Services for Young Carers (8-18) & Young Adult Carers (19-25)

- 1-2-1 and group support
- Dedicated support in schools
- 'Chill and Learn' Homework Club
- Specialist age-specific Peer Support Groups
- Emotional Learning programmes
- Creative, self-development and educational workshops
- Carer breaks, activities and outings
- Email us confidentially at: youngcarers@suttoncarerscentre.org

*Families come in different forms, so you might be caring for a neighbour or a friend who is not a relative.

Please note that all our services are free. Donations are welcome.

