

## Are you a Carer?

A Carer is someone who, without payment, looks after or provides help and support to a partner, child, relative, friend or neighbour who could not manage without this help. This could be due to age, mental or physical illness or disability, or substance misuse.

**Anyone can be a Carer! SCC supports Carers from the age of 8 through to adults of any age.**



Many people do not recognise themselves as 'Carers'; they are just looking after their mother, son, or best friend, 'getting on with it' and doing what anyone would in their situation.

But caring often involves juggling work, study and other family responsibilities, and introduces a new range of knowledge, skills and contacts.

Although caring can be rewarding, it can also impact our wellbeing, opportunities and financial stability. The majority of Carers struggle alone and do not know that help is available.

Sutton Carers Centre is a local, independent charity, linked to the national charity, Carers Trust, which connects Carers' services across the UK.



A list of our current services can be found overleaf.

## CONTACT US

 [enquiries@suttoncarerscentre.org](mailto:enquiries@suttoncarerscentre.org)

 **020 8296 5611**

 **Sutton Carers Centre, Sutton Gate, 1<sup>st</sup> floor, 1 Carshalton Road, SM1 4LE**

Monday - Friday 10am - 5pm, Tuesday until 8pm

At other times you may leave a message via our website, email, or by phone.



Scan to visit our website

 [suttoncarerscentre.org](http://suttoncarerscentre.org)

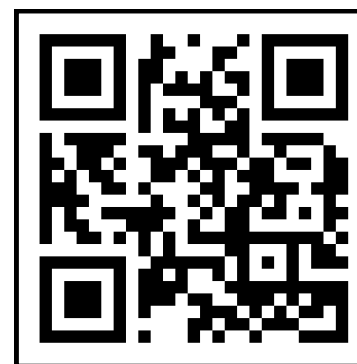
Follow us



@suttoncarerscentre



@suttonyoungcarers



**If you live, work or study in the London Borough of Sutton, or care for someone who lives in the borough, we are here to support you**

A Network Partner of  
**CARERS TRUST**

# 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 and end-of-life planning
- Access to statutory Carer Assessments with Sutton Social Services and Reviews
- 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 and Physical Health

- Online and in-person 1-2-1 and group Carer Peer Support
- Specialist Mental Health, Dementia and End of Life Carer support

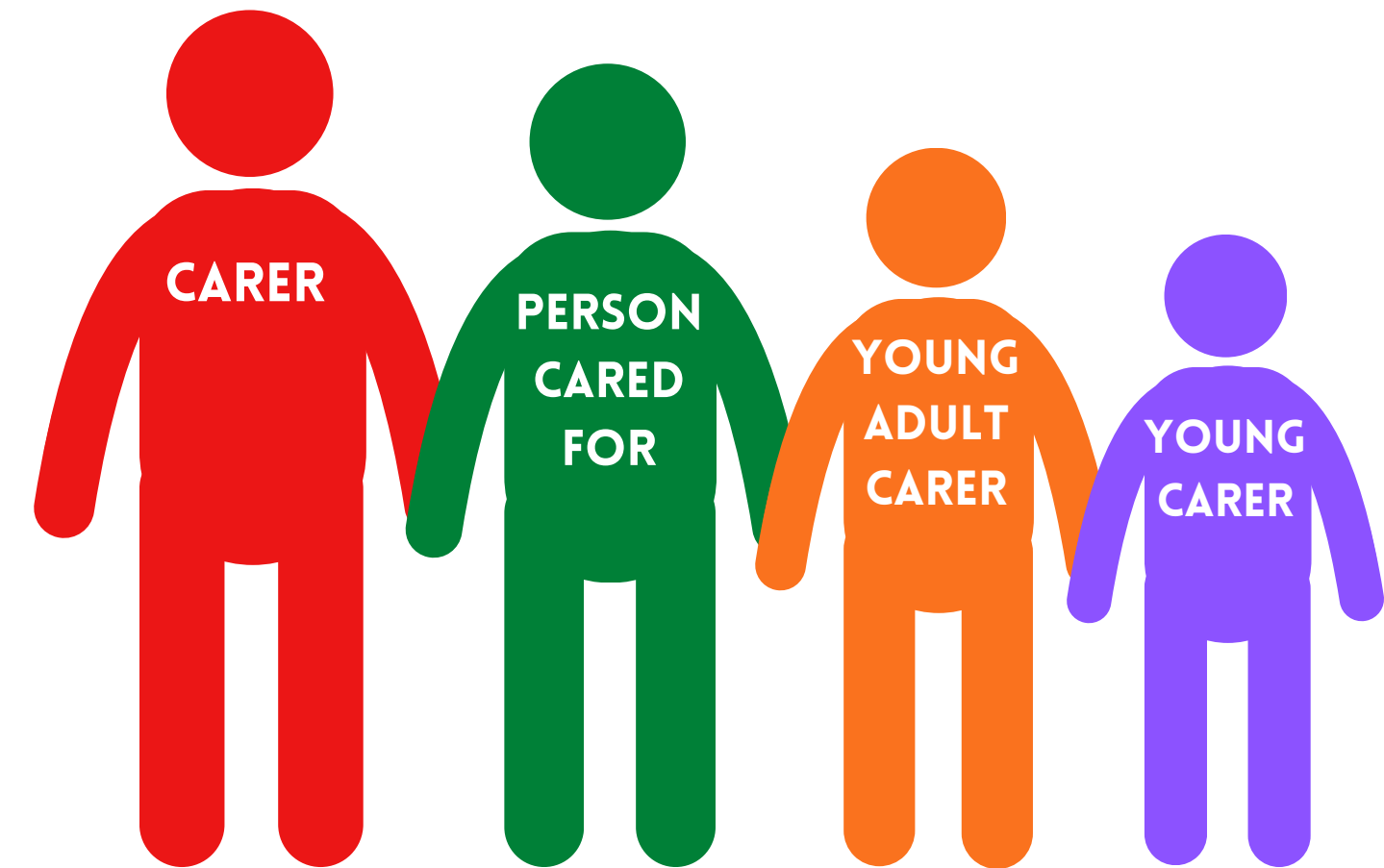
## Your Finances and Employment

- 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 and Breaks

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

- Groups, workshops, and 1-2-1 support with our Carer-specialist Wellbeing Navigators and access to Talking Therapies.
- Health and self-care training
- Opportunities to share your caring experience to influence services



## Services for Young Carers (8-17) and Young Adult Carers (18-25)

- 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](mailto: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.**

Funding partners:



Memberships & Quality Marks: