

## Contact Us

### Older Carers Peer Support

Our **peer support groups, for carers over 65**, meet regularly in different areas around Lambeth. The groups are peer-led, so do come and have a chat over a tea or coffee and cake, and let us know what kind of activities you would like. If you are facing any difficulties in your caring role, we will try to help, or point you towards other people who can. It's a good chance to meet other carers in your age group, share experiences and information – and enjoy yourself.

### More about Carers Hub Lambeth

Carers Hub Lambeth is a partner in the **Lambeth Independent Living and Carers Partnership (ILCP)**. It is made up of four local charities: Age UK Lambeth, DASL, Help for Carers and Lambeth Mencap, working also with Royal Association for Deaf People (RAD).

The ILCP offers a wide range of services to: older people, people with physical and sensory impairments, adults with long term illnesses and carers, including young carers.

Carers Hub Lambeth is part of Help for Carers, a registered charity offering a range of services to carers.



Registered charity  
no.1027026

**Call: 020 7501 8970**

**Address:**  
**We are 336**  
**336 Brixton Road**  
**London SW9 7AA**

**Email: [connect@carershub.org.uk](mailto:connect@carershub.org.uk)**

### **Carers' Advice, Support & Development Worker**

Sharon Tomlins  
020 7501 8975  
[sharon@helpforcarers.org.uk](mailto:sharon@helpforcarers.org.uk)

### **Mental Health Carers' Advice, Support & Development Worker**

Ruth Samuel  
020 7501 8974  
[ruthsamuel@helpforcarers.org.uk](mailto:ruthsamuel@helpforcarers.org.uk)

### **Learning Disability Carers Development Worker**

Robert Hill  
020 8655 7707  
Email: [rhill@lambethmencap.org.uk](mailto:rhill@lambethmencap.org.uk)

### **Young Carers Project Leader**

Hazel Daniell  
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[youngcarers@helpforcarers.org.uk](mailto:youngcarers@helpforcarers.org.uk)

### **Older Carers Peer Support Groups Project Leader**

Rebecca Kemp  
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[Rebecca@helpforcarers.org.uk](mailto:Rebecca@helpforcarers.org.uk)



**Carers Hub  
Lambeth**  
Connecting Carers

Part of the Independent Living and Carers Partnership

**Services and support for  
relatives, friends and  
neighbours helping someone  
who is elderly, has a disability,  
long term health condition,  
mental ill health or substance  
misuse**



[www.carershub.org.uk](http://www.carershub.org.uk)



[www.facebook.com/CarersHubLambeth](https://www.facebook.com/CarersHubLambeth)



[@CarersHub](https://twitter.com/CarersHub)

# How can we help you?

Every carer's situation is unique and we aim to tailor support to meet your needs. The Carers Hub has a range of services and events for carers. We also welcome input from carers, who we value as experts.

- An **enquiry line** which you can call from Monday to Friday, 9am-5pm, to get up-to-date information and reach our services
- In depth **advice and support** to help with any challenges you may face as a carer
- **Newsletters and a website** with the latest information from the Hub
- Regular chances to **meet other carers and network at Carers Forums, social events and peer support groups**
- A specialist service for carers helping someone with a **mental illness**

Contact the Enquiry Line to access support -

**020 7346 6800**



## Carers Advice, Support and Development Worker

- Provides information and advice, tailored to your needs
- A listening ear and emotional support
- Help to complete forms and access other organisations for more specialist support (such as housing and benefits)
- Regular Carers' Support Groups and other events

## Mental Health Carers Support Worker

- We will discuss your situation and what support you would like
- A listening ear and emotional support
- Information and training opportunities
- Specialist advice, practical support and signposting to other services
- Drop-in on the first Friday of each month from 1-5pm at We are 336, 336 Brixton Road
- Regular events to meet others caring for someone with a mental illness



## Learning Disability Carers Development Worker

- Offers information, help to access services and general support
- Attends and provides support at community care assessments, reviews and other meetings
- Arranges and supports carer's assessments
- Raises awareness of carers within Social Services, Health and Police



## Young Carers Project

A young carer is a child or young person (5-18) who is caring for or helping to care for someone with a disability or long term illness.

- Information, advice and advocacy
- Educational support
- Homework club and fun activities
- Help to access other services