

## Why We Support Carers

We know how challenging, stressful and isolating it can be caring for a loved one. For many, life as they know stops, and is overtaken by their caring role. The role of caring may bring with it a whole range of other problems that you may have never faced before, such as:

- Losing your job.
- Navigating your way for support from social services and other agencies.
- Debts growing and struggling to pay bills.
- Knowing what benefits you are entitled to.
- Not knowing where to turn for help!

Our experienced team of staff offer free confidential advice & support to help improve the quality of your own life well as improve your ability to care for your relative or friend.

Brent Carers Centre gave advice on benefits and supported Asima in applying for Carers Allowance. She now receives an extra £58.45 weekly!

Mrs Smith Contact Brent Carers Centre and is now attending a Dementia support group and a carers yoga session which she thoroughly enjoys!

Brent Carers Centre secured a volunteer placement for Mr John around his availability, allowing him to maintain his working skills alongside caring.

Adeloa was supported to apply for a respite grant and received £300 to spend on what she felt she needed to allow more quality time for herself!

We can also come to any setting to deliver a 'Carer Awareness' session to new & unknown carers or professionals. Interested? Call now on:

**Tel: 020 3802 7070**

Have you told your GP surgery that you are a carer?

Ask your GP surgery to add your name to their Carers register.

### Where to Find us:



**Brent Carers Centre**  
Willesden Medical Centre  
144 - 150 High Road  
Willesden  
London  
NW10 2PT

**Tel: 020 3802 7070**

Fax: 020 3802 7080

**E: [email@brentcarerscentre.org.uk](mailto:email@brentcarerscentre.org.uk)**

**W: [www.brentcarerscentre.org.uk](http://www.brentcarerscentre.org.uk)**

### Opening Times:

Mon to Fri: 9.00am – 5.30pm

Every third Wed: 9.00am – 8pm

Every last Saturday: 10am – 2pm



Charity No: 1066691 Limited Co. No: 3354038



To improve the lives of the Carers of Brent

## Do YOU look after someone?



If YOU look after someone who cannot manage without your help, then YOU are a carer and we can help YOU!

**020 3802 7070**



# Who is a Carer?

If you look after some one who is ill, disabled, frail or has a mental health issue where they cannot manage without your help and support, then YOU are a Carer!

**Carol** works full-time. "My mother is elderly and very frail she has had a stroke and is unable to manage on her own. I spend my evenings and weekends with her. Am I a carer?" **YES!**

**Ahmad's** wife is diabetic and has a heart condition. Ahmad has given up his job to look after his wife full time. Is he a carer? **YES!**

**Rashma** is a single mum who has two daughters. "My eldest daughter has learning difficulties. Am I a carer?" **YES!**

**Gemma:** "I am 12 years old, mum's not well so I cook and clean for mum and help her to look after herself. Sometimes I have to miss school to help mum. Am I a carer?" **YES!**

**Rachel's** son has schizophrenia. "I need to be around for my son & keep an eye on him. Am I a carer?" **YES!**

**Sanjiv's** wife has dementia. "My wife needs constant care and cannot be left on her own. My family and I look after her. Am I a carer?" **YES!**



If you care for someone, call us now and find out how we can help you!

## Brent Carers Centre CARER SERVICES HUB

- **Information & Advice**  
On the rights of Carers & Young Carers; Assistance in accessing services and support that you may need. Emergency planning and crisis support .  
**Advocacy & Representation**  
Represent you to challenge decisions being made by other agencies which you feel are not fair or right.
- **Money & Benefits Advice**  
Advice and information of benefits entitlement, respite grants and funds available to carers, as well as support in completing benefits forms.
- **Health & Well-being Services**  
Advice, referrals and information on healthy and well being support services and activities to enhance your individual wellbeing as a person.
- **Whole Family Support**  
Advice, advocacy and support respecting the views and needs of the whole family.
- **Access to Work & Training**  
Employment advice for working carers; Practical advice, volunteering, re-skilling, & training workshops to prepare carers and former carers back into work.
- **Caring Support & Training**  
Advice, and training workshops to develop your skills, knowledge and abilities in caring for your loved ones with specialist needs & issues.
- **Carers Forum**  
A quarterly platform to voice ones views and opinions in shaping and influencing new and existing support services to Brent carers.
- **Support Groups & Activities**  
Monthly or weekly meetings with other carers to support each other, share experiences and promoting well-being. Activities & support for Young Carers too!
- **Carers Counselling Service**  
A confidential space for emotional support; see the Counselling leaflet for further information.

## Would YOU Like To Know More?

Then register free with Brent Carers Centre and be included on our mailing list for our quarterly newsletter as well as receive other useful information such as support activities, training workshops & services for carers. To register please complete this form and return to our address below.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Phone No: \_\_\_\_\_

Email: \_\_\_\_\_

Are you: A carer  Professional   
Who do you care for?

What is their illness or disability (optional)

Where did you see this leaflet? (Please ✓ below)  
GP  Library  School  Council

Other  (Please state) \_\_\_\_\_

Return to: Brent Carers Centre  
Willesden Medical Centre  
144-150 High Road, Willesden, London NW10 2PT