



## Do you know...?

### Support that is available to carers...



#### I regularly care for someone; does this mean that I am a carer?

Many people do not think of themselves as a carer. Yet if you regularly care for someone who is a Southwark resident and has an illness or disability, you could well be **eligible for receiving support and assistance** from Southwark Council or community organisations.



#### Who can I get in touch with for information, advice and support?

**Southwark Carers** offer advice and information to carers across the borough, about social services, benefits and community groups. They also offer counselling and support groups for carers and their families.

Visit their website to find out more: <http://www.southwarkcarers.org.uk/>

You could also contact **Southwark Council Call Centre** on 020 7525 3324 to find out more about what local services and support groups are available. Lines are open Monday - Friday 9am - 5pm.



#### Can I receive any financial support for being a carer?

**Carers' Personal Budgets** are provided for and allocated by local authorities. Southwark Council can **assess your needs** and the impact that caring has upon your life. They will then decide what support you are eligible for.

The aim of Carer's Personal budgets is to give carers financial support so that they can pursue activities that give carers time to themselves and also to pursue their interests.

To find out if you are eligible, book an appointment with **Southwark Carers** by calling 020 7708 4497.



I care for someone who lives in Southwark, but I am under the age of 18. Where do I go for support and advice?

If you are a young carer living in Southwark, you can contact **Southwark Young Carers** (SYC), a service provided by Imago Community. They can give you tailored support and advice, as well as respite and a range of social and peer activities to get involved in.

You can contact SYC on: **0300 111 1110** or by email to [hello@southwarkyoungcarers.org.uk](mailto:hello@southwarkyoungcarers.org.uk)

---

**Your voice counts**

020 7358 7005, [info@healthwatchsouthwark.co.uk](mailto:info@healthwatchsouthwark.co.uk)

[www.healthwatchsouthwark.co.uk](http://www.healthwatchsouthwark.co.uk)

 HWSouthwark  Healthwatch Southwark

