

## Support for Carers

This fact sheet summarises the services available to those who are looking after someone affected by cancer as well as local and national organisations offering a variety of support.

<b>National Organisations – for all carers</b>		
<b>Name</b>	<b>What they provide</b>	<b>Contact</b>
Carers UK	Information and advice for carers and campaigning on behalf of carers.  Information in English, Punjabi, Arabic, Bengali, Chinese, Urdu and Gujarati languages available to download from the website.	<b>Tel:</b> 0800 808 7777  <b>Opening hours:</b> Wednesday and Thursday from 10am-12pm and 2pm-4pm.  <a href="http://www.carersuk.org">www.carersuk.org</a>
Help the Hospices	Provide a number of publications to help support carers, and to highlight some of the issues which arise when caring for someone with a terminal illness	<b>Tel:</b> 0207 520 8222  <b>Opening hours:</b> Mon-Fri, 9.00am-5.00pm  <a href="http://www.helpthehospices.org.uk">www.helpthehospices.org.uk</a>
Carers Direct	Provides information, advice and support for carers.  Information provided includes assessments, benefits, direct payments, individual budgets, time off, leaving or going back to work or education.	<b>Freephone:</b> 0808 802 0202  <b>Opening hours:</b> Mon-Fri, 8.00am-9.00pm Weekends 11.00am-4.00pm  <a href="http://www.nhs.uk/Carersdirect">www.nhs.uk/Carersdirect</a>
Princes Royal Trust for Carers	Provide quality information, advice and support services including carers' centres across the country.	<b>Tel:</b> 0844 800 4361  <a href="http://www.carers.org">www.carers.org</a> <a href="http://www.youngcarers.net">www.youngcarers.net</a>

# Information for Carers

Macmillan Cancer Information and Support Centre

Whipps Cross Road, Leytonstone, London, E11 1NR [www.whippsx.nhs.uk](http://www.whippsx.nhs.uk)

## Support for Carers continued

This fact sheet summarises the services available to those who are looking after someone affected by cancer as well as local and national organisations offering a variety of support.

<b>National Organisations – for those looking after someone with cancer</b>		
<b>Name</b>	<b>What they provide</b>	<b>Contact</b>
Macmillan Cancer Support	Information and support for patients, families and friends affected by cancer.	<p>Questions or concerns about living with cancer:</p> <p><b>Freephone:</b> 0808 808 00 00  <b>Opening hours:</b> Mon-Fri 9.00am-8.00pm. Interpreters are available.</p> <p><b>Textphone:</b> 0808 808 0121</p> <p><a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a></p>
The Cancer Counselling Trust	Offers free telephone and face to face counselling for cancer patients, their families, friends and carers.	<p><b>Tel:</b> 0207 843 2292</p> <p><a href="http://www.cancercounselling.org.uk">www.cancercounselling.org.uk</a></p>

<b>National Organisations – if the person you care for has palliative care needs</b>		
Marie Curie Cancer Care	<p>Many people who are seriously ill with cancer or other illnesses and for whom active treatment is no longer an option, wish to remain at home for as long as possible in comfortable and familiar surroundings.</p> <p>The Marie Curie Nursing Service can help to make that possible. Care is provided in partnership with the district nurse.</p>	<p><b>Freephone:</b> 0800 634 4520</p> <p><b>Opening hours:</b> 7 days a week from 9.00am-10.30pm</p> <p><a href="http://www.mariecurie.org.uk">www.mariecurie.org.uk</a></p>

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<b>Local organisations</b>		
<b>Name</b>	<b>What they provide</b>	<b>Contact</b>
Waltham Forest Carers Association	Information and support, free breaks, trips and complementary therapies, welfare and benefits advice, newsletters, campaigning.	<b>Tel:</b> 0208 531 9652 Mon-Fri, 9am-5pm  St Andrews Centre, St Andrews Road, Walthamstow, London, E17 6AR
Breathing Space	Mindfulness based stress reduction retreats and classes for carers.	<b>Tel:</b> 0208 981 1225  Breathing space, The London Buddhist Centre, 51 Roman Road, Bethnal Green, E2 OHU  <a href="http://www.breathingspacelondon.org.uk">www.breathingspacelondon.org.uk</a>  (Breathing space sessions are not Buddhist activities, and you don't have to be Buddhist to come to them)
Crossroads – Caring for Carers	Free respite care provided by trained workers.	<b>Tel:</b> 0208 558 6823  Community Place, 806 High Road, Leyton, London E10 6AE
Cancer You are Not Alone (CYANA)	Counselling, complementary therapies and support groups for anyone affected by cancer.	<b>Tel:</b> 0208 553 5366 <b>E-mail:</b> <a href="mailto:cyana1@tiscali.co.uk">cyana1@tiscali.co.uk</a>  31 Snowhill Road, Manor Park, London, E12 6BE
Age Concern Waltham Forest	Services and projects supporting older people in Waltham Forest: this includes a Family Support Service providing information about choosing residential or nursing care homes.	<b>Tel:</b> 0208 558 0455  <b>E-mail:</b> <a href="mailto:paulan@ageconcernwf.org.uk">paulan@ageconcernwf.org.uk</a>  Age Concern Waltham Forest, Peterhouse Community Centre, 122 Forest Rise, Upper Walthamstow, E17 3PW
Redbridge Carers Support Service	Support, information and advice for anyone caring for someone who lives in Redbridge.	<b>Tel:</b> 0208 514 6251  17 Station Road, 3rd Floor, Ilford, Essex. IG1 4DW  <a href="http://www.rcss.org.uk">www.rcss.org.uk</a>