

Opening Times

Monday – Friday 9.30am – 5.00pm
+ Wednesday 5.00pm – 8.00pm



Accessibility

Step free disabled access to the office and meeting rooms via the front door.

Support can be provided in Somali, Sylheti & Bengali. For any other language or communication needs an interpreter can be provided.

Refer

Anyone can refer to us. You can refer someone or register yourself by giving us a call on 020 7790 1765, drop in to the centre or via the registration form on our website at www.ccth.org.uk.

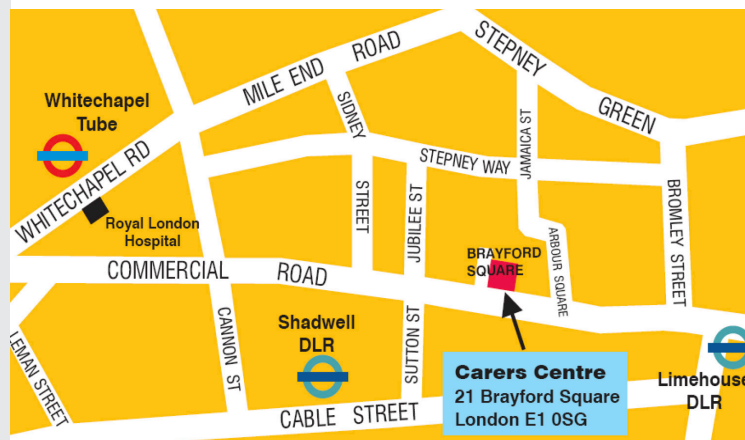


How to Find us:

Nearest stations – Whitechapel (District, Hammersmith & City & Overground), Aldgate East (District & Hammersmith & City), Shadwell (DLR & Overground), Limehouse (DLR)



Buses – 15, 115, 135 (St Mary's & St. Michael's Church stop, Commercial Road)
Opposite Bishops Challoner RC School



The Carers Centre
21 Brayford Square
London
E1 0SG

Tel: 020 7790 1765
E-mail: enquiries@ccth.org.uk
Web: www.ccth.org.uk

 @thecarerscentre

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Charity No: 1084930 Limited Company No: 4024413
Registered in England & Wales



TOWER HAMLETS

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Supporting unpaid carers to live fulfilling lives

আমরা কেয়ারারদের সাহায্য করে থাকি



Who is a Carer?

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

Young Adult Carer

A Young Adult Carer is someone aged 16-25 who spends time looking after a member of the family due to illness, disability, or mental health conditions or a drug or alcohol problem.

No longer a Carer

We will not turn our back on you at what can be a difficult time, we can continue supporting you up to 12 months after your Caring role has ended.

We support Carers aged 16+ who care for someone (16+) who lives in Tower Hamlets.

Enabling all carers to live fulfilling lives beyond caring

Our Services –



Support & Advice

We provide one to one support and work with you to explore the options available to you as a carer. This includes a Carers Needs Assessments, information on your rights, advice and general advocacy.

Welfare Rights Advice

We work to maximise carers income by supporting you and those you care for with a benefit check to see what you are entitled to. We will also help you with applications and appeals.

Carers Hospital Support

We support carers when those they care for are inpatients or day patients. We give information & advice, emotional support, help with discharge planning and accessing support in your local community.



Young Adult Carers Project

Provides weekly social groups and monthly day trips where young adult carers can relax and meet other young people going through similar issues.

We also provide one to one support for issues like mental health, education and employment.

The Carers Wellbeing Academy

We provide a holistic wide range of activities; workshops; and groups that informs, connects, and supports carers with maintaining and improving their wellbeing and helps them to effectively manage their caring role.

Carers get a chance to connect with other carers 'who get it' and have the chance to explore their journey to better emotional and physical health.

Carers can connect and learn with our peer support groups and training workshops, enjoy emotional respite with creative activities, exercise groups and Reiki massage to allow carers to relax and take time away from their caring role.

