

## Opening Times

Monday – Friday 9.30am – 5.00pm

## Accessibility

Step free disabled access to the office and meeting rooms is 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 Today

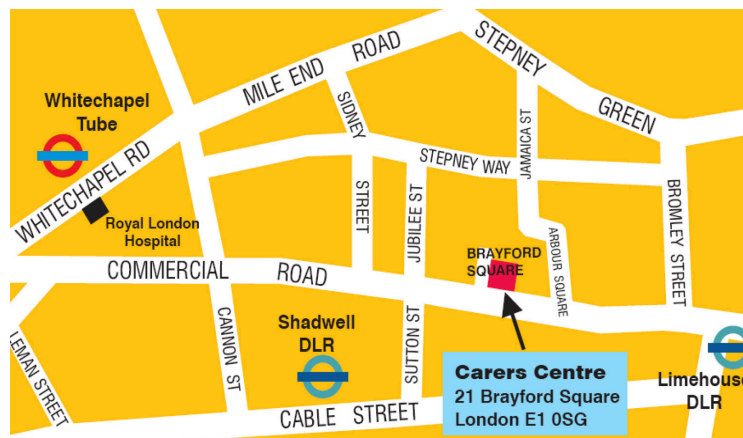
We accept referrals from carers themselves, the person they care for, relatives, friends, neighbours or from professionals on their behalf.

You can register 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](http://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



Do you look after a relative,  
friend or neighbour who would  
struggle without your help?  
If so, you might be a Carer

We want all carers  
to live fulfilling lives

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



The Carers Centre  
21 Brayford Square  
London  
E1 0SG

Tel: 020 7790 1765  
E-mail: [enquiries@ccth.org.uk](mailto:enquiries@ccth.org.uk)  
Web: [www.ccth.org.uk](http://www.ccth.org.uk)

 @thecarerscentre

 @TheCaresCentre

 carerscentretowerhamlets





**Carers Centre Tower Hamlets provides support to all carers (16+) who care for someone (16+) living in Tower Hamlets.**

#### **Support & Advice**

We provide one to one support to carers and work with you to explore the options available to you as a carer. This includes carers assessments, emotional support, information, advice and advocacy.

#### **Welfare Rights Advice**

We work to maximise carers income by supporting you and those you care for. We will support with everything from application to tribunal appeals.

#### **Carers Hospital Support**

We support carers when those they care for are inpatients or day patients. We do this by informing carers who want to visit or get updates inpatients on how to access the hospital safely, give info & advice, support with discharge and accessing support in the community.



**Enabling all carers to have fulfilling lives beyond caring**

## **OUR SERVICES**

**SUPPORT & ADVICE**  
**WELFARE RIGHTS**  
**ADVICE**  
**REPRESENTING**  
**CARERS INTERESTS**  
**LASTING POWER**  
**OF ATTORNEY**  
**HEALTH & WELLBEING**  
**ACTIVITIES**  
**CARERS HOSPITAL**  
**SUPPORT**  
**YOUNG ADULT**  
**CARERS PROJECT**  
**CARERS RESPITE**

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

#### **Carers Academy**

Whether caring is a new part of your life or you've been caring for a long time, our supported training will help you develop skills and confidence to support you in your caring role.

#### **Health & Wellbeing**

The Carers Centre aims is for you to have a better quality of life and we work towards this by providing massage therapy, counselling, exercise classes, creative workshops and respite.

#### **Peer Support Groups**

Our carer peer support groups involves carers sharing knowledge, experience or practical help with each other. We have condition specific workshops, forums and social groups running weekly and monthly including Young Adult Carers Group, Renal Carers and Carers of people with Learning Disabilities.

