

Opening Times

We operate an open door policy so that Carers needing urgent support or just a friendly chat are welcome to drop-in to the Centre

Monday & Tuesday 09.30am-5pm

Wednesday 09.30am-7pm

Thursday & Friday 09.30am-5pm

**Saturday- Second Saturday of the Month
11am-3pm**

Register Today

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

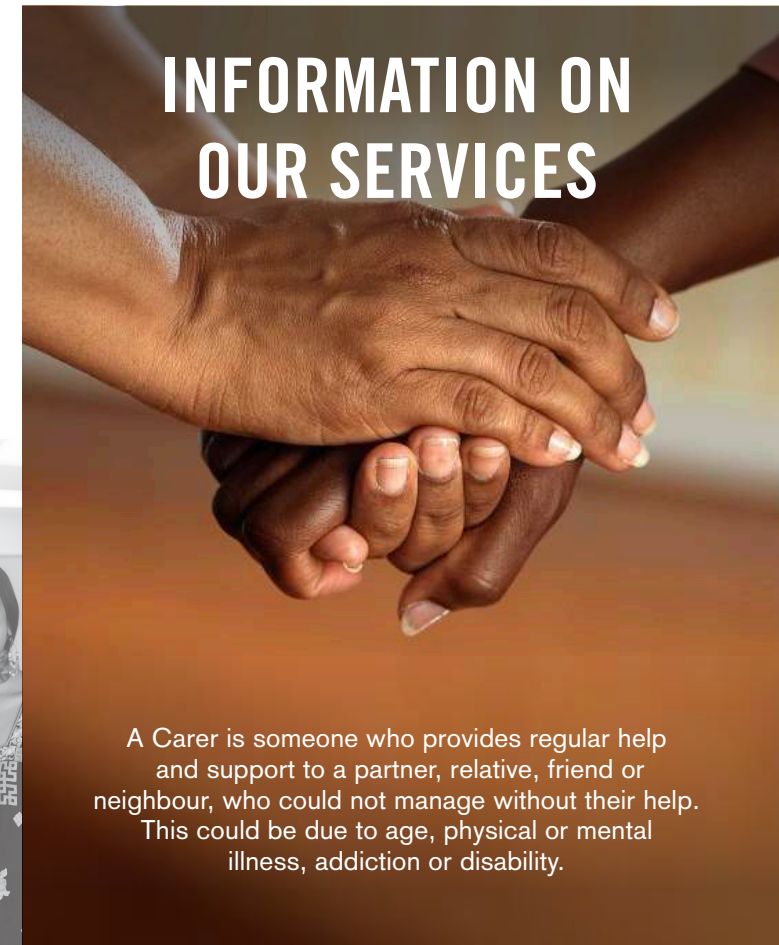
You can register by giving us a call, drop in to the centre or via the registration form on our website at www.ccth.org.uk.

If you need further information please call 020 7790 1765 or visit 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)



INFORMATION ON OUR SERVICES

The Carers Centre
21 Brayford Square
London
E1 0SG

Tel: 020 7790 1765
Fax: 020 7791 5575
E-mail: enquiries@ccth.org.uk
Web: www.ccth.org.uk

 @thecarerscentre  @TheCaresCentre  carerscentretowerhamlets



Working with London Borough of
Tower Hamlets Health, Adult &
Community Services

Improving & enriching the lives
of unpaid carers

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



Information & Advice

Do you need help but do not know where to start? Contact us for information and we are here to guide you on your journey as a carer.

One to One Support

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

We can help with form filling, applying for benefits and making applications to charitable trusts for grants. We also support carers at formal meetings with health and social care professionals.

Carers Assessments and ongoing support

Carers over the age of 18 and caring for an adult have the legal right to a Carers Assessment. We are here to support you in having an assessment and getting the help that you need.

Welfare Benefits Support & Advice

Help, support and advice with Benefits and Grants

Carers Academy

All Carers Academy courses and workshops for carers are free. Whether caring is a new part of your life or you've been caring for a long time, our training will help you develop skills and confidence to support you in your caring role.

Carers Centre Tower Hamlets provides advice, information and support to all carers over the age of 18 years of an adult living in Tower Hamlets.

What do we do?

**ONE TO ONE SUPPORT
INFORMATION AND ADVICE**

ADVOCACY

**REPRESENT CARERS
INTERESTS**

Our Services

**WELFARE BENEFITS
SUPPORT & ADVICE**

**LASTING POWER OF ATTORNEY
CARERS EMERGENCY CARD**

CARERS ACADEMY

**CARERS RETREATS-
RESIDENTIAL
& DAY RETREATS**

**WELLBEING GROUPS
& ACTIVITIES**

ROYAL LONDON HOSPITAL HUB

**YOUNG ADULT CARERS
SUPPORT**

Carers Forums

We are here to give carers a voice. We want to give you the opportunity to tell us what you think about the services and support that you use. Local services are keen to hear carers' views and this is your chance to change things, just be sharing your ideas, your experiences and concerns.

Volunteers

We run a volunteer scheme for both current and former carers who want to support other carers. We welcome applicants who are keen to share the knowledge and skills to help us really improve our offering to carers.

Social Activities

We run a wide range of social activities throughout the year. Our events include Christmas and Eid parties to day trips for carers and a monthly Relaxation Day for all carers to come together to make new friends or meet old friends. All are advertised in our newsletter and on our website. We welcome suggestions from carers for new activities and peer support groups.

Activities

- Peer Support Groups
- Carers Coffee Mornings
- Carers Forums
- Monthly Relaxation & Therapy Days

