



CARERS CENTRE
— SA LIMITED —

INFORMATION

**For more
information and
to make a referral**



Visit our website at
www.carerscentre.org.uk

Who is a carer?

If you look after a relative, friend or neighbour who cannot manage without your help and support

THEN YOU ARE A CARER!

We can support you in your caring role we offer information, support and informal advocacy, see below some of the services we can offer.

We offer a range of activities, events and support to Adult Carers, Young Carers and Young Adult Carers

Carers' events, activities and outings

Special educational needs and EHC plans information & guidance

GP Surgery Sessions

Carers Peer Support Groups

Young carers & young adult carers fun activities & information

Memory Lane Resource Centre a respite service for carers

E-News services and newsletters

Welfare benefits

Volunteering opportunities

Signposting to other networks and organisations

Supporting carers who juggle work and their caring role

Carers' training

Visit the Carers Hub Website which offers a range of information that will assist you in your caring role.

www.carerscentre.org.uk

T: 0208 593 4422

334 Heathway, Dagenham, RM10 8NJ

If YOU have unpaid responsibilities looking after someone who needs your help, then you are a carer.

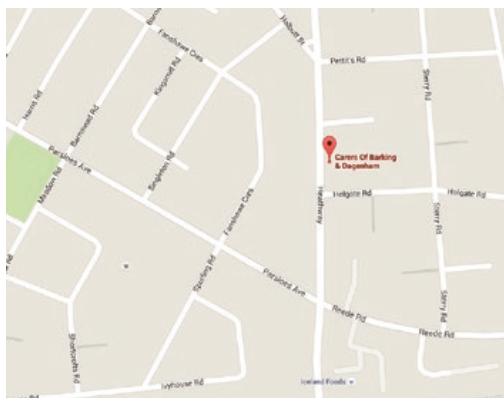
Messages from carers...

"Carers Hub are always there for us when we need them the most, I thank them for that"

"Through the information I have found I feel more confident to deal with any problems I have with GP, Social Care agencies"



Carers Hub
Carers Centre SA Ltd
334 Heathway
Dagenham, Essex, RM10 8NJ
0208 593 4422



✉ carers@carerscentre.org.uk

f Carers Centre SA Ltd

🐦 @BandDcarers



CARERS CENTRE
— SA LIMITED —

CARER'S DETAILS

Name

Telephone number

Email address

Where did you pick up this
leaflet?

Who do you care for and what is
the illness?

Signature of Carer

Date

Print Name

Even the most devoted carers need time to **rest, recharge,** or simply **breathe.**



At Memory Lane Resource Centre, **we're here to support you** by offering a safe, engaging, and personalised space for the person you care for.

Our friendly, trained team provides personalised care including:

- Reminiscing & meaningful conversation
- Fun and stimulating games
- Gentle armchair exercises
- Boccia and other light activities
- Kind, thoughtful support **tailored just for them**



Whether it's for an hour or a full day, you can step back **knowing** your loved one is **cared for, stimulated, and valued.** We welcome those with:

Flexible visits: £11 per hour or £55 per day

234a Porters Avenue
(next to health centre)
Dagenham, Essex RM8 2EQ

- Dementia
- Learning disabilities
- Physical or sensory challenges
- Age-related frailty

Let us help carry the load - for a few hours, or a full day - so **you** can come back refreshed - while the person you care for **enjoys a warm, safe and engaging environment.**



Memory Lane Centre

It's okay to need a break. We're here to help



Scan me for our website



Scan me to make a referral

Barking & Dagenham SENDIASS provide free, confidential and impartial information, advice and support to children and young people (up to 25 years old) and their parents and carers, in relation to Special Educational Needs and Disability.

There are many ways in which the SENDIASS can offer help, these include:

- ✓ **Help with understanding the SEN process**
- ✓ **Help to express your's and your child's / young person's views and aspirations, along with space to talk and time to listen**
- ✓ **Advice and support with applying for statutory Education, Health & Care needs assessment**
- ✓ **Advice and support with SEND Tribunals**
- ✓ **Advice and support with exclusions**
- ✓ **Support and help to prepare for meetings including school meetings, annual reviews and transition meetings**
- ✓ **We can advocate on your behalf and ensure your voice is heard**
- ✓ **Practical help, including the writing of letters, emails, forms, etc.**
- ✓ **Informal mediation**
- ✓ **Access to training**
- ✓ **Signposting to other in-house projects at Carers Centre SA Ltd, along with other local and national services**

Please note that all enquiries require a referral via our website. If you need support to fill this in, please contact us:

 **334 Heathway, Dagenham, RM10 8NJ**
 **020 8593 4422 (option 3)**
 **Barking & Dagenham SENDIASS**



carers@carerscentre.org.uk



www.carerscentre.org.uk/lassinfo

Carers Centre SA Ltd - Charity registration number: 1063485

Barking & Dagenham Young Carers Project

What is a Young Carer?

A young carer is a child or young person under 18 years old who provides ongoing support and assistance to a family member who has a disability, illness, mental health condition, or a drug or alcohol problem



The Barking & Dagenham Young Carers Project can support Young Carers aged 8-18 years old in lots of different ways:

- Emotional Support.
- Fun Activities.
- Residential Trips.
- Gain new skills by attending our training sessions.
- Meet other young people who may have experienced similar challenges.
- Access to other support services such as counselling.
- Advocacy Support.
- School Support.
- Access to our Tutor Club.
- Support with transitions to college/university/employment.
- Facilities to chat to us via social media platforms.
- Transitions to adult support services.
- Specialist assessments, advice and information.



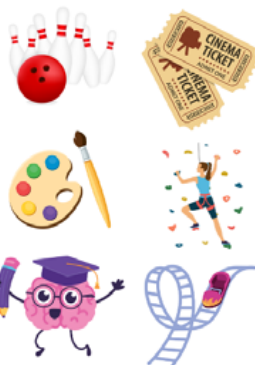
For more information see overleaf

There are approximately 120,000 Young Carers in the UK. (We have identified over 1,300 Young Carers in Barking & Dagenham). There are estimated to be at least 2 Young Carers in every classroom across the UK - Carers Trust.

There are lots of fun activities to choose from:

- Bowling.
- Cinema.
- Arts & Crafts.
- Theme Park Visits.
- Sports.
- Day Trips.
- Residential Breaks.
- Tutor Club.
- Training/Workshops.
- Cooking.
- Outdoor Activities.
- Participating in our Young Carers Forum to share your input.
- And Much Much More

If you feel you may be a Young Carer or you may know someone who could do with our support please contact us.



'The project has given me a break from my caring role and the opportunity to make new friends' - HD

'Since joining the project I have gained confidence and learnt new skills' - CR

'Support from the project has helped my school understand my caring role' - HS

Scan here to make a referral:



@thurbarkdagycs

Connect with us

334 Heathway
Dagenham
RM10 8NJ



020 8593 4422



www.youngcarerscentre.org.uk
Email: carers@carerscentre.org.uk



@bdandthurrack
youngcarers



BD YC Young
Carers



BandDcarers



Young Carers
Website