



INFORMATION SHEET 1

Organisations Offering Information And Advice For Carers



Redbridge Carers Support Service

Tel: 020 8514 6251

Email: office@rcss.co.uk

Website: www.rcss.org.uk

- * Information, advice and support on services available in Redbridge.
- * Central contact point for Community Support Workers, who can provide support to carers by home visit if required.

Age Concern Redbridge

Tel: 020 8220 6000

Fax: 020 8478 4767

Email: admin@acredbridge.co.uk

Website: www.acredbridge.co.uk

Mon to Fri - 9.00 am-3.00 p.m.

- * ***Advice, Information & Advocacy*** Advice and information on welfare benefits, access to services, leisure opportunities and other issues.
- * ***Bathing Service*** Offers help to people unable to cope with showering or bathing without assistance, but who do not need lifting.
- * ***Insurance*** A range of competitive insurance plans aimed at the over 50's. Also offers travel insurance for people of any age. **10 am to 1 pm only**
- * ***Forget-me-Not Service*** Befriending and monitoring service for vulnerable isolated older people.
- * ***Intermediate Care Services*** Supports older people returning home from hospital, and provides a rehabilitation service.
- * ***The Escorted Discharge Project*** Accompanies people home from hospital and helps them to settle in for 3 weeks providing rehabilitation and support
- * ***The Carers at Home Project*** Supports people on a daily basis for three weeks, providing rehabilitation and confidence building.
- * ***Holidays*** Specifically designed to cater for the needs and wishes of older people.
- * ***Early Intervention Service*** Aimed at people in the early stages of dementia, and their carers. Based at the Age Concern's premises, it provides emotional support and links to other services.

*** *User Involvement Service***

The aim of the service is to enable older people who are regular users of health and social care services to influence a range of service providers, through genuine consultation and active involvement.

*** *The Corner House,***

33 Wanstead Place, Wanstead, E11
Tel:020 8989 6338
Lunch Club for over 60s.

Alzheimer's Society (AS)– Redbridge

Goodmayes Hospital, Barley Lane, Goodmayes, Essex, IG3 8XJ
Tel: 020 8970 5770
Email: asredbridge@btconnect.com

- * Information, advice and support on all forms of dementia
- * Carers support worker available for home visits
- * Information and advice worker will also make home visits
- * Carers Support Group & Social Club
- * Respite group for sufferers and Carers Support Group (at the same time)

Carers UK

Helpline: 0808 808 7777
Email: internet@ukcarers.org
website: www.carersuk.org.uk

Citizens Advice Bureau

Redbridge Advice Line Tel: 0870 126 4140

- Ilford – South Broadway Centre, Cranbrook Road, IG1 4DU

Concern for Mental Health

Tel: 020 8925 2435
Fax: 020 8514 8117
Email: rcmh.ilford@btconnect.com

A resource and support service for mental health voluntary agencies, users and their carers.

Jewish Care

- * Call Centre

Tel: 020 8922 2222

offers support & advice to Jewish carers

- * Carers Service – Specialist Carer's Team

Tel: 020 8455 4550

Website – www.Jewishcare.org

Email: info@Jcare.org

Rethink - Redbridge

Tel: 020 8554 0498

Voluntary support group
For carers of people with
Mental health problems

Redbridge Disability Association (ReDA) Tel: 020 8514 2565

Fax: 020 8514 2515

Minicom: 020 8514 5686
Email:reda@reda-info.co.uk

Information and advice for those with physical and/or sensory disabilities and their carers

Redbridge Forum

Tel: 020 8478 7571
Fax: 020 8514 8117
Email: Redbridge Forum@BTConnect.com

Information and advice for those with learning disabilities, and their carers.

Redbridge Punjabi Centre

Tel: 020 8478 4962

* Elderly Women's Group

Activities in evening for young people

* Elderly Men's Group

Redbridge Gujarati Welfare Centre

Tel: 020 8270 2303

Redbridge Voluntary Care

Tel: 020 8514 0980

Practical help offered on a wide range of needs.

London Borough of Redbridge -

* ***Customer Contact Centre -*** ***Tel: 020 8554 5000***

* ***Community Care Advice Centre-*** ***Reception Tel: 020 8708 7333***

* ***Clients Service Team(for referrals)*** ***Tel: 020 8708 7333***

For help and information about social service provision.

* ***Children & Families - Initial Contact*** ***Tel: 020 8708 5353/4***

* ***Council Housing Benefit*** ***Tel: 020 8708 4505/4503***

* ***Council Tax Benefit*** ***Tel: 020 8708 4503***
email: customer.cc@redbridge.gov.uk

Redbridge Welfare Benefits Team

Tel: 020 8708 4180

Updated : March 2007