

INFORMATION SHEET 2



Other Carers' Support Groups



There are several groups in Redbridge that focus on specialist areas and there may be one to meet your particular needs.

Redbridge Carers Support Service

For more information call

Tel: 020 8514 6251

Fax 020 8553 2293

email:office@rcss.org.uk

Alzheimer's Society

For further details

Tel: 020 8970 5770

email:altsred@Supanet.com

Catholic Fellowship

Supports people with special needs and their Carers

Tel: 020 8989 9032

Jewish Care:

Run a variety of schemes to help the Jewish community: 020 8455 4550

Tel: 020 8922 2222/

The Dennis Centre 84 Beehive Lane, Ilford, Essex.

Specifically designed to offer a day care centre programme for frail elderly people including those with dementia in the Jewish Community.

For more information call

Tel: 020 8709 2644

Rethink(formerly National Schizophrenia Fellowship) Meets at the Mansfield Road Day Centre. Contact

Tel: 020 8554 0498

Parents Link

Offering support and information to parent/carers of children with special educational needs on how to make the best use of the education service.

Tel: 020 8989 5677

Redbridge Downs Syndrome Parents Support Group Tel: 020 8554 2105.

Run monthly support group meetings.

Redbridge Multiple Sclerosis Society

Meetings for carers at the Margery Collins Centre, Grove Road,
Chadwell Heath.

For further details call

Tel: 020 8983 8178

Alternatively there is a 24 hour-a-day, 7 days a week Counselling service
Free National Helpline

Tel: 0808 800 8000

Local Groups who offer telephone information and support to carers.

Anxiety Care

Tel: 020 8262 8891/2

Anxiety Action

Tel: 020 8551 0851

Only telecounselling in office hours

Arthritis Care - Ilford and District

Tel: 020 8252 3554

**Black & Ethnic Minority Mental Health Befriending
& Support Project**

Tel: 020 8708 5786

Concern for Mental Health - Information on support and
services available to people with mental health problems
and their carers.

Tel: 020 8925 2435

Different Strokes

Tel: 020 8491 7693

Disabled Asian Women's Network (DAWN)

For more information call

Tel: 020 8597 4883

Disablement Information Advice Line **Tel: 020 8595 8181**

Advice to the disabled, their families and Carers.

Families Anonymous

Tel: 020 7498 4680

For families of people with drug related problems.

Forest Breathe Easy

Tel: 020 8530 5211

Ilford & District Diabetic Club

Tel: 020 8500 2672

offers medical and non-medical meetings at St Alban's Church Hall, Albert Road,
Ilford.

London East Aids Network (LEAN)

Tel: 020 8478 7619

Advice and support to hiv/aids sufferers

MS Action Ltd.- Alternative Therapy centre offers support and advice to carers.
For more information call

Tel: 020 8531 9216

North East London Cancer Help Centre
For more information call

Tel: 020 8597 0024

Parkinson's Disease Society

Tel: 020 8559 8155

Redbridge Disability Association (ReDA)

Tel: 020 8514 2565

Redbridge Forum for People with Learning Disabilities and their Carers

Tel: 020 8478 7571

Fax: 020 8514 2515

St. Angela's Centre for Deaf and Impaired Hearing People (and Minicom)

Tel: 020 8553 2621

Fax:020 8478 2833

Stroke Clubs:

**Loughton
Goodmayes
Redbridge
Woodford**

Tel: 020 8508 3961

Tel: 020 8595 3973/020 7474 3914

Tel: 020 8220 5878

Tel: 020 8559 1150

Updated January 2007