

Information Sheet 3



Time Off From Caring



The organisations included provide 'respite' which means giving you, the carer, a much-needed break. Respite can range from a few hours to a two-week stay in a residential home. These services offer either care in your own home or at another location enabling you, the carer to have some planned time for yourself.

- ◆ **Alzheimer's Society**
Goodmayes Hospital, Barley Lane, Ilford, IG3 8XJ
Telephone: 020 8970 5770.
Email: alzred@supanet.com

A weekly respite group for all ages is offered to carers of sufferers of dementia **aged 65 and over**

Offers a one-day a week service for sufferers **under 65 years** allowing their carers a full day of respite.

- ◆ **Black & Ethnic Minority Mental Health Project** runs two groups:

Milan Dost An Asian Men's drop-in group for those suffering mental health problems, giving their carers some respite.

For more information please call:

020 8708 5786

Aquaba Group. Offers respite to carers whilst those with mental health problems attend the group. **Centre, 19 Mansfield Road, Ilford.**

For more details please call:

020 8708 5786

- ◆ **Redbridge Voluntary Care**
Telephone: 020 8514 0980
Practical help offered on a wide range of needs

- ◆ **Jewish Care** run a variety of schemes to help the Jewish community:

The Dennis Centre,
84 Beehive Lane, Ilford IG1 3RS
Telephone: 020 8922 2625

Offers day care for the elderly including those with dementia with transport available. Referrals can be accepted from professionals as well as families and friends. For further details of the service including charges consult your social worker or the Centre Manager.

Home Care Services offer a wide range of services including respite care. For more details contact **Jewish Care, Social Services Help Desk,**
Telephone: 020 8922 2222.

- ◆ **Redbridge Crossroads Care Attendant Scheme**
106 Charter Avenue, Ilford, IG2 7AD
Telephone: 020 8518 4090. Fax: 020 8554 0790
email – respite@redbridgecrossroads.com

Provides support for people with disabilities and their carers. The scheme provides regular respite in the home each week, this may include providing help with

personal care. They also run a "**Homeshare**" Project, where members of staff, assisted by volunteers, open their own homes to small groups of elderly people for the day, to provide a homely environment, and run activities appropriate to the group concerned.

- ◆ **Redbridge Respite Care Association**
48 Padnall Road, Chadwell Heath, RM6 5BJ
Telephone: 020 8599 0151

The scheme offers regular planned breaks for people who have the day-to-day caring responsibility for someone with mental health problems, including dementia.

Don't forget if you are in need of Respite you can also contact:

- ◆ **Client Service Team - adults (over 18 only)**
Community Care Advice Centre
Aldborough Road North
Newbury Park, IG2 7SR
Telephone: 020 8708 7333. Fax: 020 8503 8198

Carers or clients can call for respite/social workers/equipment/meals on wheels and occupational therapy.

For Children and their families:

- ◆ **Ley Street Advice Centre**
497 Ley Street
Ilford. IG2 7QX
Telephone: 020 8708 5353

Useful Publications:

Carers UK have published '**Taking A Break**' which gives useful information. To obtain a copy please contact :-
Carers UK Helpline 0808 808 7777

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