

How else can you get involved?

- Tell us what you think!
Your views and ideas are always welcome.
- You can influence the planning and delivery of health and social care services in Barnet by representing carers at the Carers Strategy Group or Partnership Boards and at other meetings.
- The Centre is always in need of volunteers for a wide range of tasks such as being a committee member, supporting carers, home visiting, identifying carers in GP surgeries, displaying our information stand, clerical jobs and lots more.



The Princess Royal Trust
Barnet Carers Centre

3rd Floor Global House
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BARNET
LONDON BOROUGH



Barnet **NHS**
Primary Care Trust

Registered Number 3151878. Registered Charity Number 1057539

2006/11



The Princess Royal Trust
Barnet Carers Centre

*Do you look after
someone who is physically
or mentally ill,
frail or disabled?*

TELEPHONE HELPLINE

Monday to Friday
9.30am - 5pm

For information and advice about any issues affecting you as a carer. Our friendly Carer Support Team offer practical help as well as emotional support.

DAILY DROP-IN

Monday to Friday
9.30am - 4.30pm

Come in and talk through any problems or concerns, in confidence, with a member of our experienced Carer Support Team.

CARER GROUPS

The Centre is involved with many groups in Barnet. Carers meet to talk things over, exchange ideas and offer each other advice and support. For example: 'Art and Crafts Group' on Tuesdays 12pm-3pm, 'Carers Get Together' on Thursdays 10.30am-12.30pm to have a drink and chat with friends, 'Former Carers Group' meets monthly and regular social outings and events are also organised.

Barnet Carers Centre is here to help look after you. Call us on 020 8343 9698

CARERS NURSE

The carers specialist nurse can visit you at home to give you a health check, talk about health matters and offer advice and support.

Telephone for an appointment on 020 8732 6421 or mobile number 07855 468505.

COUNSELLING

During these counselling sessions, ideas, thoughts and feelings can be talked through in a non-judgmental and confidential setting with a trained counsellor. Donations of £10 per session requested.

RELAXATION DAYS

On the first Friday of every month
from 10am - 3pm

At Christ Church, High Road, N12. Enjoy a variety of therapies including massage and reflexology. Cost £5.00.

STRESSBUSTER EVENINGS

On the third Wednesday of every month
from 6pm - 9pm

Enjoy a variety of therapies including shiatsu, reflexology and hypnotherapy at Dove House, Bunns Lane, Mill Hill, London NW7. Light refreshments included. £4.00.
Book now for these very popular events!

OLDER CARERS AND CARERS OF OLDER PEOPLE SERVICE

Specialist service for carers over 55 and for carers of older people (55+). Home visits, info sessions, respite and transport available for carers with mobility problems.

MENTAL HEALTH CARERS SERVICE

Specialist support for carers of people with mental health difficulties. Advice, information, advocacy, training and monthly support group.

MULTICULTURAL CARERS SERVICE

Specialist advice, information and advocacy for carers from multicultural communities including monthly support group.

LEARNING DISABILITIES CARERS SERVICE

Specialist support, advice and information for carers of adults with learning disabilities.

BYCAS (5-17 YRS)

Members of Barnet Young Carers and Siblings (BYCAS) meet regularly at different clubs within Barnet - the Fun Club, the Angels Club, the Sunday Club and the Homework Clubs. Members also enjoy monthly outings, projects, newsletters and lots more!

CARERS RESPITE FUND

The Centre has a Respite fund to help carers access our services. If you have difficulties leaving the person you care for, do let us know.

CARERS NEWS

Receive one of our series of free newsletters and keep up to date with what is happening both locally and nationally which may affect you or the person you care for.

WELFARE BENEFITS SURGERIES

Benefit checks and advice given on a fortnightly basis. Call for more details and to make an appointment.

INFORMATION SESSIONS

A programme of free information sessions for carers on a wide range of topics such as health, finance, caring at home and more. . .