



carershub
EALING
Empowering unpaid carers to thrive

Ealing Carers Hub Services

If you care for a family member, neighbour or close friend who couldn't manage without you, you are their carer and we are here to support YOU!



**Your Voice
Carers**
Committed to those who care

We provide practical information and emotional support, health and wellbeing activities, carers breaks and peer support.

Are you a Carer?

If you look after a family member, neighbour or close friend, with a disability, physical or mental health condition, who couldn't manage without your support, you are their carer and we are here to support you.

Our friendly team are experienced in helping carers, like you, manage the challenges you face. We can help with a Carers Assessment, Welfare Benefits, Emergency grants, provide emotional support or signpost you to specialist organisations.

It doesn't matter if you live with the person you care for or not, we are here to support any carer living in Ealing.



Who Are We?

Ealing Carers Hub is a local charity, based at Sycamore Lodge in Acton. We provide information and support to Ealing's unpaid, family carers.



Our team of Information & Advice Officers offer:

- Practical Information and Advice
- Support to apply for a Carers Assessment
- Carer-related Welfare benefits advice
- General Form-filling Support
- Emotional support
- Emergency Plans and Carers Card
- Health and Wellbeing Activities
- Peer Support groups
- Complimentary Therapies
- Signposting and referrals to specialist local services

Professionals can refer to us or carers can refer themselves using a short referral form.

Email us at info@ealingcarers.org.uk for a referral form.

How we can support you?

As a carer, it's just as important to look after yourself as it is the person you care for. Getting carers together to take time out from caring and realise you aren't the only one struggling, can relieve anxiety and feelings of isolation.

Carers Holidays

We are an approved partner of The Carefree short breaks initiative, designed to give you some time away from your caring responsibilities.

Carefree works with major hotel chains and holiday accommodation who donate 1-3 night breaks, plus breakfast where possible, for a carer and their companion.

There is no charge for the accommodation, but there is a £25 admin fee payable to Carefree to help with the cost of operating the charity. If you are interested, then please speak to our team who can give you full details.



Advice Line: 020 3137 6194

Health and Wellbeing Activities

Carers are often caring all day, every day and can neglect their own health and wellbeing. They can experience stress, anxiety, feelings of overwhelm and don't make time for their own health needs.

Making time for a break from caring, meeting other carers to share experiences and advice, taking some exercise or learning a new skill can help reduce feelings of loneliness and despair and boost confidence.

We offer a weekly programme of activities that carers have asked us to deliver, including Yoga, Pilates, Zumba and Knit and Natter sessions.

Timetable is available to download from our website. Activities are Free to unpaid carers. (* except complimentary therapies which are charged at a reasonable rate)

Parent/Carer Support

Working with our partner Mencap, we support parents and carers of children and young people with SEND.

This includes two peer group sessions fortnightly one for parents and carers of under 18s and over 18s so they can share similar experiences, as well as one-to-one support on a range of issues from diagnosis, EHCPs, to education and responding to challenging behaviour.



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Carers Pathways service

Ealing Carers is the leading provider in a consortium of local charities offering short breaks to carers for 2-3 hours each week.

The service supports the cared for, either on a one-to-one basis in their home or going out locally for a walk or to a coffee shop. Volunteer befrienders are skilled, trained and matched with the person they care for based on shared interests.

Alternatively, those cared for can attend groups activity sessions in local community centres, across Ealing. This ranges from seated exercise sessions, Boccia (disability sport), arts and crafts and celebration events.

This gives carers a short break from caring, opportunity to meet friends or look after their own health and wellbeing, while knowing the person they care for is enjoying themselves and maintaining their own independence.

Contact carerspathways@ealingcarers.org.uk to register your interest and we will visit you at home to assess your needs and how best we can support you.



GP identification and Carers Rights

Telling your GP you are a carer can help. They can offer consecutive appointments, priority access to Covid and flu vaccinations, an annual health check and can hold a copy of your emergency plan for if you are suddenly unable to continue to care. Ask to be added to the practice's Carers Register.

Please follow us on Facebook, Instagram, Linked In, to keep up to date with news and events. Share our posts to help us reach out to more local carers.

-  @ealing_carers_hub
-  @carersealing
-  @Carers Ealing
-  @Ealing_carers

www.ealingcarers.org.uk



Your Voice Carers

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Ealing Carers Hub is a subsidiary of Your Voice in Health and Social Care and a Your Voice Carers service.

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