

There are 34,000 Croydon residents who look after someone with an illness or disability.

Are you one of them?

Come to the Carers Support Centre
Monday to Friday, 10am - 4pm
and find out how we can help you
in your caring role



Visit the Carers Café

Open Monday to Friday
10.30am - 12.30pm
A time for you to relax
and have a break

Enjoy a good read?

Help yourself to an audio book or paperback
from the Bookshelf at the Café



CARERS'
INFORMATION
SERVICE

Carers
Support
Centre

Advice Surgeries

Regular appointment-only advice surgeries for carers are held throughout the month:

- Debt Advice provided by London Disability Debt Service
- Benefits Checks and form completion provided by Croydon Welfare Rights Team
- Medication Related Advice provided by NHS Pharmacists
- Support for disabled carers provided by Disabled Parents and Carers Together (DPACT)
- Individual computer training provided by the Carers' Information Service IT Buddy

Carers' Support Groups

Run by local organisations:

- National Autistic Society Parents' Support Group
- Rethink BME Mental Health Carers' Support Group
- Parkinson's Society Carers' Support Group
- Working Carers' Support Group

Get in Touch

To find out more, contact:

Carers' Information Service

Carers Support Centre, 24 George Street, Croydon CR0 1PB

Tel: 020 8649 9339

Email: info@carersinfo.org.uk

www.carersinfo.org.uk



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www.croydon.gov.uk