

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

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## 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

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## 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](mailto:info@carersinfo.org.uk)

[www.carersinfo.org.uk](http://www.carersinfo.org.uk)



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