



## Do you look after someone?

If so, speak to your surgery/practice receptionist who can register you as a carer.

The following organisations can support you throughout your caring journey. Offering information to help you navigate the complex health and social care system, providing advocacy and emotional support. This includes social events, activities, carers peer support groups, training, newsletters and access to welfare benefit advice.

Carers of Barking and Dagenham

0208 592 4422

[carers@carerscentre.org.uk](mailto:carers@carerscentre.org.uk)

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

Havering Carers Hub

01708 961111

[info@haveringcarershub.org.uk](mailto:info@haveringcarershub.org.uk)

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

Redbridge Carers Support Service

0208 514 6251

[office@rcss.org.uk](mailto:office@rcss.org.uk)

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

