

**Weekly with free refreshments**

**Benefits Surgery**      Monday to Friday  
10.00am - 4.30pm

Help with form filling and support with other issues.

**Counselling for Carers**      Wednesdays  
10.00am - 2.00pm

Talk in confidence to a counsellor (Waiting List)

**IT for beginners**      Mondays, Wednesdays & Fridays  
10.30am - 12.30pm

Free Individual tuition on getting started with computers.

**Yoga**      Fridays 12.30pm - 1.30pm

A gentle class that promotes relaxation and well-being. (£7 is payable to the instructor)

**Holistic Therapies**      Mondays, Tuesdays & Thursdays  
10.00am - 4.00pm

Massages, reflexology, aromatherapy, pedicures and acupuncture. £20 per hour/£10 per half hour

**Monthly with free refreshments**

**Carers Central**      First Friday of every month

Drop in to make connections over coffee and cake, with occasional special guests.

To book an appointment for any of these activities which are all FREE (except where stated) call 0208 840 1566



From Ealing Broadway, take the 207 or 427 bus or take the E3 bus route to Acton High Street (get off outside Barclays Bank near Morrisons supermarket). Cross the road and walk down Mill Hill Grove (keeping slightly to the left). Sycamore Lodge is located at the bottom on the right hand side by the ramp and steps.

**Ealing Carers' Centre**  
Sycamore Lodge,  
1 Edgecote Close, Acton,  
London W3 8PH  
Tel: 0208 840 1566

# Ealing Carers' Centre



## Support for Carers

## Who is a carer?

Carers are people who, without payment, care for a family member, a friend or another person in need of assistance or support with daily living.

They include those caring for the aged, people living with long-term medical conditions, people with a mental illness and people with disabilities.

Carers can be adults caring for other adults, parents caring for children who are ill or have a disability or young carers under the age of 18 caring for, or involved in the care of a parent, sibling, relative or friend.

We know that you have limited time as a carer and that sometimes it's hard to make time for yourself.

Here at the Ealing Carers' Centre we aim to support unpaid carers and we will try and help you with information and advice to try and make your life easier.

Many people have been caring for someone for a long time and have told us that finding the Carers' Centre has made a real and significant difference to their lives.

*“Thank you for all the practical help and support you have given and continue to give to me”.*

*Joan*

*“Keep up the good work. We need you”.*

*Bob*

## Who we are

The Carers' Centre is a local charity and is a resource and support centre for all unpaid carers, of any age, in the London Borough of Ealing. The centre is managed, in partnership with Ealing Council, by Carers Connect, a consortium led by the Ealing Centre for Independent Living and includes Ealing Mencap and Dementia Concern Ealing.

Opening hours: Mon–Fri, 9.30am–4.30pm (except bank holidays and other seasonal breaks)

The centre provides:

- **advice and resource information**
- **holistic therapies**
- **free exercise classes**
- **an internet café**
- **a large meeting room**

The Centre hosts carers networking groups and works in partnership with statutory and non-statutory agencies to enhance services for carers .

### Meet the Manager

Jane Barnes



Carers' Centre  
Manager

Jane is an HCPC Registered Social worker with over 30 years experience in the Health & Social Care field. Jane has managed many services over the years and has a strong commitment to carers.

Jane.Barnes@ecil.org

## What we do

Carers often put other people first. We help carers find time for themselves, to relax and to do things they would like to do. We offer carers and young carers the chance to be listened to and to be heard.

- **We provide help with form filling and advice**
- **If you need to come and discuss your situation or options, even if you just need to let off steam, here at the Ealing Carers' Centre, you will always find a listening ear.**
- **We can provide informal advocacy support.**
- **We signpost and refer to other support services.**
- **We provide opportunities to meet and gain support from other local based carers.**

We run courses for carers on a number of different topics such as;

- ◆ **First Aid**
- ◆ **Manual Handling**
- ◆ **Stress Management**
- ◆ **How to use a Computer**
- ◆ **Courses specifically for Carers**