

CARERS' SUPPORT SERVICE

Do you provide care to someone, maybe a friend or family member who relies on your help. We support unpaid Carers aged 25 and above, who lives or works in Croydon, (or the person they care for lives or works in Croydon) and you feel your mental health and wellbeing is being affected by your caring responsibilities.



What We Offer

- Information, advice, signposting, and 1-2-1 emotional support
- A warm, welcoming space to connect with other Carers and share experiences
- Access to events and monthly educational workshops
- A weekly Drop-In and mindful movements group to meet other carers
- Access to free counselling and monthly group workshops
- Opportunities to get involved in the planning and development of carer services

Location of Service:

Mondays - Friday 1-2-1 appointments on request (please contact to register)	Drop-In Session Last Monday of month	Drop-In Session Last Tuesday of month	Drop-In Session Last Wednesday of month
Fairfield House 10 Altyre Road East Croydon CRO 5LA Carers Group Weekly Drop-In Friday	10.30am-12.30pm Carers Support Centre 24 George Street Croydon CRO 1PB	11.30am-1pm Carers Drop-In, Selsdon Community Clubhouse 132 Addington Road Selsdon CR2 8LA	10pm-1pm Croydon Health & Wellbeing Space, 2nd Floor, Whitgift Centre, near Holland and Barrett

Please telephone 020 8688 1210 (option 3) or email carers.support@mindincroydon.org.uk for more information or visit our website: www.mindincroydon.org.uk/carers-services.asp