



Getting Support as a Carer

Islington Carers Hub

Tel: 020 7281 3319 / 0800 085 1141

info@islingtoncarershub.org www.islingtoncarershub.org

This factsheet provides details of the groups Islington Carers Hub and other local organisations run for carers. It also lists services that can provide one-to-one support. Please contact us for more information about any of these groups or services, or any other questions you might have about caring.

Many people find it helpful to talk to someone else about their caring role. Talking to family and friends can help them understand the extent of your caring role. They may not realise the level of care you are providing. Some carers prefer to talk to other carers who are in a similar situation, while others find it helpful to talk to someone like a counsellor or support worker. Choose whoever is best for you.

Talking things over will help you make choices about your caring role and the support you need. Deciding what support you need can be the first step in finding it.

SUPPORT GROUPS FOR CARERS RUN BY ISLINGTON CARERS HUB

The groups are friendly and informal and are facilitated by a worker from ICH. Often the groups invite guest speakers to talk about specific topics.

All Carers Group at St Luke’s Community Centre

When:	Second Monday of the month 11.30am-1pm
Where:	St Luke’s Community Centre, 90 Central Street, EC1V 8AJ
Who:	Open to all carers

Mental Health Carers Group

When:	First Tuesday of the month, 2.30-4pm
Where:	Ground Floor, Age UK Islington, 9 Manor Gardens, N7 6LA
Who:	This group is for any carer who supports someone with a mental health issue.

All Carers Group at Upper Holloway Baptist Church

When:	Fourth Wednesday of the month, 10.30am-12pm
Where:	Upper Holloway Baptist Church, 11 Tollington Way, N7 6GR
Who:	Open to all carers

Black and Minority Ethnic Carers Group

When:	Last Friday of the month 2.30-4pm
Where:	Finsbury Park Trust, 225-229 Seven Sisters Road, N4 2DA
Who:	Open to all BME carers

If you have any questions, please contact info@islingtoncarershub.org.uk or call us on 020 7281 3319/0800 085 1141.

OTHER SUPPORT GROUPS FOR CARERS IN ISLINGTON

Archway & District Carers Group

When:	Most Wednesdays, 2-4pm
Where:	New Orleans Hall, Cromartie Road, N19 3ST
Who:	Open to all carers of all ages and provides information and social activities

Please contact Kirsty on 020 8361 4475 or kirstylou@talktalk.net for more information.

Alzheimer's Society Carers Support Group and Cecelia's café

When:	Fortnightly on Saturdays, 1.30-4.30pm
Where:	Cecelia's Café, St. Stephen's Community Centre, Canonbury Road, N1 2DF
Who:	People with dementia and their families and carers

Contact The Alzheimer's Society Islington on 020 7561 4820, islington@alzheimers.org.uk or www.alzheimers.org.uk.

Alzheimer's Society 'Singing for the Brain'

When:	Every Tuesday, 10.30am-12.30pm
Where:	Hargrave Hall, Hargrave Road, N19 5SP
Who:	A friendly, structured singing group for people with dementia and their carers in a stimulating and social environment

Please call the Alzheimer's Society on 020 7561 4820 for more information and to book your place.

Centre 404 Carers' Activities, Events and Groups

What:	A range of groups and activities, including coffee mornings, information sessions and fun activities
Where:	404 Camden Rd, N7 0SJ
Who:	Parents of people of all ages with learning disabilities

If the person you care for is under 18, email family@centre404.org.uk or call 020 7697 1325. If they're an adult, call Beatrice on 020 7697 1336. Or visit www.centre404.org.uk for details.

Dementia Navigator Steering Group

When:	Second Wednesday of the month, 11am-12.30pm (not a drop-in session!)
Where:	New Park Day Centre, 19 Highbury New Park, N5 2EN
Who:	Older people and their carers

Anyone wishing to attend must be referred by a GP.

Islington MIND Mental Health Carers Group

When:	Once a month on a Wednesday
Where:	Unit 4, Archway Business Centre, 19-23 Wedmore Street, N19 4RU
Who:	Support group for people caring for someone with mental health difficulties AND a substance misuse problem

For further information or to make a referral contact Jill Keegan at MIND on 020 3301 9850 or email jill.keegan@islingtonmind.org.uk.

Drug and Alcohol Affected Friends and Families in Islington (DAAFFII)

When:	Monday evenings, 6.30-8pm (expect Bank Holidays)
Where:	332C Goswell Road, EC1V 7LQ
Who:	Informal social group for people whose partners, family members or friends misuse – or have misused – drugs and/or alcohol

Please phone Sue Piper on 07974 371810 if you would like to go along or to find out more. More info on www.daaffii.org.uk.

Better Lives Family Service (formerly CASA FPF)

Drug and Alcohol Families/Carers Support Group

When:	Tuesdays, 11am-12.30pm
Where:	101 Seven Sisters Road
Who:	Families/carers of people who suffer from drug/alcohol issues

Contact them on 07510 883048 or email c.arnold@blenheimcdp.org.uk.
More info on: www.blenheimcdp.org.uk.

South Islington Stroke Club

When:	Thursdays, 12-2pm
Where:	Mary's Community Centre, Upper Street, N1 2TX
Who:	This friendly lunch club welcomes people who have had a stroke and their carers

Contact Sally Turner, club secretary, on 020 7359 1752 or email sarina@waitrose.com for further information.

Stroke Project Group at Manor Gardens

When:	Weekdays, 9am-5pm
Where:	6-9 Manor Gardens, N7 6LA
Who:	Open to people who have had a stroke and their family and friends

For enquiries contact Kath Birkett, Stroke Project Manager on 020 7561 5269 or email kath@manorgardenscentre.org.

The Stress Project

When:	<ul style="list-style-type: none">• Tuesday drop-in, 10.30am-1pm• Thursday drop-in clinic, 10.30am-2pm• Thursday Mindfulness drop-in, 2-3pm
Where:	Centre at 2 Shelburne Road, N7 6DL
Who:	People experiencing stress related illnesses or mental health problems who live in the local community
Additional Information	Offers a safe and caring environment and provides a holistic service including: massage, alternative therapy and the chance to get involved in some gardening. It also provides appointments for counselling and other therapies for people on a low income who are experiencing acute stress.

To find out more, call 020 7700 3938, email stressproject@hng.org.uk or visit www.hng.org.uk/index.php/stressproject.

Carers UK online forum

Access online support from other carers seven days a week: www.carersuk.org/forum.

ICH Directory of Organisations Providing Services or Support to Unpaid Carers

Contact us for a copy of our latest *Directory of Organisations Providing Services or Support to Unpaid Carers* in Islington. This gives details of all the public and voluntary sector services for carers in the borough and how to contact them.

ONE-TO-ONE SUPPORT

It's a good idea to let your GP know that you are a carer. There are also several services in Islington where you can speak to someone one to one. Below is a selection.

Islington Carers Hub

You can call us at Islington Carers Hub and speak to an advice worker on

Tel: 020 7281 3319 or 0800 085 1141

Email: info@islingtoncarershub.org.

Mental Health Carers Service – Islington MIND

Advice and support for people caring for someone with a mental health AND substance misuse problem. Call Jane Moody on 020 3301 9850 or email jane.moody@islingtonmind.org.uk.

Better Lives Family Service (formerly CASA FPF)

Confidential professional support for people affected by the alcohol/substance misuse of a friend or family member. Tel: 07510 883 048 10am-6pm, Monday to Friday.

Email: casafpf@blenheimcdp.org.uk, web: www.blenheimcdp.org.uk.

The Maya Centre

Free psychodynamic counselling and group psychotherapy for women on low incomes living in Islington. Tel: 020 7281 8970 or email: office@mayacentre.org.uk.

iCope – Islington Psychological Therapies and Wellbeing Service

A range of therapeutic support services for adults with anxiety, depression or other common mental health problems. Guided self-help, courses, links with community groups, employment support and individual therapy. Call 0303 123 1000/020 3317 7252, email cim-tr.icope@nhs.net or visit www.icope.nhs.uk.

Islington MIND

Provide a range of community support services, group and individual support for people experiencing mental health problems. Mind also provide advice and information about mental health.

Tel: 020 3301 9850 Email: admin@islingtonmind.org.uk Website: www.islingtonmind.org.uk.

The Samaritans

This service is available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Call Samaritans on 08457 90 90 90 or call the local branch on 020 7734 2800, which may be cheaper from a mobile.

You can also send a confidential email to jo@samaritans.org or you can drop in to the local branch from 9am-9pm every day of the year at: Samaritans London, 46 Marshall Street, W1F 9BF. Website: www.cls.org.uk.

Refugee Therapy Centre

Psychotherapy and counselling, outreach and mentoring services for refugees and asylum seekers. Call 020 7272 7498, email info@refugeetherapy.org.uk or visit www.refugeetherapy.org.uk.

Nafsiyat: Intercultural Therapy Centre

Nafsiyat provides psychotherapy for patients from diverse cultural backgrounds. It is staffed by workers who are fully qualified in Psychotherapy, Psychiatry, Social Work, Psychology or Counselling and who also have experience in working within a number of cultures. The therapists themselves come from a wide range of ethnic and cultural backgrounds so you can often be seen by someone who understands your language, culture and priorities. In Islington, they're based at Unit 4, Clifton House, Clifton Terrace, N4 3JP. Call 020 7263 6947, email admin@nafsiyat.org.uk or visit www.nafsiyat.org.uk.

Private Counselling and Psychotherapy

You can find lists of qualified counsellors and psychotherapists via the British Association for Counselling and Psychotherapy. Tel: 01455 883 300 Email: bacp@bacp.co.uk Website: www.bacp.co.uk.

This is one of a range of factsheets provided by Islington Carers Hub. The details are correct as of May 2015. Please contact us with any changes or suggestions for additions.

Tel: 020 7281 3319/0800 085 1141 or email info@islingtoncarershub.org.

Islington Carers Hub is part of Age UK Islington working in partnership with Islington Council. We provide advice, support and information to carers in Islington. For more information on carers' rights and national news on carers you can also visit the Carers UK website at www.carersuk.org.

