

Opening Times

Monday – Friday 9.30 – 5pm

Accessibility

Step free disabled access to the office and meeting rooms is via the front door.

Support can be provided in Somali, Sylheti & Bengali. For any other language or communication needs an interpreter can be provided.

Refer Today

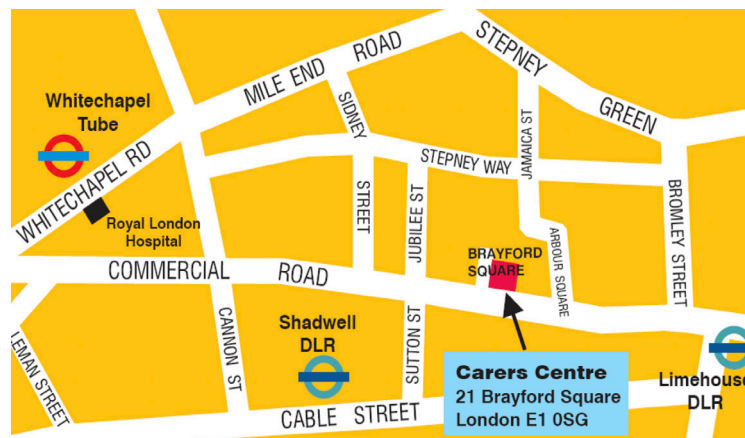
We accept referrals from carers themselves, the person they care for, relatives, friends, neighbours or from professionals on their behalf.

You can register by giving us a call, drop in to the centre or via the registration form on our website at www.ccth.org.uk.

How to Find us:

Nearest stations – Whitechapel (District, Hammersmith & City & Overground), Aldgate East (District & Hammersmith & City), Shadwell (DLR & Overground), Limehouse (DLR)

Buses – 15, 115, 135 (St Mary's & St. Michael's Church stop, Commercial Road) Opposite Bishops Challoner RC School



The Carers Centre
21 Brayford Square
London
E1 0SG

Tel: 020 7790 1765

Fax: 020 7791 5575

E-mail: enquiries@ccth.org.uk

Web: www.ccth.org.uk

 @thecarerscentre

 @TheCaresCentre

 carerscentretowerhamlets



Do you look after a relative,
friend or neighbour who would
struggle without your help?
If so you might be a Carer

We want all carers
to live fulfilling lives

Charity No: 1084930 Limited Company No: 4024413
Registered in England & Wales



Carers Centre Tower Hamlets provides support to all carers (16+) who care for someone (16+) living in Tower Hamlets.

Support & Advice

We provide one to one support to carers and work with you to explore the options available to you as a carer. This includes carers assessments, emotional support, information, advice and advocacy.

Welfare Rights Advice

We work to maximise carers income by supporting you and those you care for. We will support with everything from application to tribunal appeals.

Carers Hospital Support

We support carers when those they care for are inpatients or day patients. We do this by informing carers who want to visit or get updates inpatients on how to access the hospital safely, give info & advice, support with discharge and accessing support in the community.

Enabling all carers to live fulfilling lives beyond caring

Our Services

SUPPORT & ADVICE
WELFARE RIGHTS
ADVICE
REPRESENTING
CARERS INTERESTS
LASTING POWER
OF ATTORNEY
HEALTH & WELLBEING
ACTIVITIES
CARERS HOSPITAL
SUPPORT
YOUNG ADULT
CARERS PROJECT
CARERS RESPITE

www.ccth.org.uk

Carers Academy

Whether caring is a new part of your life or you've been caring for a long time, our supported training will help you develop skills and confidence to support you in your caring role.

Health & Wellbeing

The Carers Centre aims is for you to have a better quality of life and we work towards this by providing massage therapy, counselling, exercise classes, creative workshops and respite.

Peer Support Groups

Our carer peer support groups involves carers sharing knowledge, experience or practical help with each other. We have condition specific workshops, forums and social groups running weekly and monthly including Young Adult Carers Group, Renal Carers and Carers of people with Learning Disabilities.

