



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

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## Who is a carer?

If you look after someone who is ill, disabled, frail or has a mental health issue where they cannot manage without your help and support, then YOU are a Carer!

Visit the Carers Hub Website which offers a range of information that will assist you in your caring role.

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

T • 0208 593 4422

Carers' groups  
& outings

Special educational  
needs and EHC plans  
information

Come and see us *list of  
carers advice surgeries  
across the borough*

Carers' training  
calendar

What's on

Parent Participation  
Just Say Forum

LBBDD care &  
support hub

Carers who work

Volunteering  
opportunities

Welfare benefits

E-News services  
and newsletters

Carers' contact teams

Young carers & young  
adult carers

List of children's  
centres

Directory of  
organisations

Charity number: 1063485  
Company limited by guarantee: 3180671



If YOU have unpaid responsibilities looking after someone who needs your help, then you are a carer.

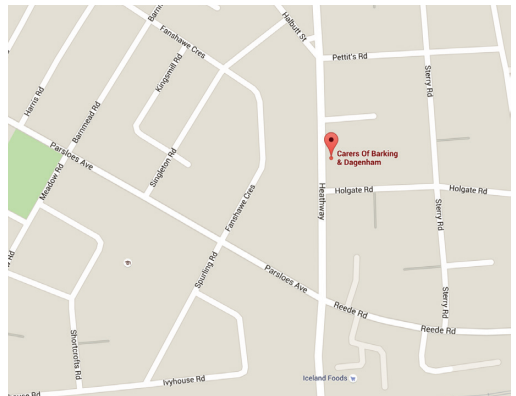
## Messages from carers...

*"Carers of Barking and Dagenham are always there for us when we need them the most, I thank them for that"*

*"Through the information I have found I feel more confident to deal with any problems I have with GP, Social Care agencies"*



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Essex, RM10 8NJ  
**0208 593 4422**



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