

Do you care for somebody who needs support due to illness, frailty disability or addiction?

Carers, we can help you to:



Get information and advice on benefits, welfare & your carers rights



Access counselling to relieve stress and work through problems



Look after your health and well-being



Get a carer card with excellent benefits and perks



Develop new skills or unwind with training and events



Move into work, training or education so you can return to the workforce



Understand your mental health and access support



Get Young Carers support and activities including one to one guidance



Get personal, respite and 24 hour one to one homecare which is Care Quality Commission regulated



Provide a matching service for people who need help around the house and can offer accommodation to homesharers



Harrow Carers

Support, Training & Advice

Registered Charity No: 1062149

For more information about our services please visit our website:

www.harrowcarers.org

Email: admin@harrowcarers.org

Phone: 0208 868 5224