

For more details about our services – or to ask how you can help give carers a voice – contact us at:

Barnet Carers Centre
3rd Floor, Global House
303 Ballards Lane
London N12 8NP

Tel: 020 8343 9698
Fax: 020 8445 1193
Email: admin@barnetcarers.org
Web: www.barnetcarers.org



We are grateful for your donations at Barnet Carers Centre and are always in need of volunteers for a wide range of tasks such as helping with mailings, clerical work, identifying carers in GP surgeries, running our information stand, being a committee member and lots more. Could you help?



Registered Number 3151878. Registered Charity Number 1057539

2009/04

*Do you look after
someone who couldn't
manage without you?*



*You're giving so much
Can we give you
something back?*



If you're looking after a family member, friend or neighbour who is physically or mentally ill, frail, disabled or suffering from addiction, you have rights and entitlements as a carer. When you need an extra hand, we can help.

“It's a relief to know that I could turn to someone in troubled times. I felt so isolated”

You're not alone

There are 30,000 carers in Barnet. It's reassuring to meet others, share stories and learn tips from each other. We have support groups for mental health carers, multicultural carers, carers of adults with physical and sensory impairment, young carers and their siblings, older carers/carers of older people, learning disability carers and former carers. Come and join us!

Information tailored to you

You can call our telephone helpline or drop in without appointment (open till 4.30pm) for free advice and support: help through the maze of services, advocacy, special information sessions, contact with other agencies and a quarterly newsletter.

“The session helped so much. I have tried putting these things into action and found how much difference it has made”

Improving your health and wellbeing

Pamper yourself at our relaxation days or evenings, talk to a trained counsellor if you need a listening ear, or meet the Carers Nurse and arrange a home visit for your own health check and advice.

Time for you

Come to one of our social events or weekly get togethers. Take time out, get to know people and relax.

“It's nice to know everyone's there for the same reason. I felt supported and appreciated”

Advice about your rights and entitlements

Ask about Carers' Assessments or come to our Welfare Benefits Surgery to make sure you're receiving all your entitlements.

Aged 5-17?

If you're one of the 1,000 young carers or siblings in Barnet, BYCAS is for you. Sign up for fun outings, after school clubs, support, information and breaks – take some time out with others who understand.

“Barnet Carers events have been so good for me. I would recommend them to anyone who cares for someone”

