

Sheen Lane Health Centre

Patient Participation Group (PPG)

Patient and Carer's Information

Need Advice or Support? Contact details for some of the most useful local and national organisations which may be able to help you.

A-Z

local and national council, community and charity voluntary services.

Alzheimer's Society South West London branch: 020 8036 9670

Specialist information, guidance and support for people with dementia and their carers.

Email: richmondservices@alzheimers.org.uk www.alzheimers.org.uk

Adult Social Care Access Team: 020 8891 7971

www.richmond.gov.uk

The Adult Social Care Access Team is the first point of contact for all referrals and general enquiries about Adult Social Care services. You can contact them from 9am – 5pm, Monday to Friday.

Email: adultsocialservices@richmond.gov.uk www.richmond.gov.uk

Age UK Richmond upon Thames: 020 8878 3625

For up to date information on **all services** call the First Contact Helpline as above or visit the website at www.ageukrichmond.org.uk. Age UK Richmond provides a number of useful home services: **Wellbeing and Social activities: 020 8744 1965**, **Digital Skills: 020 8744 1965**, learning to get on line and connect. **Handyperson Service: 020 3326 9432**, help with odd jobs around the home. **Housekeeping: 020 8878 3569**, help with cleaning, shopping laundry etc. **Gardening: 020 3326 9432**, all year round help with gardening.

Carers Centre (Richmond Carers Centre): 020 8867 2380

Information and advice and activities for carers. The centre manages the 'Carers Hub' for the Richmond borough and provides a gateway to direct support, information and access to services for unpaid carers in the borough.

Email: info@richmondcarers.org Website: www.richmondcarers.org

Carers UK helpline 0808 808 7777

Carers UK is a national charity for carers. The Helpline offers accurate, up-to-date information on a wide range of caring topics, from welfare benefits to getting more practical support and knowing your rights. The website provides a wealth of information relevant to carers.

Email: advice@carersuk.org Website: www.carersuk.org

Useful contact details for local organisations (cont)

Crossroads Care Richmond and Kingston upon Thames: 020 8943 9421

Crossroads Care provides a range of respite services for carers; carers of both children and adults. Crossroads provides respite in the home, to ensure a carer is able to have a regular break from caring and also offers a range of community support services. For example, a Caring Café is run at the Sheen Day Centre. The Caring Café is for people with dementia and their carers and is held on the 1st and 3rd Saturday of every month. For other Crossroads community services visit the website or telephone the advice line above.

Email: info@crossroadscareruk.org.uk

Website: www.crossroadscareruk.org

Diabetes UK – Richmond and Twickenham Voluntary Group:

Information and support for people with diabetes.

Email: member@DUKRT.org.uk

Website: www.DUKRT.org.uk

FiSH Neighbourhood Care:

020 8876 3336

FiSH provides voluntary assistance and support, combating loneliness and helping FiSH members to maintain their independence.

Email: info@fishhelp.org.uk

Website: www.fishhelp.org.uk

Homelink Day Respite Centre in Whitton:

020 8255 1992

A charity which provides day respite care for adults with both physical and mental health diagnoses, giving carers a break.

Website: www.homelinkdaycare.co.uk

Independent Age helpline:

0800 319 6789

Independent Age is a national charity providing support for older people facing financial hardship. The charity provides free impartial advice and information on money, housing and care. It provides a range of free advice guides of older people, which are packed with information.

Websites: www.independentage.org/helpline www.independentage.org/order-guides

INS – Integrated Neurological Services:

020 8755 4000

Provides long-term, professional support for people with neurological conditions including Parkinson's, MS or stroke and their carers.

Email: admin@ins.org.uk

Website: www.ins.org.uk

RAID. Richmond Advice and Information on Disability: 020 3393 7011

A local charity offering advice and information on many aspects of supporting someone with a disability.

Email: info@raid.charity

Website: www.richmondaid.org.uk

RUILS

020 8831 6083

Ruils is a local user-led charity supporting disabled children and adults and people with long term health and mental health conditions to live independently, be part of their community and live life as fully as possible. RUILS provides information, advice, advocacy, befriending and activities.

Email: info@ruils.co.uk

Website: www.ruils.co.uk