

Are you a carer?



Do you spend a significant proportion of your time providing unpaid support to family or friends? This could involve caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.

The Carers' Centre is here to help

(list of services overleaf)

46 South Ealing Road, Ealing, London, W5 4QA

Tel: 020 8840 1566

Fax: 020 8840 5688

Email: carers@ecil.org

Website: www.ecil.org/carers

Opening hours: Monday – Friday, 9.30am – 4.30pm
(except bank holidays and other seasonal breaks)

The Carers' Centre is a resource and support centre for all unpaid carers, of any age, in the borough of Ealing.

The centre provides:

- free **information, advice and support** on a range of subjects, including benefits, form-filling and legal issues
- four **satellite surgeries**, once a month, for advice and support in Northolt, Perivale, East Acton and Greenford
- free **counselling** - talk in confidence (short waiting list)
- **exercise classes**
- reduced-price **holistic therapies**, including massage and facials
- an **internet café**
- free one-to-one **IT tuition** for beginners
- **Carers Central:** Regular Friday mornings are set aside for socialising over coffee and home made cake - drop in between 10.30am and 12.30pm

Contact us for our full programme of activities, or check out the Calendar of Events on our website.

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