

# EMOTIONAL SUPPORT

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Caring can be very demanding emotionally. This information sheet looks at two ways you can help boost your emotional well-being.

## EMOTIONAL SUPPORT & COUNSELLING SERVICE

Looking after somebody may affect your relationship with the person being cared for and with other people. Talking to a counsellor can often help carers to:

- understand feelings and emotions
- make decisions about their own needs
- reach solutions to their problems
- find an outlet for the pressure and stress of their situation

**Southwark Carers** offers a free counselling service for carers in Southwark. Counselling offers carers the chance to talk in confidence to an independent person outside their situation who has been trained to listen, and who can help them express their thoughts and feelings freely.

We can offer up to 13 weeks of weekly one-to-one counselling sessions. Counselling is done in our Carers' Centre, and in rooms in health and community centres at different locations throughout the borough.

In addition; we can also offer couple and group counselling sessions. Each person has an assessment session with the Counselling Project Manager before counselling begins. If we can't help, we can also give general advice about finding appropriate counselling or some other form of help elsewhere.

Other services in the borough include **Southwark Bereavement Care** and the **Waterloo Counselling Service**.

## CONTACT DETAILS

**Southwark Carers' Counselling Service**  
- 020 7708 4497

**Southwark Bereavement Care**  
108 Brook Drive  
London SE11 4TQ  
- 020 7735 1344  
[www.southwarkbereavement.org.uk](http://www.southwarkbereavement.org.uk)

**Waterloo Counselling Service**  
Barley Mow Clinic  
Greet House  
Frazier Street  
London SE1 7BD  
- 0207 928 3462  
[www.waterloocc.co.uk](http://www.waterloocc.co.uk)

## Southwark Carers

Cambridge House 1 Addington Square, Camberwell, London, SE5 0HF  
T: 020 7708 4497 E: [info@southwarkcarers.org.uk](mailto:info@southwarkcarers.org.uk) W: [www.southwarkcarers.org.uk](http://www.southwarkcarers.org.uk)

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# EMOTIONAL SUPPORT

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## CARERS' SUPPORT GROUPS

Support groups can be an important lifeline for carers. They can provide:

- the opportunity to share experiences
- information on local services
- practical advice
- social events
- emotional support

Support groups can often provide assistance with travel and help to arrange a sitting service for the person being cared for. Many carers' groups are open to all carers, in other cases groups may be linked to a particular day centre or disability. If you aren't sure which one to join, contact your GP surgery or **Southwark Carers** for advice.

### General carer support groups

#### **Black and Minority Ethnic Carers' Support Group**

For Black and minority ethnic carers

Contact Taifa Community Care Project Carers - 020 7231 9031

#### **Black Elderly Group Southwark (BEGS)**

For Black elderly carers

Elim House, 86 Bellenden Road, London SE15 4RQ - 020 7639 8655

#### **Maroons Resource Centre**

For Black or minority ethnic carers of someone with a mental illness

- 020 7708 1524

#### **Southwark Community Project Carers' / Parents' Group**

For Carers of adults with learning difficulties

42 Braganza Street, London SE17 3RT - 020 7820 0441

#### **St. Judes Community Centre Care Carers' Support Group**

For all carers

The Crypt, St. Judes Church, St George's Rd SE1 6EZ

- 020 7928 9840 (Run in conjunction with Southwark Carers)

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## Southwark Carers Support Groups

If you are interested in attending any of the groups detailed below please contact our Health Liaison Worker on 020 7708 4497

### **Bermondsey Centre Carers' Support Group**

The Artesian Centre  
138 Grange Road  
London SE1 3GF  
*Every second Tuesday of the month 2pm - 3.30pm*

### **East Dulwich Carers' Support Group**

Lew Evans Sheltered Housing Unit  
Underhill Road  
London SE22 0QH  
*First Thursday of every month 2pm - 3.30pm*

### **Peckham Library Carers' Support Group**

122 Peckham Hill Street  
London SE15 5JR  
*Every second Wednesday of the month 2pm - 3.30pm*

## Southwark Carers' activity groups

### **Carers' Activity Group**

Cambridge House  
131 Camberwell Road, London SE5 0HF  
*Every second Monday of the month 10:30am - 12:30pm*

### **Knitting and Nattering**

Inspire at the Crypt, St Peter's Church  
Liverpool Grove, London SE17 2HH  
*First Friday of every month 3pm - 5:30pm*

### **Health Club - Tai Chi**

Inspire at the Crypt, St Peter's Church  
Liverpool Grove, London SE17 2HH  
*Every third Thursday of the month 11am - 12pm*

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## Support groups for people caring for someone with a specific condition

### *Alzheimer's Disease/Dementia*

#### **Holmhurst Day Centre**

46 Half Moon Lane, London SE24 9HU  
- 020 7274 6552

### *Autism*

#### **Contact a Family**

Walworth Methodist Church, 54 Camberwell Road, London SE5 0EN  
- 020 7277 4436

### *Cancer*

#### **Cancer Support Group, Southwark Pensioners Centre**

305-307 Camberwell Road, London, SE5 0HQ  
- 0785 274 1306 / 020 8961 4151

### *Cerebral Palsy*

#### **Scope**

Aylesbury Day Centre, 2 Bradenham Close, London SE17 2QB  
- 020 7525 5219

### *HIV/AIDS*

#### **Terrence Higgins Trust**

- 020 7182 1600

### *Sickle Cell*

#### **South East London Sickle Cell & Thalassaemia Centre**

Wooden Spoon House, 5 Dugard Way, Renfrew Road, London SE11 4TH  
- 020 3049 5993

### **Central Clinic Group**

410 Lewisham High St, London SE13  
- 020 8314 1100

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