

**You may find the following  
websites and telephone support lines  
of help and interest**

**Barnet Council:** [www.barnet.gov.uk](http://www.barnet.gov.uk). Wide range of local information. See especially the “Adult Social Care” and “Children, Young People and Families” sections under the “Services” tab on the home page. **Social Care Direct** for enquiries/support needed relating to social care in Barnet – Tel: 020 8359 5000

**Barnet Healthwatch:** [www.healthwatchbarnet.co.uk](http://www.healthwatchbarnet.co.uk) For Barnet residents to have their say in, and find out about, local health and social care services. Tel: 0844 826 9336

**Carers Direct:** [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect) (the section of NHS Choices website specifically for carers). Carers Direct Information and Advice Line: Tel: 0300 123 1053 (9am – 8pm weekdays, and 11am – 4pm weekends).

**Carers Trust:** [www.carers.org](http://www.carers.org). Wide range of information and advice specifically for carers. Tel: 0844 800 4361

**Carers UK:** [www.carersuk.org](http://www.carersuk.org). Carers UK Advice Line: Tel: 0808 808 7777 (open Monday – Friday, 10am – 4pm).

**Care Quality Commission** [www.cqc.org.uk](http://www.cqc.org.uk) For the latest inspection reports on local hospitals, care homes, dental and general practices, and home-care providers.

**Citizens Advice Bureau:** [www.adviceguide.org.uk/england](http://www.adviceguide.org.uk/england) (for the national advice guide) and [www.barnetcab.org.uk](http://www.barnetcab.org.uk) (the local CAB). Barnet CAB Helpline: (9:30 am - 4:00 pm Monday to Friday) Tel: 0844 826 9336 (or 0300 456 8365 suggested if calling from a mobile, and for debt advice, tel: 020 8201 7727).

**Community Barnet:** [www.communitybarnet.org.uk](http://www.communitybarnet.org.uk) For contact details and websites of local organisations

**Government services and information:** [www.gov.uk](http://www.gov.uk): See especially <https://www.gov.uk/browse/disabilities> - the section specifically related to disabled people and carers

**NHS Choices:** [www.nhs.uk](http://www.nhs.uk). Information on health conditions and treatments, including medicines, plus living well, personal care and support, and a symptom checker.

# Barnet Carers Hub

One in every eight adults in the UK is a carer. It's something that will happen to most people at some point in their lives – in fact every year, over two million people become carers for the first time. At the start caring can be bewildering, confusing and demanding. All carers need some support and back-up.

These organisations are members of the Barnet Carers Hub, and they are here to help:

**Barnet Carers Centre** offers information, and emotional and practical support, for all informal carers who live or work in the London Borough of Barnet. For the Adult Carers Outreach and Support Team, and the Carers Hospital Discharge Coordinator, Tel: 020 8343 9698; for the Community and Home Support Service, Tel: 020 8432 2091; for Barnet Young Carers and Siblings, Tel: 020 8432 2092. Email [admin@barnetcarers.org](mailto:admin@barnetcarers.org) [www.barnetcarers.org](http://www.barnetcarers.org)

**Jewish Care** runs over 70 centres and specialist services throughout London and the South East, caring for more than 7,000 people every week. Tel: 020 8922 2000. [www.jewishcare.org](http://www.jewishcare.org)

**Caring4Carers** gives advice and training for carers supporting people with severe mental health problems. Tel: 0208 906 1666. Email: [jeffrey.breslaw@millfields.org](mailto:jeffrey.breslaw@millfields.org). [www.caring4carers.org.uk](http://www.caring4carers.org.uk)

**Barnet Alzheimer's Society** works to improve the quality of life of people affected by dementia. Runs a carer support service for informal carers of people with dementia. Tel: 0208 937 7171, email [barnet@alzheimers.org.uk](mailto:barnet@alzheimers.org.uk). [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**Friend in Need** provides a range of services for older people, disabled people and their carers living in the East and New Barnet area. Tel: 020 8449 8225 Email: [fin@fin-eastbarnet.org.uk](mailto:fin@fin-eastbarnet.org.uk). [www.ebarnetbaptist.org.uk/fincentre.htm](http://www.ebarnetbaptist.org.uk/fincentre.htm)

**Age UK Barnet** serves and promotes the interests of all older citizens of the London Borough of Barnet, from all walks of life and ethnic communities. Wide range of services, support and activities. Tel: 020 8203 5040. [www.ageuk.org.uk/barnet/](http://www.ageuk.org.uk/barnet/)

**Barnet Mencap** provides a range of services and campaigns with people with learning disabilities and their families to secure good services and support in the borough. Tel: 020 8349 3842 Email: [projectsupport@barnetmencap.org.uk](mailto:projectsupport@barnetmencap.org.uk) [www.barnetmencap.org.uk/](http://www.barnetmencap.org.uk/)