

## **Support for Carers**

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Every carer is different and will need different support. A range of services and support is there to help **you** as a carer and as a person in your own right.

### **Carers Support Workers:**

Carers Support Workers provide confidential and individual information, support and advice to all Carers and former Carers. They can visit you at home or elsewhere

Contact:

Carers Support (Guildford), Howard Buildings, 69-71 Burpham Lane,  
Guildford, Surrey, GU4 7NB

Tel: **01483 458123**

**or**

Carers Support (Waverley), Brightwells Gostrey Centre, Brightwells Road,  
Farnham GU9 7SB

Tel: **01252 718166**

### **Time for Yourself:**

**"Time Out"** offers Carers from all over South West Surrey the chance to meet socially away from those for whom they care. Day trips are organised to a variety of venues and give Carers the opportunity to meet and chat to others informally and to be themselves. Help with care arrangements and transport may be available to enable Carers to take time out

Contact: Carers Support Workers -

Guildford

Tel: **01483 458123**

Waverley

Tel: **01252 718166**

### **Local Carers Groups:**

**Burpham Church** - regular evening meetings

Contact: Colin Matthews, Vicar

Tel: **01483 853023**

**Guildford North** - meets 2<sup>nd</sup> Monday of month

Contact: Jackie Farley

Tel: **01483 569307**

**Guildford Baptist Church** - quarterly luncheon for Carers and the cared for person. Lunch, entertainment and an opportunity for the Carer to go shopping.

Contact: Frances Selves

Tel: **01483 577444**

**Cranleigh** - monthly meetings on 1<sup>st</sup> Tuesday of each month, 10.30 am - 12.30 pm

Contact: Marian Weatherley, Carers Support Waverley

Tel: **01252 718166**

**Farnham** - meet 1<sup>st</sup> Tuesday in the month, 2-4 pm, at Gostrey Day Centre, Farnham

Contact: Sally Burton

Tel: **01252 718166**

**Godalming** - meet on 3rd Thursday of each month, 10.30 am - 12.30 pm

Contact: June Alderton

Tel: **01483 861835**

## **Other Carers Groups:**

### **Adults -**

**Focus Group** for Carers of Alcohol and Drug Misusers

Contact: Acorn Team

Tel: **01483 450256**

**Headway** - meets monthly on Wednesday evenings, 7.30 onwards, for Carers of those who have suffered a head injury

Contact: Community Support Worker, Lee Bennett

Tel: **01483 454433**

**Parkinsons Disease Society** - monthly support meetings

Contact: Mary Brown

Tel: **01483 894281**

**Surrey Voluntary Association for the Blind** - for Carers of those with visual impairment. Meet monthly at SVAB, Fetcham. Transport arranged.

Contact:

Jean Askew Tel: **01372 458890** or Irene Armstrong Tel: **01372 377701**

**Milford and Villages Day Centre** - Fridays - a day when the Carer and the person needing care can enjoy lunch and activities together

Contact: Manager

Tel: **01483 420668**

### **Older People with Dementia -**

**Alzheimers Society**

Contact:

Guildford/Cranleigh/Farnham/Godalming/Haslemere

Tel: **01428 642055**

**Farnham Road Day Hospital** - for Carers of those attending the Day Hospital. From 17 May 2010 for initial 6 month period to be run at the Hospital Monday pm's

Contact: Ann Cornell (Occupational Therapy Dept)

Tel: **01483 443554**

## **Children with Special Needs -**

### **Face 2 Face**

A befriending service for parents of newly diagnosed children with special needs. Volunteer parents provide support and friendship.

Contact: White Lodge Centre, Holloway Hill, Chertsey, Surrey KT16 0AE

Tel: **01932 567131**

Online and telephone befriending service:

<http://www.face2facenetwork.org.uk/about/onlinebefriending>

## **Adults with Learning Disabilities -**

**Harbour Day Centre** - for parents/carers of those attending the centre

Contact: The Harbour, Oxted Green, Milford

Tel: **01483 518600**

## **Mental Health -**

**“RETHINK”** - Carers groups in **Godalming** and **Haslemere**

Contact: Pam Sedgewick

Tel: **01483 415950**

## **Young Carers -**

### **Disability Challengers Play Scheme – Stoke Park, Guildford**

For children with siblings or parents with special needs. Thursdays 4-6 pm, term time only.

Contact:

Tel: **01483 230930**

## **Counselling:**

Sometimes your problems may be so overwhelming that you need additional support.

**Samaritans** provide a 24 hour listening service for those who feel overwhelmed by their problems.

Contact: 69 Woodbridge Road, Guildford GU1 4RD

Tel: **01483 505555**

**Counselling** is available through your GP although the service varies and there may be a waiting list.

**Emmaus Counselling service** listen and help people to find their own way

forward. Professionally trained Christian counsellors.

Tel: **01483 893993**

**Guildford Counselling Resource Centre** offer counselling/therapy in a private confidential setting. A fee is charged but they will try to help those on limited income.

Contact: via Guildford Institute, Ward Street, Guildford GU1 4LH

Tel: **01483 562142**

**Open House Counselling Service** offers free confidential information and counselling to young people in the afternoon.

Contact: Guildford YMCA, Bridge Street, Guildford Tel: **07932 047778**

**Age UK (formerly Age Concern) Surrey** provides a counselling service for people over the age of 50 plus their carers. In your own home or at their offices.

Tel: **01483 446628**

**Youth Counselling Service** provide a free and confidential counselling service for young people age 12 - 24. Available in GP surgeries, schools, and colleges.

Contact: for an appointment or to make a referral

Tel: **08456 002516**

## **Training for Carers:**

**Giving Health to Carers** is a series of informal day sessions for carers, offering training and information on a variety of topics suggested by carers such as caring skills, stress management, legal aspects, after caring. The days are free (plus lunch) and venues vary throughout the area.

Contact: Carers Support (Waverley)

Tel: **01252 718166**

Carers Support (Guildford)

Tel: **01483 458123**

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*Note: please photocopy if required. All information was believed to be correct at the time of production. Inclusion does not imply recommendation. Please advise us if you should find any errors, in order that we can update the information*

*Produced by Carers Support Guildford and Carers Support Waverley*

*For more information contact:*

*Carers Support (Guildford)*

*Tel: 01483 458123, or*

*Carers Support (Waverley)*

*Tel: 01252 718166*