

SUPPORT FOR CARERS

DO YOU CARE FOR SOMEONE ?



LET US HELP

- Advice, information, guidance and signposting from our dedicated Community Support Officers - CSO

Providing specialist support for carers aged 16+ in areas such as:

- Emotional Support and Planning Ahead
- Monthly support groups
- Benefit Advice/Review
- Mental Health, Dementia
- Volunteer befriending services
- Training & Self Development Support
- Health and Wellbeing Activities
- Keeping you in touch—Website, Newsletter, Social Media

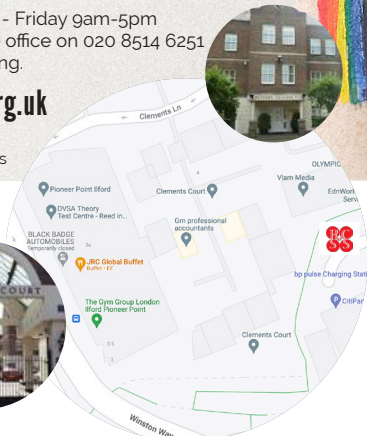
GET IN TOUCH

P: 020 8514 6251
 E: office@rcss.org.uk
 A: Redbridge Carers Support Service
 12 Clements Court, Clements Lane,
 Ilford, Essex IG1 2QY

Open Monday - Friday 9am-5pm
 Please call the office on 020 8514 6251
 before attending.

www.rcss.org.uk

@redbridgecarers



REGISTER



Scan to register