**CARERS CONTACT POINTS**

|  |  |
| --- | --- |
| **RESOURCE** | **CONTACT NUMBER** |
| Carers Line  www.carersuk.org | The Carers UK Advice line is open Monday to Friday, 10am-4pm. Call 0808 808 7777 or email advice@carersuk.org |
| Carers Trust  [www.carers.org](http://www.carers.org)  [support@carers.org](mailto:support@carers.org) | **London office:** 14 Bourne Court, Southend Road Woodford Green IG8 8HD  Tel: 0844 800 4361 Fax: 0844 800 4362 |
| Community Nursing Service  Single point of Access | Tel : 020 8614 5300  Tel: 020 8630 3943 |
| Occupational Therapy | [www.hrch.nhs.uk/community-recovery-service](http://www.hrch.nhs.uk/community-recovery-service) |
| Falls Prevention Service | Hounslow and Richmond 020 8714 4096 |
| Richmond Social Services | Email: [adultsocialservices@richmond.gov.uk](mailto:adultsocialservices@richmond.gov.uk) Telephone: 020 8891 7971 Textphone: 18001 020 8891 7971 |
| Red Cross Home Care Services | Provide short-term practical and emotional support at home to help people regain their independence.  London Area office: 28 Worple Road Wimbledon SW19 4EE **0208 944 0246**  West Middlesex Patient Escorts  West Middlesex University Hospital  Twickenham road TW7 6AF  0208 560 2121West Middlesex Patient Escorts West Middlesex University Hospital Twickenham road LondonTW7 6AF  0208 560 2121 |
| Women’s Royal Voluntary Service (WRVS) | Call 0845 608 0122\*  Monday to Friday: 8am - 6pm |
| Local Carer’s organisation | Richmond Carers Centre 5 Briar Road Twickenham TW2 6RB  **Telephone:** 020 8867 2380  **Email:** [info@richmondcarers.org](mailto:info@richmondcarers.org)  **Website:** [http://www.richmondcarers.org](http://www.richmondcarers.org/) |
| Community Matron | Fax: 020 8614 5450  Or SPA Tel: 020 8630 3943 |
| Respite Providers  Contact the Carers Trust | [www.carers.org](http://www.carers.org)  [support@carers.org](mailto:support@carers.org) |
| Local Carer Charities  Richmond Carers Hub Service  Crossroads Care (Kingston& Richmond) | <http://www.richmondchs.org/>  For more information on Crossroads Care http://www.carers.org/local-service/richmond-and-kingston |