

# Community & Home Support Service (CHSS)

This service provides social and personal care in the home and community **24 hours a day, 7 days a week** with professional, fully qualified, experienced Care Support Staff. You may need a Care Support Worker for a two hour break to go shopping or for an overnight stay. You may prefer to make arrangements on a regular basis. We can accommodate moderate to complex needs. We also provide a professional escort service if you need to attend a medical or social appointment.

For any of these specialist services our experienced Care Manager will visit you and the person you care for and discuss your needs. For more information or to arrange a home visit please call the CHSS team **020 8343 9698**.



The Princess Royal Trust  
*Barnet Carers Centre*

*Looking after  
someone...*

*Someone to talk to...*

*Having a break...*

*Time out for you...*

*Improved well being...*

*Better informed...*



## Barnet Carers Centre

3rd Floor, Global House,  
303 Ballards Lane  
London N12 8NP

Tel: 020 8343 9698  
Fax: 020 8445 1193  
Email: [admin@barnetcarers.org](mailto:admin@barnetcarers.org)  
Web: [www.barnetcarers.org](http://www.barnetcarers.org)



Barnet Carers Centre was established in February 1996 as part of the network of The Princess Royal Trust for Carers. The Centre offers advice, information, emotional and practical support for all informal Carers who live or work in the London Borough of Barnet.

## Adult Carer Services

### Telephone Helpline – 020 8343 9698

Our friendly Carer Support Team offer practical help as well as emotional support. Monday to Thursday - 9.00am-9.30pm, Friday - 9.00am-5.00pm.

### Daily Drop In

Come to the Centre and talk through any problems or concerns with a member of our experienced Carer Support Team. Monday to Thursday - 9.00am-8.30pm, Friday - 9.00am-4.30pm.

### Relaxation Day

Pamper yourself and enjoy a light lunch. On the first Friday of each month between 10.00am-3.00pm at Christ Church N12 – a £5 donation is suggested.

### Relaxation Evening

Take time out and enjoy a range of therapies, from a reflexology session to a relaxing back or neck massage. On the third Wednesday of each month between 6.30pm-8.30pm at Barnet Carers Centre – a £4 donation is suggested.

### Carers Get Together

An opportunity to meet and relax with others in similar circumstances to you. Every Thursday from 10.30am-12.30pm.

### Welfare Benefits Surgeries

From 6.00pm-8.30pm every second and fourth Monday and every Thursday from 10.00am-12.00pm.

### Arts & Crafts Group

Be creative with – knitting, card making, embroidery. Meets every Tuesday from 12.00pm-3.00pm.

### Carers Break and Carers Relief Fund

The Centre has access to funds to help you have a break or to help towards the cost of essential equipment. To see if you are eligible please call the Carers Support Team.

### Counselling

Come and talk to a trained counsellor in a non-judgemental, confidential setting. A £10 donation is suggested.

**To book or find out more details call us on 020 8343 9698. All services are held at Barnet Carers Centre unless otherwise stated.**

## Specialist Carers Groups

An opportunity to meet with other Carers in similar situations. Speakers are frequently invited to group meetings to discuss topics of common interest. If you would like to attend any of the groups described below, please call the Carer Support Team or simply turn up.

### Former Carers Group

Organised by a Former Carer, an opportunity to meet with other Former Carers. On the first Monday of every month between 1.00pm-3.00pm – locations vary.

### Older Carers Group

For Carers over 55, the group meets on the first Tuesday of every month from 11.00am-1.00pm at Barnet Carers Centre. We also have a home visiting service available. Please call for more information.

### Mental Health Carers Group

Meets on the first Thursday of every month from 6.30pm-8.00pm at Barnet Carers Centre.

### Learning Disability Carers Group

Meets on the last Tuesday of every month from 10.00am-12.00pm at Barnet Carers Centre.

### Multicultural Carers Group

Meets on the last Wednesday of each month from 11.00am-1.00pm at Barnet Carers Centre.

### Carers of Adults with Physical and Sensory Impairment Group

Meets on the last Thursday of each month from 6.30pm-8.00pm at Barnet Carers Centre.



## Barnet Young Carers and Siblings (BYCAS)

For more information on any of these services call the BYCAS team on **020 8343 9698**

### Clubs & Outings

BYCAS run regular outings for the over nine's and clubs for ages 5-17 years in Barnet.

### Multicultural Support

For more information and support for Young Carers from a multicultural background, please call the BYCAS team.

### Family Support for Primary & High Need Young Carers

Support for families with children and young people (aged 5-17 years old) who undertake most of the care within the family home.

### Schools Liaison Service

BYCAS runs PSHE lessons and assemblies and supports Young Carers in school. Please contact BYCAS for more information.

### “Time4Us” Service

The Time4Us service provides support to young people who are living with the effects of substance abuse within their family.

