

The GIV Network

The GIV network will match you with a friendly volunteer who will support you to do practical, helpful things that keep you well and happy.

If you would like to know more about the GIV Network, get in touch at:

0208 102 9637

Or

giv@greenwichcarerscentre.org

Vaccinations

As a carer we advise you to keep up to date with vaccinations such as the Flu vaccine. These are available if you are receiving a Carer's Allowance, or are the main carer for an elderly or disabled person whose welfare may be at risk if the carer falls ill.

These vaccinations are free and are available around autumn time.

Useful services – telephone numbers and emails

Support for carers – 02083160116

The Stables - 0300 300 2233

GIV Network – 0208 102 9637

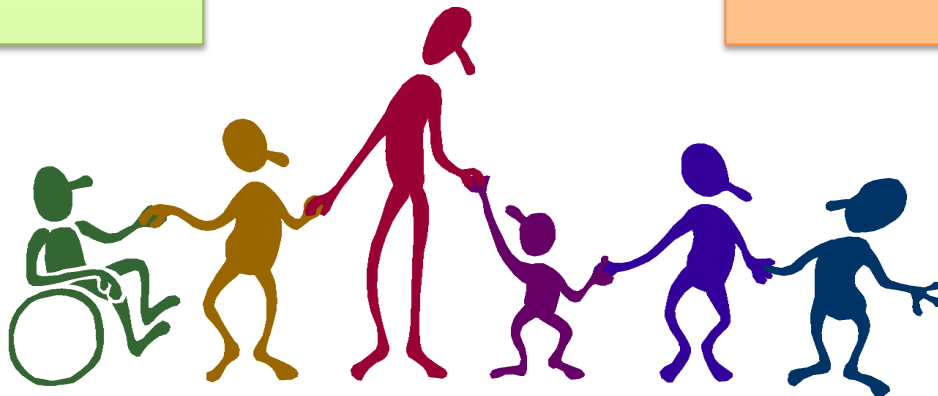
Community Hospice carers support scheme - 020 8320 5829

Greenwichcommunitydirectory.org.uk

info@greenwichcarerscentre.org

Carers UK:

<http://www.carersonline.org.uk>



Support and health of carers

Caring for someone can be a rewarding role, but many carers report feeling stressed, reduce the amount of physical activity they participate in and suffer from a poor night's sleep. Whilst providing support for someone is an important role, it is also important to look after your own health, such as eating well and exercising.

The Royal Borough of Greenwich provide support for carers, travel schemes for elderly, sheltered housing, respite care and services for disabilities. For further information on these services go to –

Greenwichcommunitydirectory.org.uk

The stables also known as the Greenwich carers centre is situated in Charlton. This service helps to support you in your caring role and provide you with information or help needed.

To get in contact or find out more information go to:

info@greenwichcarerscentre.org or call 0300 300 2233

