

Our services

Fact sheet 1: **About Carers Trust Hillingdon**

Here at Carers Trust Hillingdon we have a vision of becoming the gateway to a better life for all unpaid carers in Hillingdon and we are committed to making every carer contact count.

Our experienced staff team has over 100 years of experience working with carers in the diverse neighbourhoods of Hillingdon. We have an excellent reputation for quality support and advice and all our services have been developed in direct response to carers' 'lived experiences'. Our services include:

Information and advice:

- A drop-in Advice Centre on Uxbridge High Street plus a borough-wide outreach programme
- Support from Carer Advisor's for:
 - Expert welfare benefit advice
 - Help with form-filling
 - Assistance in accessing Social Services support
 - Advocacy
 - Signposting and referral to other services
- A range of quality information through leaflets, website, Facebook, Twitter and LinkedIn

Health and wellbeing services:

- A GP outreach and health liaison service
- Health MOT and pamper days
- A series of drop-in cafes across the borough
- Relaxation sessions, weekly exercise, yoga and dance
- Counselling and emotional support
- Training in back care, first aid and dementia awareness
- Arts for carers courses
- A therapeutic care service

Young carers services (5-18 years):

- School liaison programme
- 1:1 emotional support and support planning
- Young Carer clubs across the borough
- School holiday events programmes, including all half-term holidays
- Arts projects, fun activities, residential trips and family days

Young adult carers (17-24 years):

- Support and advocacy for young adult carers through the transition from school to work, apprenticeships or further education
- Bespoke 1:1 support and help to develop a personal SUPPORT plan
- A comprehensive programme of training to provide a range of life skills from money management to CV writing
- A social programme with trips, activities and residential trips
- Liaison and links to further education, apprenticeship schemes, local employers, training and volunteering opportunities.

Family Support:

- Housing advice and liaison with local housing services
- Education and training support
- Money and benefits advice
- Liaison with schools, colleges, universities and places of work
- Referral to other agencies and projects (i.e. counselling, local targeted programmes for young people etc.)
- 1:1 sessions and support planning with young / young adult carers

For more information about our services please contact us on:

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