

## **Are you a carer living in the London Borough of Lewisham?**

Then please contact or email us directly to see if we are able to help you. We have received some funding for our **self-referral** service from the **Merchant Taylors' Company** to support carers living in **the London Borough of Lewisham**.

The service will provide a respite break for carers and is aimed at all carers who are:

- not in receipt/ eligible for a funded service
- do not wish to engage with statutory services
- Need an extended break
- A 'one off ' short break

Carers experience many different caring situations; you could be someone caring for a child/young person with a disability, caring for an elderly parent, supporting a partner, neighbour or a friend who may not have any extended family.

Our self-referral service could support you to have a break to visit a family member or friend who may not live locally, attend a hospital appointment, or to take a short break to simply have some time out from your caring responsibilities.

Our vision is to improve the quality of care for all unpaid carers, to enrich their quality of life and enhance their health and well-being.

As an organisation our service is tailored to individual needs, provided by care staff and volunteers who have extensive knowledge, understanding and competencies to deliver a quality service.



**For further information about our self-referral service please contact us on 01322 336086 or email [info@ccsel.org](mailto:info@ccsel.org)**



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