

# POP ME ON YOUR FRIDGE

Other organisations to contact for advice and support  
(Please see our website for more)



## CCS PARTNERSHIPS

### Holborn Community Association

50 Millman Street Community Centre,  
WC1N 3EW



Holborn Community Association's (HCA) overarching vision is for a thriving and vibrant local community in Holborn. Their mission is to respond to local needs, HCA's aim is for everyone to be able to participate fully in their local community. HCA works to empower the whole community in Holborn, increasing resilience, social cohesion, and fostering community spirit.

### Hopscotch Asian Women Centre

50 - 52 Hampstead Road, NW1 2PY



Hopscotch AWC provides support services for Asian women and their families on a wide range of issues including domestic violence, employment, housing and welfare benefits, raising awareness of important issues among local Asian communities, enhancing opportunity and influencing mainstream policy and practice.

### African Health Forum

6 - 9, Manor Gardens, N7 6LA



The African Health Forum's mission is to improve the quality of life experienced by all African communities, particularly those affected by long term health conditions.

### Henna Asian Women Group

222C Belsize Road, NW6 4DJ



Henna Asian Women's Group is a community based organisation that was set up over 30 years ago by Asian women. Based at the Abbey Community Centre, they offer a range of multi-lingual services and activities.

## ISLINGTON - supporting people and families in North London

### CENTRE 404

404 Camden Road, N7 0SJ

Centre 404 offers a range of high quality services to assist children and adults with a learning disability and their family carers. For more information visit [www.centre404.org.uk](http://www.centre404.org.uk) or call **020 7607 8762**

### Camden Family Members Reference Group

A meeting for family carers of people with learning disabilities. The Group meets quarterly on Wednesdays, 10.30am—12.30pm. Please phone for more details.

## OTHER GROUPS IN CAMDEN

\* Mind Yourself (for Irish carers)

**020 7697 4753**

[Info@mind-yourself.co.uk](mailto:Info@mind-yourself.co.uk)



\* Camden Chinese Community Centre (for Chinese carers)

**020 7388 8883**

甘頓華人社區中心



\* People's Centre for Change

**07906 621 449**



\* Camden Cypriot Women's Organisation

**020 7267 7194**

## CAMDEN DISABILITY ACTION

Camden Disability Action (CDA) came into existence in May 2015 after a successful meeting of people with disabilities, the deaf, blind, learning difficulties and mental health communities, came together to form a user led organisation which aims to promote the equality of all disabled people living or working in Camden.

CDA aims to remove barriers for all people with disabilities to be able to live and control their lives, having choice over matters which affect them.

For more information <http://camdendisabilityaction.org.uk/> or call **020 7284 6550**



CAMDEN DISABILITY ACTION

## NOVUS HOMESHARE

A **Homesharer** is a person who is looking to live in an area, but cannot necessarily afford to rent or buy. They require a room in a location close to their place of work or study.

A **Householder** is someone who owns a home and has a spare room. They could be looking for companionship, help around the house, someone to help them with their shopping or to make them feel safe.

Novus Homeshare is a charity that matches people who want to help or support around the house with people who need accommodation and are willing to help. The service helps people from all walks of life in need of an extra helping hand at home.

For more information [www.novus-homeshare.org.uk/](http://www.novus-homeshare.org.uk/) or call **03300 88 2225**.

**ADDRESS: 376-378 Pinner Road / Harrow / HA2 6DZ**



## IMPORTANT INFORMATION ABOUT BENEFITS

### Report a change in your circumstances

You need to report changes to your circumstances so you keep getting the right amount of benefits.

Your claim might be stopped or reduced if you do not report a change straight away or you give incorrect information.

**If you do not report a change or a mistake**, you might be paid too much. If you are, you might have to pay some of the money back. You might also have to pay a £50 penalty.

### Changes can include:

Going into hospital, a care home or sheltered accommodation \* Starting or stopping caring for someone\*  
Any changes to your medical condition or disability \* Getting married, divorced, starting or ending a civil partnership \* Changing your name or gender and many more.

**Please look at the Government website for full information**  
<https://www.gov.uk/report-benefits-change-circumstances>

## NOTICES AND SERVICES



**CAMDEN CARE CHOICES** — This website was developed and designed with the help of Camden residents, staff and providers. It is for residents, their families and professionals to find information and advice on adult social care and support, including: health and wellbeing, care options, money and legal issues and safeguarding. It can be accessed via a range of platforms, including mobiles and tablets.

Visit [www.camdencareschoices.camden.gov.uk](http://www.camdencareschoices.camden.gov.uk) or for further information email [ccc@camden.gov.uk](mailto:ccc@camden.gov.uk)



### SERVICES FOR PEOPLE WHO ARE: D/deaf, Deafened and Hard of Hearing

This service is for people who are Deaf or Hard of Hearing, and have difficulty staying safe and socially independent at home.

Before we can offer you our services, a doctor needs to make sure that your hearing loss is permanent. You can ask your family doctor for an ear examination. Your doctor can refer you to an ear, nose and throat (ENT) department, Royal Free Hospital or hearing aid clinic.

If your hearing loss is permanent, we will assess your needs at home and discuss with you how to make sure you are safe and independent at home.

#### How do you get help?

if you are a D/deaf or hard of hearing Camden resident needing advice or help, you can contact Asif Iqbal: [asif.iqbal@camden.gov.uk](mailto:asif.iqbal@camden.gov.uk), or telephone: **020 7974 2837**

## HELP IS AT HAND



**NHS COMPLAINTS ADVOCACY** - If someone you care for has not received NHS care or treatment expected (and they have agreed for you to make a complaint on their behalf)

NHS Complaints advocates can give you confidential, independent and free support. As a carer, it can be difficult to ask for help, so advocates are there to provide one-to-one support throughout the NHS complaints process – which means 'you don't have to do it alone'.

Advocates can help draft letters of complaint and accompany you to meetings with NHS staff, to ensure you are being listened to. Speak confidentially about making a complaint about a hospital, GP, dentist or any NHS-funded service. Call the helpline on **0300 330 5454** or email [nhscomplaints@voiceability.org](mailto:nhscomplaints@voiceability.org) or visit the website [www.nhscomplaintsadvocacy.org](http://www.nhscomplaintsadvocacy.org) for more information and some self-help tools.

### CAMDEN CARERS

The Greenwood Centre, 37 Greenwood Place, NW5 1LB  
Tel: 020 7428 8950 Email: [info@camdens.org.uk](mailto:info@camdens.org.uk) Web: [www.camdens.org.uk](http://www.camdens.org.uk)  
The office is open 9am - 5pm (7pm on Wednesdays)



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