

**If you would like to attend our
Support Group please speak to:**

Clayhall Clinic

Tel: 020 8551 3193

Address:

14 Clayhall Avenue

Clayhall

IG5 0LG

Lead: Jaspal

Roding Lane

Tel: 02085590280

Address: 2 Roding Lane North

Woodford Green

IG8 8NR

Lead: Chelsey



*Clayhall Group Practice
Careers Information*



Clayhall Group Practice
14 Clayhall Avenue
Ilford
IG5 0LG
Tel: 02085513193

www.clayhallgrouppractice.co.uk

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Am I a carer?

A carer looks after a friend, partner, relative or neighbour who needs help due to illness, disability or old age. The support carers provide is unpaid. You don't have to provide 24/7 support or receive Carer's Allowance to be a carer.

Please inform the practice receptionist so we can help you.

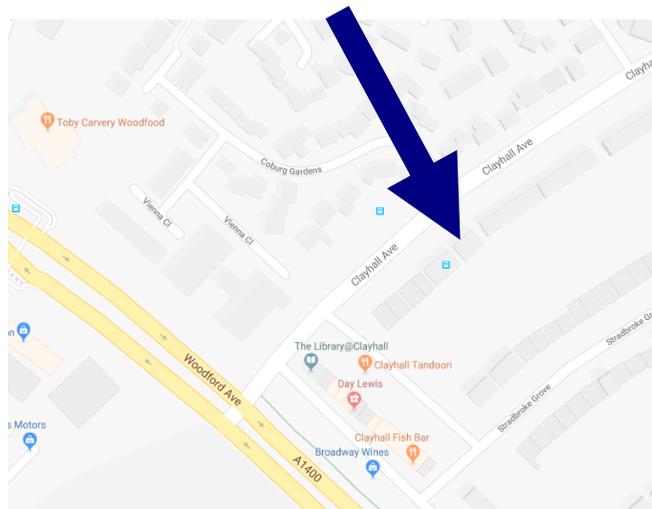


What we do:

Clayhall Group Practice hold monthly meeting to help support carer and answer any questions you may have.

The sessions are usually 2.00–3.00 pm. Tea and coffee will be provided.

Support Group are held at Clayhall Group Practice, 14 Clayhall Avenue



Please speak to a receptionist for the next support group date.

Other useful resources

Improving Access to Psychological Therapies (IAPT)

Self-referrals accepted

Tel: 0300 300 1554

Samaritans

Tel: 116 123

Redbridge Concern for Mental Health

Tel: 020 8925 2435

Redbridge Health & Adult Social Care

Tel: 020 8708 7333

Redbridge Citizens Advice Bureau

Tel: 020 8514 1878

Social Services

Web:

https://mylife.redbridge.gov.uk/form/contact_form

Age UK

Tel: 020 8220 6000

Redbridge Carers Support Service:

Tel: 020 8514 6251

