



NEWHAM CARERS NETWORK

working with carers in Newham

**Stratford Advice Arcade
107-109 The Grove
Stratford
E15 1HP**

Telephone: 020 8519 0800

Fax: 020 8522 0477

Email: info@newhamcarers.org.uk

Newham Carers Network works to:

- provide information, advice and support for carers from all communities
- offer support, services and activities for young carers
- assist the development of carers' support groups
- encourage planners and providers to develop services which are "carer-aware"
- provide a programme of health support services for carers
- offer assistance and support to develop a carers forum in Newham

Our telephone lines are staffed as follows:

**Monday 10am – 12 & 2 – 4pm; Tuesday 2 - 4pm;
Thursday 10am - 12; Friday 10am – 12 noon**

If the answerphone is on at other times, please leave a message – we will do our best to get back to you as soon as possible.