

## How can I access these services?

The Carers Coordination Service (CCS) is the **first point of contact** for all carers in Hackney. It is managed by City and Hackney Carers Centre.

**Step 1:** Request a registration pack by calling the CCS

**Step 2:** The CCS will check your eligibility (you must care for someone living in Hackney) and send you a registration pack.

**Step 3:** You will be asked to choose which organisation from the Carers are the Bedrock partnership you would like to use for your assessment

**Step 4:** The CCS will refer you to your chosen organisation. The organisation will make an appointment with you to carry out your Statutory Carers Needs Assessment. This may lead to additional services.

To find out more about the services & support available, please contact:

**Carers Coordination Service (CCS)**  
**City & Hackney Carers Centre**  
**Prideaux House**  
**10 Church Crescent**  
**London E9 7DL**

Opening Times:

Centre: Mon to Fri: 9am - 5pm

Phones: Mon to Fri: 9:30am - 4:30pm

**Tel: 020 8533 0951**

**Fax: 020 8985 0639**

**E: [CCSAdmin@hackneycarers.org.uk](mailto:CCSAdmin@hackneycarers.org.uk)**



# Carers are the bedrock

## Are you an unpaid Carer?

Do you regularly provide care or support to a relative or a friend who is ill, has a disability, substance misuse or mental health issues?

If the answer is **YES** then you could be eligible for support from the **Carers are the Bedrock** partnership.

## What is 'Carers are the Bedrock'?

**Carers are the bedrock** is the name for the network of voluntary organisations that have been commissioned by the London Borough of Hackney to support unpaid Carers.

### Am I an unpaid Carer?

If you provide physical, emotional or practical support to someone in your life who could not cope without you for as little as an hour a week then you are considered to be an unpaid carer.

### How can I get Involved?

Our offices are open 9am—5pm weekdays (address on back of leaflet), and you can call us on 020 8533 0951 from 9:30 to 4:30, or email [CCSAdmin@hackneycarers.org.uk](mailto:CCSAdmin@hackneycarers.org.uk)

## How can 'Carers are the Bedrock' help me?

The Carers are the bedrock partnership can offer you the following services:

- Information and advice on your rights as a carer.
- A Statutory Carers Needs Assessment ( a meeting where we discuss your caring situation, and identify your support needs)
- Information and advice on benefits
- Carers support and information groups.
- Short training courses for Carers.

- A Carers Card for local discounts
- A quarterly newsletter full of information about events coming up and the services different partner and local organizations can offer you.
- An invitation to carers events such as Carers Rights day and Carers week activities.
- The opportunity to be part of a Carers Involvement Forum which gives feedback on the Carers are the Bedrock service.
- Signposting and referral to a range of extra services such as:  
  
Advocacy, Counselling and Life Coaching, Befriending and many more.....