

Section 11

Information for Carers of People with Physical Disabilities

A range of services are available locally offering help and advice to people who have physical disabilities and their carers. Whether you care for someone who has had a disability from birth (e.g. someone with cerebral palsy), gradual onset or sudden disability (e.g. people who have had a stroke or been involved in a road traffic accident), we hope this section will be useful.

Where can I go for help and advice?

Family Doctors (GPs)

GPs are often the first person people turn to for advice and information. Your doctor can help and support you and the person you care for, and may refer you on to one of the agencies described in this section.

For information about registering with a GP and Health Services, please see Section 5.

Health and Disability Team 020 8547 6364

Minicom: 020 8547 6615

Email: hdt@rbk.kingston.gov.uk

The team consists of specialist staff who can help, support and advise adults aged between 18 and 64 with physical disabilities, their families and carers. The service is confidential. For examples of services they can arrange (including any charges that might apply), see Community Care Services, Section 4 or visit [**www.kingston.gov.uk/communitycareservices**](http://www.kingston.gov.uk/communitycareservices)

Psychology Services

The Psychology Service offers a range of therapies for people with a variety of needs. These therapies are aimed to reduce stress or disability and improve quality of life. There are specialist services available for people with physical disabilities. The Psychology Service can be contacted through your GP.

Local voluntary support

If the person you care for has a particular or specific illness or difficulty you will probably find that there is a local or national group or organisation offering special support and advice. Your Community Care Services worker or GP will be able to tell you more.

There are many voluntary groups in the borough providing information and support including leaflets, meetings, drop-in services and help lines. You can also find out more about local voluntary groups from libraries (see Section 21 for library details) or:

Kingston Carers' Network **020 8547 1614**
www.kingstoncarers.org.uk

For information about services available, see Section 6.

**Kingston Centre for
Independent Living** **020 8546 9603**
www.kcil.org.uk

The centre provides a variety of services for people with disabilities, including advice, information and signposting to local and national services.

Multiple Sclerosis Society 07986 514513

raystonehill@hotmail.com

The local MS Society provides information and advice to people with MS, their families and carers. They provide counselling for those affected by MS, advocacy, benefit advice, transport, financial grants, social meetings & activities, weekly yoga sessions & support groups for younger people with MS. They also produce a regular newsletter & run a carers group, see Support Groups.

Parkinson's Disease Info 0844 225 3772
& Support Worker 07785 515619

mmorgan@parkinsons.org.uk

This local support worker provides information, emotional support, and advice about benefits and local services to people with Parkinson's and their carers.

National organisations

Multiple Sclerosis 020 8438 0700
Society www.mssociety.org.uk

MS National Centre
372 Edgware Road
London NW2 6ND

A national charity providing information, advice and support for people with MS and their family and friends.

Parkinson's Disease 020 7931 8080
Society National office www.parkinsons.org.uk

215 Vauxhall Bridge Road,
London SW1V 1EJ

A national charity providing information, advice and support for people with PD and their family and friends.

Cancer Research Uk www.cancerresearchuk.org

This website contains a range of information for people living with cancer and their family and friends.

Cancer BACUP **020 7613 2121**

www.cancerbacup.org.uk

Macmillan Cancer Support aims to improve the lives of people affected by cancer. On the website, you can find up-to-date cancer information, practical advice and support for cancer patients, their families and carers.

Cancerlink **0808 808 0000**

www.njh.u-net.com/cancer.html

A resource service to cancer patients, family and carers including mailing lists for people who want information on specific cancers, treatments and updates.

Stroke Association **0845 3030 100**

www.stroke.org.uk

This national charity provides information and advice to people who have had a stroke and their families. Contact the association to find out more, including details about local support groups.

Different Strokes **0845 1307 172**

www.differentstrokes.co.uk

This national charity provides advice and information to younger people who have had a stroke, and their families. They do not run support groups, but young people meet locally to exercise, swim and use the gym. The organisation also provides counselling, advice on benefits, education and employment.

Motor Neurone Disease Association **08457 626262**
www.mndassociation.org

A national charity set up to provide information, support and advice for people with MND and their carers. Contact the association to find out more, including details about local support groups or visit their website.

British Lung Foundation **08458 505020**
British Lung Foundation www.lunguk.org
73-75 Goswell Road
London EC1V 7ER

The Foundation aims to support everyone affected by lung disease through the challenges they will face.

Social and support groups

Multiple Sclerosis Carers' Support Group

For people looking after someone with MS.

When: 8-10pm, 1st Tuesday of each month

Where: Surbiton Hill Methodist Church Hall,
39 Ewell Road, Surbiton

Contract Ray Stonehill on: **07986 514513**
or email: raystonehill@hotmail.com

Dyscover Therapy and Support Group

For people with dysphasia and their families and carers. Support group, social activities and workshops are based in New Malden

Contact: **01737 819419**
or visit: www.dyscover.org.uk

Cancer Support Group

For anyone in the local area affected by cancer, their families and carers. Run by a health professional, the group offers mutual support with occasional talks on relevant topics chosen by the members.

You or the person you care for need to be referred to the Cancer Support Team by a health care professional, so **speak to your GP or nurse about this group.**

When: 7-9pm, 1st Tuesday of each month (except January and August)

Where: Kingston Hospital

Parkinson's Disease Branch Meetings

The group is run for anyone in the local area with Parkinson's Disease, their families and carers.

When: 7.30—9.30pm, 1st Thursday of each month (except January and August)

Where: Ewell Court House, Ewell Court Avenue, Ewell

and

Parkinson's Disease Coffee Morning

When: 10.30am— 12 noon, 3rd Tuesday of each month (except August and December)

Where: Methodist Church Hall, Moor Lane, Chessington

The society also produces a quarterly newsletter.

Contact Carole Betts;
or email:

020 8337 6088
carole@carliff.go-plus.net

and

Parkinsons Disease Working Age Group (WAGS)

WAGS is made up of a small group of people of working age with Parkinsons. The group sometimes also go out together on a Friday or Saturday, for example for a meal or picnic. The support group is for both the person with the condition and their carers/partners.

When: Third Wednesday of each month

Where: Changing venues

There is also an exercise programme call Putkisto which is attended by many of the WAGs members.

For information contact Val Benn: **020 8395 2068**
or email vbenn@euk.egmont.com

Breathe Easy Support Group

For people with lung conditions, such as COPD (chronic obstructive pulmonary disease), asthma, bronchiectasis, emphysema, bronchitis and their family and friends. It offers support, friendship, information and education.

When: 2pm-4pm, first Tuesday of the month

Where: King Charles Centre, King Charles Rd, Surbiton

For information contact Bill Peare: **020 8948 4419**

Many other organisations exist and some may have support groups. Please ask when using or enquiring about a service.

Help and advice in an emergency

You may need help and advice urgently, either for yourself or for someone else.

Police, Fire or Ambulance Service 999 or 112

If you want advice, support or information about a medical issue please contact your GP surgery or **NHS Direct** on free phone

0845 4647

If you want advice or support about a social or personal crisis please contact:

Health & Disability Team

020 8547 6364

Out of Hours Social Worker

020 8770 5000