

Section 11 Information for Carers of People with Physical Disabilities

A wide range of different services are available locally. These services offer 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 sometimes 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 below.

For information about registering with 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 and support 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 wide range of therapies for people with a variety of needs. These therapies are aimed at reducing stress or disability and improving quality of life. There are specialist services available for people with physical health issues. The Psychology Service can be contacted through your GP.

Local voluntary groups

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 helplines. 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 and their families and carers. Transport (including a smaller vehicle for the carer to borrow), financial grants (for holidays, equipment etc.), counselling for those affected by MS, benefit advice, advocacy, regular social meetings and activities, weekly yoga sessions and support groups for younger people with MS.

MS society produces a quarterly newsletter and runs a carers group - see below for details

Support groups

Multiple Sclerosis (MS) Society

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

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

Contact Win Hildreth on: **020 8549 8393**
or Ray Stonehill on: **07986 514513**
or email: raystonehill@hotmail.com

Cancer Support Group

The group is run for anyone in the local area affected by cancer, their families and carers. It is run by a health professional and offers mutual support with occasional talks on relevant topics chosen by the group.

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: Surgical Centre, Kingston Hospital, Galsworthy Rd, Kingston

Parkinson's Disease Support Groups

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

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

Where: Ewell Court House, Ewell Court Avenue, off Kingston Road, Ewell, Surrey

and

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

Where: Methodist Church Hall, Moor Lane, Chessington

The society also produces a newsletter quarterly.

Contact Carole Betts;
or email:

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

Dyscover Therapy and Support Group

For people with dysphasia and their families and carers. There is a group held in New Malden as well as social and workshops.

For more information contact: **01737 819419**

or visit: www.dyscover.org.uk

National organisation details

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.

Stroke Association **0845 3030 100**
www.stroke.org.uk

A national charity set up to provide 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 or visit their website.

Different Strokes **0845 1307 172**
www.differentstrokes.co.uk

A national charity set up to provide 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. Contact the organisation for more information or visit their website.

**Multiple Sclerosis
Society**

MS National Centre
372 Edgware Road
London
NW2 6ND

020 8438 0700
www.mssociety.org.uk

**Parkinson's Disease
Society National office**

215 Vauxhall Bridge Road,
London.
SW1V 1EJ

020 7931 8080
www.parkinsons.org.uk

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 - a relative, friend or neighbour.

If necessary please use the emergency services **999**

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**