


## Contacts for Carers


### Social Services

 Montague House  
9 Hanover Road  
Tunbridge Wells  
TN1 1EZ

 0300 414141      Out of hours emergencies: 0300 419191

*For a carer's assessment contact 08458 247 100 (adults) or 08458 247 102 (children)*


### Carers First

 Carers First and Medway Carers Centre  
3 Canterbury Street  
Gillingham  
ME7 5TP

 01732 357555      [www.carersfirst.org.uk](http://www.carersfirst.org.uk)

*Carers FIRST is a charitable organisation supporting carers across West Kent. They offer carers' assessments, information and resources, discussion, advocacy, one-to-one support, and groups where carers can meet other carers in similar situations. They also provide young carers support groups and activities as well as a befriending service for carers and older people.*

### Dementia Crisis Service – Crossroads

 01622 817114


*24/7 Emergency Dementia Support Service for Tonbridge, Tunbridge Wells and Sevenoaks areas.*


*Support for carers of disabled, elderly, terminally ill; breaks of 2-4 hours/ occasional night care as well as:*

*Short breaks, palliative care, bathing / dressing and undressing, meal preparation and assistance with eating, management of continence, support to access social activities and hobbies, support in a crisis, specialist dementia support staff, Macmillan volunteer support.*

[www.crossroadswestkent.org.uk](http://www.crossroadswestkent.org.uk)


### Alzheimer's Society Kent and Medway


 Zurich House  
1 Meadow Road  
Tunbridge Wells  
TN1 2YG

 Helpline - 01892 559410

[www.alzheimers.org.uk/westkent](http://www.alzheimers.org.uk/westkent)

### **British Red Cross Home from Hospital**

 38 John Street  
Tunbridge Wells  
TN4 9RR


 0800 0280 831                      Medical equipment loan line 01892 524020


*Volunteers visit people in their own home for up to 4 weeks. Referral by GPs, District nurses, self-referral. Free service: support to people recently discharged from hospital with mobility problems.*

*British Red Cross website for information on their service offering short term care in the home following accident, hospital stay, and details about loans of medical equipment, such as wheelchairs, commodes, back rests, bed cradles, bedpans and urinals.*

[www.redcross.org.uk](http://www.redcross.org.uk)

### **Good Neighbourhood Project**

 Baptist Church  
Upper Grosvenor  
Road  
Tunbridge Wells  
TN1 2EP

 01892 510200


 [goodneighbornet@btconnect.com](mailto:goodneighbornet@btconnect.com)


*This service is available to older people living in the Tunbridge Wells area. It is a short-term community based service delivered by local volunteers to aid independence.*

[www.goodneighbourproject.org.uk](http://www.goodneighbourproject.org.uk)

### **Age UK Concern**

 Tunbridge Wells & District  
Wood Street  
Tunbridge Wells  
TN1 2QS

 01892 522591

 01892 511405

[info@twac.org.uk](mailto:info@twac.org.uk)

[www.ageuk.org.uk](http://www.ageuk.org.uk) and [www.ilsse.org](http://www.ilsse.org) (Independent Living Support South East)

*Advice, befriending, form filling, home bathing, day care, independent living support, exercise. Website includes details of local events to help with understanding computers and IT.*