

RESPIRE CARE

Accuro Shared Care

Shared Care provides family-based short term breaks for children and adults who have learning and/or physical disabilities and who may be hearing or visually impaired. The scheme is free of charge to children and adults with a disability who live in the Harlow and Epping Forest areas.

Unit E12, Seedbed Centre, Coldharbour Road, Pinnacles East, Harlow CM19 5AF
(01279) 433117

Email: harlow@accuro.org.uk

Alzheimer's Society (Harlow branch)

They provide information, advice, services and support to people with dementia and their carers throughout the illness. The Outreach Workers can meet you in your home, assist you to apply for Attendance Allowance or Disability Living Allowance, Council Tax Discount and other benefits, and link you to other services which may help. You can attend carers' courses and support groups, have a volunteer visitor or enjoy the informal Rest-A-While drop-in sessions for people in the early stages of dementia. The office helpline operates between 9.00am to 3.00pm weekdays.

Latton Bush Centre, Southern Way, Harlow CM18 7BL
(01279) 418331 or 432769 Fax: (01279) 432769

Email: alzheimers@harlowbranch.freerve.co.uk

Website: www.alzheimers.org.uk

Caring for Harlow Carers

This group offers information, support and advice to carers, (adults and children). It also runs a club on Tuesdays from 10am to 3pm in the Barn Mead Centre, off Partridge Road, where trained and experienced support workers and dedicated volunteers will look after the people needing care, giving the carers a few hours to themselves. There is a fortnightly youth club for young carers. For further details contact:

Fiona Langridge, Caring for Harlow Carers, 3 Wych Elm, Hamstel Road, Harlow CM20 1QP
(01279) 308314 Monday to Friday 9 am to 3.30pm (Answerphone at other times)

Fax: (01279) 308313

Email: carers@harlowcarers.org.uk

Crossroads (Epping and Harlow District)

This group offers practical support to family carers in Harlow and Epping. It aims to help carers of people with disabilities or frail elderly people.

(01992) 572557 Mondays to Fridays 9am to 4.30pm. (Answerphone at other times)

Email: eppingforest.harlowdistrict@crossroads.org.uk

Essex Respite Association (ERA)

ERA provides free respite and support to carers looking after someone aged 18 to 65 with mental health needs e.g. anxiety disorders, depression, manic depression, phobias and schizophrenia as well as dementia in younger people. It offers a few hours' respite care each week to suit your needs and those of the person for whom you provide care.

Suite 2, Rochester House, Baddow Road, Chelmsford CM2 7QA
(01245) 353855 (with Answerphone)

Home from Home

This is a new style of day care for older people, providing “family” type care in a host carer’s home on a regular basis up to three days per week. The host carers will provide a warm and friendly atmosphere, suitable activities and a hot meal and beverages. For more information, contact:

Home from Home, Westfield House, Tendring Road, Harlow CM18 6TA
(01279) 773416 or (01279) 773 417
Fax: (01279) 431 902
Email: wendy.stracey@essexcc.gov.uk

Little Haven Children’s Hospice

They care for the whole family by offering specialist one-to-one care and support for children throughout Essex and London with life-threatening and life-limiting illnesses 365 days a year.

Daws Heath Road, Thundersely, Essex SS7 2LH (for care enquiries only)
(01702) 552200 (for care enquiries only)

For appeals and administration, contact:

Little Havens Appeals and Administration, Stuart House, 47 Second Avenue, Westcliff on Sea, Essex SS0 HX
01702 220350 – for an information pack on what they do
Email: stuarthouse@havenhospices.org.uk
Website: www.littlehavens.org.uk

St. Clare Hospice

Respite is provided as part of a specialist Palliative Care Assessment. The Hospice provides a range of services including weekly Day Hospice, an 8 bed Unit for in-patient care and Bereavement Support for those with a life threatening or terminal illness.

Hastingwood Road, Hastingwood, Essex CM17 9JX
(01279)773700 Fax: (01279) 773771
Email: enqs@stclare-hospice.co.uk
Website: www.stclare-hospice.co.uk