

# Sutton Carers Centre – Support for Unpaid Carers of All Ages

Sutton Carers Centre is a local, independent charity offering information, advice, practical and emotional support to family and friend Carers of all ages; this includes ‘Young Carers’ who may be teenagers or potentially children as young as 8, as well as Adult Carers who may be our elders or perhaps still juggling caring alongside paid employment. SCC also can help if you are struggling with your mental health or perhaps need help accessing food or are having financial difficulties.

If you have a family member or friend who relies on you because of an illness or disability, or a physical, mental health or substance-misuse issue, then please contact Sutton Carers Centre at 020 8296 5611, 10am – 5pm Monday to Friday, extended until 8pm on Tuesday evenings, and from 11am to 1pm on the second Saturday of each month, or email on [enquiries@suttoncarerscentre.org](mailto:enquiries@suttoncarerscentre.org) or [youngcarers@suttoncarerscentre.org](mailto:youngcarers@suttoncarerscentre.org).

For further information, advice and dates for upcoming support groups and activities please see the latest editions of the [Sutton Carers Centre E-Newsletter](#) and the Young Carers ‘[Cool News](#)’ or go to [www.suttoncarerscentre.org](http://www.suttoncarerscentre.org).

## **Did you know...that unpaid Carers can still care away from home, if necessary?**

During the current restrictions, unpaid Carers can continue to provide care or assistance to a friend or family member who is not within their household, someone who cannot manage or cope without support. A person also is allowed to travel to provide covering care or respite to a Carer, enabling them time out or a break from their caring duties.

When travelling to care for someone, or to provide respite care, the necessary precautions still need to be taken. Sutton Carers Centre can help with practical information, advice and support about how to care safely including access to ‘Lateral Flow’ rapid Covid-19 testing, ‘PPE’ (Personal Protective Equipment) and other safety measures you can take; they also can help you create a contingency plan in case you suddenly can’t care due to a change in your circumstances such as e.g. illness, yourself.

## **Did you know...that Carers are now a priority within the Covid-19 Vaccine schedule?**

The government has now published guidance to say that unpaid Carers - *those who are in receipt of Carer’s Allowance, or those who are the main carer of an elderly or disabled person whose welfare may be at risk if the carer falls ill* - will now be prioritised to receive the Covid-19 vaccine as part of ‘priority group 6’, if they haven’t already received the vaccine as part of priority groups 1 – 5 (priority 1, for example, starts with ensuring people in care homes and their care-workers get the new jabs first). The full information is here:

<https://www.gov.uk/government/publications/priority-groups-for-coronavirus-covid-19-vaccination-advice-from-the-jcvi-30-december-2020/joint-committee-on-vaccination-and-immunisation-advice-on-priority-groups-for-covid-19-vaccination-30-december-2020>.

It is not yet known exactly how Carers will be identified and called for their vaccine – but at this point in time, please **do not** contact your GP surgery as they will not have any further information. If you would like to talk this through, in anticipation, please do not hesitate to get in touch with us at Sutton Carers Centre, as above.