

City Parent Carer Forum

City Parent Carer Forum gives parents and carers of children and young people, aged 0–25, with additional needs or disabilities – including mental health needs, whether diagnosed or not – the chance to share their experiences with their local authority, health, and other services.

Email: info@cityparentcarers.org

Visit: www.cityparentcarers.org



CITY PARENT CARER FORUM

Family help

Parent carers living in the City of London who are responsible for a child with a special educational need or disability (SEND), as well as young carers under 18 who look after someone else, can contact Children's Social Care:

Phone: 020 7332 3621
(Monday to Friday, 9am–5pm)

Email: children.duty@cityoflondon.gov.uk

Adult Social Care

City of London resident adult carers, who provide care and support to another adult, can request a carer's assessment from their local authority.

In the City of London

Phone: 020 7332 1224
(Monday to Friday, 9am–5pm)

Email: adultsduty@cityoflondon.gov.uk

Local support available for unpaid carers in the City of London (Square Mile)



Being a carer

A carer is anyone, including children and adults, who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid.

This leaflet includes local resources that can help you in your role as a carer.



Imago City of London Carers Support service

The City of London's commissioned service, providing wellbeing support for carers through helpful information, advice, and guidance, along with practical and emotional assistance, and opportunities to connect with others in similar circumstances.

Open to all adults that give unpaid care to an adult resident in the City of London, and those from outside the square mile who care for a City resident.

Twice-weekly drop-in sessions and one-to-one support available.

Email: carers@imago.community

Visit: www.imago.community/city-of-london-carers

City Carers
Community

A friendly group

Founded in 2020, we are a resident-led independent support group.

Just like us, you may be a "carer" looking after a family member, neighbour, or friend.

Learn from our collective knowledge. We can suggest where to find information that has been useful. Saving you time and energy.

We meet via Zoom twice a month on Mondays at 11am or 8pm.

Evening and weekend options available. Join us for exclusive events.

Email Shirley & Karen:

CityCarersCommunity@gmail.com

