

I would like to know more about: *Young Carers / *Adult Carers

**please delete where appropriate*

Name: Mr/Mrs/Ms/Other.....

Address:

Tel no:

Email address:

Where did you pick up our leaflet?

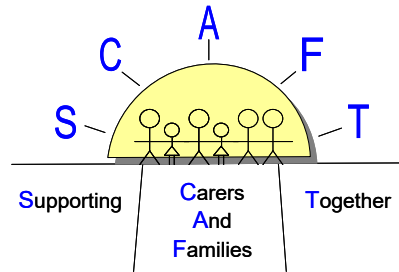
Please return to SCAFT, First Floor Offices, Rear of 140a High Street, Rayleigh, Essex, SS6 7BU



Contact us

First Floor Offices
Rear of 140a High Street
Rayleigh
Essex, SS6 7BU

Tel: 01268 741811
Fax: 01268 743395
Email: info@scaft.org.uk
Website: www.scaft.org



Supporting Carers And Families Together

Registered Charity no: 1136245
Company no: 6972805

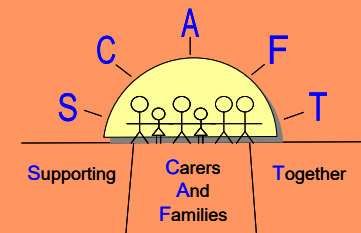
Are you a Carer?

SCAFT

Providing Support
in the Rochford
District and other
areas of Essex

- Young Carers
- Adult Carers

Tel: 01268 741811



Do you look after or care for a family member, friend or neighbour who has:

- physical or learning disability
- mental health condition/illness
- long term illness/condition
- drug and alcohol related issues
- been subject to, or witnessed domestic violence
- or perhaps cannot cope without help?

Staff and Volunteers have an Enhanced DBS check, are experienced and fully insured.

For further information or to register with SCAFT:

Tel: 01268 741811
Fax: 01268 743395
Email: info@scaft.org.uk
Website: www.scaft.org

Young Carer Services

At **SCAFT** we provide:

- support for children, young people aged 6 to 18 and their families
- fortnightly group sessions with a range of activities, including the chance to learn new skills
- the opportunity to meet with other children and young people who understand the challenges of Caring
- activities and outings during school holidays, these include cinema, bowling, horse riding and adventure centre's
- one to one support in the Secondary Schools in the Rochford District

Group Sessions are held fortnightly:

Rayleigh Primary Group - aged 6 to 11 (school years 1 to 6)

On Tuesday, From 4.30pm to 6.30pm
At St Michaels Church Annex, Sir Walter Raleigh Drive, Rayleigh, SS6 9JB

Rayleigh Secondary Group - aged 11 to 18 (school years 7 to 13)

On Monday, From 6.30pm to 8.30pm
At St Michaels Church Annex, Sir Walter Raleigh Drive, Rayleigh, SS6 9JB

Rochford Primary Group - aged 6 to 11 (school years 1 to 6)

On Monday, From 5pm to 7pm
At Wishing Well Children's Centre, Waterman School, Rochford, SS4 1QF

Rochford Secondary Group - aged 11 to 18 (school years 7 to 13)

On Wednesday, From 5pm to 7pm
At Wishing Well Children's Centre, Waterman School, Rochford, SS4 1QF

Adult Carer Services

At **SCAFT** we offer:

- Carers Cafés providing unpaid Carers with a break from Caring and the opportunity to meet with other Carers and make new friends
- individual support, advice, information and sign-posting to other services
- a range of activities at the Cafés, outings including meals out and theatre trips

Carers Cafés are held monthly:

Rayleigh - Carers

On the second Friday of the month

From 11.30am to 1.30pm

**At The Salvation Army Hall,
146-148 High Street, Rayleigh, SS6 7BU**

Refreshments provided

Rochford - Carers and Cared for

On the first Saturday of the month

From 2pm to 4pm

**At St Lukes Place, Dalys Road, Rochford,
SS4 1RA**

Refreshments provided

Full dates of our Adult and Young Carer services are available on our website
www.scaft.org