

**DO YOU PROVIDE CARE OR
SUPPORT FOR SOMEONE
WHO SUFFERS FROM
MENTAL ILLNESS**



*If so, as Carers ourselves, we invite you to join
Kingston Mental Health Carers' Forum
so that, together, we can press for better services.*



Founded in 2001 and run by carers,

Kingston Mental Health Carers' Forum

fully understands that being a carer can be a demanding and isolating experience, and that obtaining information and support can be complicated and confusing. We can direct carers to the various services that are available for information, support and training.

The Forum gives the opportunity for Carers to collectively express their views and opinions directly to the Health Service Providers, for the improvement of facilities for both Carers and Service Users. The Forum is consulted by Commissioners and Health & Social Care Providers to develop a clear understanding of the specific needs of Carers within our local community, to the ultimate benefit, care and wellbeing of both the Carer and the Cared-for.

The Forum achieves its aims by having a strong working partnership with the relevant professionals and voluntary organisations in the mental health field.

A sound membership base enables us to be truly representative of Carers in the borough.

By joining the Forum, your input would be greatly valued, and could make a real difference to local services. The Forum is a charitable organisation, and membership is free. There are no obligations on you - you participate as much or as little as you are able, and membership is strictly confidential.

The Forum seeks to address your needs and concerns, and is pleased to hear from you at any time.

We will periodically send you relevant and up-dated information about services and events that may interest you.

Management Committee members attend strategic service planning and monitoring meetings, both locally and across SW London, campaigning on your behalf.

For further information, advice or membership application, please contact:

Kingston Mental Health Carers' Forum
c/o 55 Selwood Road, Hook, Chessington
KT9 1PT

Tel: 07983 063578 (24-hour voicemail)

Website: www.kmhcf.org.uk

Email: info@kmhcf.org.uk

Registered Charity: 1112499