

# Therapeutic Support for Carers in the City of London

Tavistock Relationships is pleased to announce its offer of **free therapeutic support** for carers and their partners in the City of London from its newly appointed **City Wellbeing Centre** in London EC1.

## Support for carers

In recognition of the challenges faced by carers, particularly during the pandemic, and building on our experience of helping couples living together with dementia, we are keen to extend the support that is currently being offered to carers in the City of London.

From the beginning of September 2021, Tavistock Relationships will be inviting referrals from organisations within the City of London who identify carers that they feel could benefit from the therapeutic support being offered both in person and remotely via webcam.

The therapeutic support is designed for individual carers as well as for carers and their partners together.

## A range of services is available

- A series of therapeutic sessions for individual carers
- A series of therapeutic sessions for individual carers and their partners together
- Group therapy for carers on their own and/or for carers and their partners

## How to apply

Given that the services on offer are funded by a small grant from the City of London Corporation, places are limited. We are therefore asking those who are interested to speak to local carer support services or City Adult Social Services so that a referral can be made on their behalf.

Referrals should be sent to [citywellbeing@tavistockrelationships.org](mailto:citywellbeing@tavistockrelationships.org)



For those requiring further information please contact Dr Damian McCann Head of City Wellbeing Centre

020 7380 1960

[CityWellbeingCentre.org](http://CityWellbeingCentre.org)

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