

# 照料者互助小組

1. 你是否需要照料有傷殘或老弱多病的家人、伴侶或朋友？
2. 你需要地方政府為你提供一些可以幫助你照料他人或保持安康的服務嗎？
3. 你想知道更多有關照料者的權益及福利嗎？
4. 你希望有人分享你照料別人的辛酸經歷嗎？

本中心與「倫敦照料者 Carers London」成立了《照料者互助小組》，讓照料者對自己的權益、福利及政府對照料者的政策加深認識。



chinese carers workshop  
照料者工作坊

本中心每月舉辦一次座談會，內容包括讓照料者分享經驗的《自由講》、專題講座（例如照料者身份的確認、福利諮詢、照料者評估、健康、支援、短暫休假、房屋問題及其他機構對照料者所提供的服務及培訓等）、大型活動（例如「全國照料者週」及「全國照料者權益日」等）。歡迎華人照料者、前照料者、青少年照料者、年長照料者或有興趣的人仕參加。

## contact 聯絡

To find out more, please visit our website or contact:

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Phone: 020 7534 6547 or 020 7287 0904

Email: [jlam@cnhlc.org.uk](mailto:jlam@cnhlc.org.uk)

Website: [www.cnhlc.org.uk/english/carers.html](http://www.cnhlc.org.uk/english/carers.html)

欲知詳情，歡迎瀏覽中心網頁或聯絡  
全國華人保健中心：

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chinese carers register day  
華人照料者權益日

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全國華人保健中心  
CHINESE NATIONAL  
HEALTHY LIVING CENTRE

# 倫敦華人殘障及 照料者互助小組

## THE LONDON CHINESE DISABILITY & CARERS SUPPORT SCHEME



Help and Support for Disabled Chinese and Carers  
向殘障人士及照料者提供支援和指導

Hotline 查詢熱線：020 7534 6547  
Website 網址：[www.cnhlc.org.uk](http://www.cnhlc.org.uk)

## DISABILITY SUPPORT SCHEME

Help and Support for Disabled Chinese

Is your life affected by your disability?  
Do you get the care that you require?  
Do you need an interpreter for your medical care?

We offer a range of free services that are sensitive to the needs of the disabled Chinese.

healthy walking to health  
健康步行

The scheme provides support and advocacy to disabled Chinese and their families:

- Advice and information on their rights and entitlements to health and social care
- Health seminars and workshops
- Training and education
- Drop-in service
- Advocacy

back massage for elderly  
長者背部按摩

## 殘障人士支援計劃

你是否行動不便?  
你是否眼目不明?  
你是否聽覺不靈?  
你是否精神衰退?  
你是否因疾病纏身而不能獨自應付日常生活所需?  
本計劃費用全免並切合你所需。

health talk  
華人健康講座

這項計劃提供多項服務旨在協助殘障人士及其家人面對日常生活。

support from our staff  
中心職員提供支援服務

- 提供相關意見及協助
- 提供在健康及社會福利方面的權益資料
- 舉辦健康講座和工作坊
- 代言服務
- 提供培訓及教育活動

foot care examination  
足部護理

## CARERS SUPPORT GROUP

Help and Support for Chinese Carers

1. Are you caring for someone who is ill, frail or disabled?
2. Would you like your local council to support your needs as a carer?
3. Would you like to know more about carers' rights and benefits?
4. Would you like to share your caring experience?

chinese carers focus group  
華人照料者座談會

Our London Centre provides support and information for those who are caring for someone who is ill, frail or disabled. It offers a range of services and activities tailored to meet the specific needs of Chinese Carers.

uk carers week  
全國照料者週

We have Carers Forum once a month and you are welcome to join the forum.