

London Buddhist Centre

Additional Information

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The London Buddhist Centre offers weekly drop-in sessions on Tuesdays from 11.15am – 12.45pm to adult carers of adults. The support includes relaxation sessions, signposting to services and an opportunity to engage in informal chats and discussions with other carers. The Centre also organises retreat breaks for carers offering carers an opportunity to enjoy a break in the countryside in Suffolk. This is subject to an application and eligibility criteria. Contact the centre for more information on the retreat and for up-to-date information on the services offered.

Suitable for ages

Age of Users

From **18 years** to **99 years**

Costs

Cost

Free

Questions & Answers

Can Families Self-Refer To The Service?

Yes

Do You Have A Waiting List? No

Do You Have Child Protection Policies And Procedures

Yes

Eligibility - Can The Service Be Accessed By Extended Family Members Or Carers

Yes

Further Information

Provider Type

Parent Support |

Suitable For

Speech, Language & Communication Needs (SLCN) |
Profound & Multiple Learning Difficulties (PMLD) |
Physical Disability |
Multi-Sensory Impairment (MSI) |
Moderate Learning Difficulty (MLD) |
Epilepsy | Dyslexia |
Long Term Medical Conditions |
Tourette's | Downs Syndrome |
Specific Learning Difficulty |
Severe Learning Difficulty (SLD) |
Specific Learning Difficulties |
Complex Needs |
Social, Emotional, Behaviour Difficulty (SEBD) |
Attention Deficit Hyperactivity Disorder (ADHD) |
Visual Impairment |

Delivery Channels

Office / Premises |

Referral Criteria

None (Self-referral) |

Provider

Parent Support

Parent And Carer Support Groups And Services

Contact Details

Telephone No

020 8981 1225

Website

<https://www.lbc.org.uk/>

Email Address

info@lbc.org.uk

Address Details

Street Number

London Buddhist Centre

Street

51 Roman Road

Town

London

Postcode

E2 0HU

[Visit service website](#)

Opening Times

Tuesday from 11:15 to 12:14

Similar Organisations

[The Carers Centre](#)

[Friends Of Phoenix](#)

[S E N D Parent Support Group](#)

[Beatrice Tate Parents Group](#)

[Museum Of London Docklands](#)