

**Some key organisations offering support to Carers locally and nationally**

Organisation	What they do	Phone	Web
Nottinghamshire Healthcare NHS Foundation Trust	Offer support and involve carers in the care of people with mental health needs	0115 8831960	<a href="http://www.nottinghamshirehealthcare.nhs.uk/families-and-carers">www.nottinghamshirehealthcare.nhs.uk/families-and-carers</a>
Carers Federation	Listen, provide info, groups, training, rights as a carer	0115 9629311	<a href="mailto:acs@carersfederation.co.uk">acs@carersfederation.co.uk</a> <a href="http://www.carersfederation.co.uk">www.carersfederation.co.uk</a> <a href="mailto:r.gardiner@carersfederation.co.uk">r.gardiner@carersfederation.co.uk</a> (Rob Gardiner)
Nottinghamshire Carers Hub	Info, advice, guidance, signpost services, short break accommodation, support groups, gym membership, training, support, benefits and discounts, grants, peer support	0115 8248824	<a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a> <a href="http://www.carerstrustem.org/hub">www.carerstrustem.org/hub</a>
Looking after me course	Relaxation techniques, tiredness, exercise, healthy eating, coping with depression, communication, future planning	01623 673302	<a href="mailto:dawn.anderson@nottshc.nhs.uk">dawn.anderson@nottshc.nhs.uk</a>
Carers First	Culturally approp info, support and outreach contact, access and signposting services, advocacy, carer support groups	0115 9629369	<a href="http://www.carersfederation.co.uk">www.carersfederation.co.uk</a>
Action for young carers		0115 9629351	
Carers UK advice line		0808 8087777	<a href="mailto:advice@carersuk.org">advice@carersuk.org</a>
Carers Trust	Website with links and opps for carers to share experiences	0844 8004361	<a href="http://www.carers.org">www.carers.org</a>
Carers Assessment	Free assessment of the impact caring has upon you and the support you may need	0300 5008080	<a href="mailto:enquiries@nottsc.gov.uk">enquiries@nottsc.gov.uk</a>

Age UK

Has produced two really helpful booklets: 'From us to you: Top tips for older carers from older carers' and 'Advice for carers: A practical guide'. Available from

[www.ageuk.org.uk](http://www.ageuk.org.uk)

0800 169 65 65

Alzheimer's Society

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Helpline 0945 300 0336

Carers UK

Information and advice for carers of all ages

[www.carersuk.org](http://www.carersuk.org)

020 7378 4999

Princess Royal Trust for Carers

Information and advice for carers of all ages

[www.carers.org](http://www.carers.org)

0844 800 4361

Rethink

A mental health charity that offers support to family and carers

[www.rethink.org](http://www.rethink.org)

020 7840 3188