

Where to get help

Last updated July 2011

There are a wide range of support services for unpaid carers in York. Some are arranged by York Carers Centre, some by City of York Council, and some by voluntary organisations.

A full list of useful organisations and groups is included in this pack but the key sources of support for unpaid carers in York are:

York Carers Centre offers free advice and information that will help you find the support that suits you best. Other services include Carers Emergency Card, young carers (8 to 18), young adult carers (18 to 25), and a substance misuse service. Call **(01904) 715490**

City of York Council offer Carers Assessments of Need and other support.

- York Customer Centre general number **(01904) 551550**
- Adult Social Care Services on **(01904) 555111**
- Children's Social Services on **(01904) 551900**

York Carers Forum is run by unpaid carers to support and raise the profile of unpaid carers and former carers in the York area. They have a monthly newsletter and regular monthly meetings and socials. Call **(01904) 422437**




CANDI is the forum for parents and carers whose children have disabilities and/or additional needs. Call **0775 1828369**

Crossroads provides practical help and short breaks for carers of both adults and children. Call **(01904) 790200**

York Carers Centre

-  **01904 715490**
-  **enquiries@yorkcarerscentre.co.uk**
-  **www.yorkcarerscentre.co.uk**

City of York Council

-  **01904 555111**
-  **adult.socialsupport@york.gov.uk**
-  **www.york.gov.uk/health/carers**