**Age UK**

Information and advice service for people over 50.

Tel: 01904 634 061 from 9.30am to 3.30pm Monday to Friday

Email: ageukyork@ageukyork.org.uk

A range of factsheets, information and advice also available at:

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

**Beacon CHC**

NHS Continuing Healthcare Information and Advice Service.

Tel: 0345 548 0300

[www.beaconchc.co.uk/](http://www.beaconchc.co.uk/)

**City of York Council**

Adult Social Care Team

Tel: 01904 555 111 from 8.30am to 5.00pm Monday to Friday

Email: adult.socialsupport@york.gov.uk

Emergency Adult Social Care: from 5pm to 8.30 am and 24 hours daily at weekends

Tel: 01609 780 780

**City of York Council Talking Points**

An opportunity to have an informal face to face conversation with adult social care staff, who can help you talk through options and get individual advice.

* There are currently nine Talking Points locations throughout York and outlying villages, contact the Adult Social Care Team to book an appointment or know more on 01904 555 111

**Independent Age**

Information and advice for older people.

Tel: 0800 319 6789 from 8.30am to 6.30pm Monday to Friday, or Saturday from 9am to 1pm

Email advice@independentage.org

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

**Money Advice Service**

Learn about NHS and self-funding options, managing direct payments, and other ways to pay for care.

Tel: 0800 138 7777

[www.moneyadviceservice.org.uk/en/categories/paying-for-care](http://www.moneyadviceservice.org.uk/en/categories/paying-for-care)

**NHS Continuing Healthcare Funding and Funded Nursing Care**

Some people with long-term complex health needs qualify for free social care arranged and funded solely by the NHS. This is known as NHS continuing healthcare. NHS-funded nursing care is when the NHS pays for the nursing care component of nursing home fees. The NHS pays a flat rate directly to the care home towards the cost of this nursing care.

[www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/](http://www.nhs.uk/conditions/social-care-and-support-guide/money-work-and-benefits/)

**Which?**

Free, independent and practical guidance about making care choices across the UK. Includes a simple tool to find out how much care might cost and eligibility for financial support.

[www.which.co.uk/later-life-care](https://www.which.co.uk/later-life-care)

**York Carers Centre**

Information and advice about care related issues and benefits.

Tel: 01904 715 490

Email: [enquiries@yorkcarerscentre.co.uk](file:///C%3A%5CUsers%5CJames%5CDownloads%5Cenquiries%40yorkcarerscentre.co.uk)

[www.yorkcarerscentre.co.uk](file:///C%3A%5CUsers%5CJames%5CDownloads%5Cwww.yorkcarerscentre.co.uk)

**Independent Financial Advice**

**Society of Later Life Advisors**

SOLLA is a not-for-profit organisation aiming to ensure people are better informed about the financial issues of later life. You can search for a local accredited advisor on their database.

Tel: 0333 2020 454

Email: admin@societyoflaterlifeadvisers.co.uk

[www.societyoflaterlifeadvisers.co.uk/](http://www.societyoflaterlifeadvisers.co.uk/)

**Emotional Support**

**York Mind carers counselling**

This is a service specifically developed for people who care for someone close to them because of their physical or mental health. It provides space to talk about issues that are important, in order to help carers cope with caring responsibilities.

Tel: 01904 643364 (choose Option 4)

Email: counselling@yorkmind.org.uk

**York Carers Centre**

A carer support service providing one-to-one emotional support to help carers find ways in which to improve their own health and wellbeing.

Tel: 01904 715 490 from 9am to 5pm Monday to Thursday, 9am to 4.30pm Friday

**Other Information or Support**

**City of York Council Local Area Coordinators**

Local Area Coordinators work with individuals and families of all ages and abilities. They help raise awareness of available resources within the local community and support people with a wide range of issues.

Areas currently covered are: Acomb (into Holgate), Clifton, Guildhall, Haxby and Wigginton, Heworth, Huntington and New Earswick, Tang Hall (located in Hull Road Ward and Heworth Ward), Westfield. A list of the coordinators/telephone numbers by area is available on the website.

Tel: 01904 551 550 (City of York Council main helpline)

[www.york.gov.uk/directory/36/local\_area\_coordinators](http://www.york.gov.uk/directory/36/local_area_coordinators)

**Live Well York**

Information and directory of services/products.

Tel: 01904 551 006

[www.livewellyork.co.uk/](http://www.livewellyork.co.uk/)

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| **York Carers Centre** |  |
| (01904) 715490 |  |
| enquiries@yorkcarerscentre.co.uk |  |
| www.yorkcarerscentre.co.uk |  |