

Other information and advice for carers

Carers UK

Tel: 0808 808 7777

Carers Direct national helpline

Tel: 0300 123 1053

Available 9am - 8pm Mon-Friday
and 11am - 4pm at the weekends

Age UK advice hotline

Tel: 01773 768 240

Taking a break

Derbyshire County Take a Break Scheme

These are short term breaks for carers who need some time of their own and are available to carers living across Derbyshire. This is a free service provided by crossroads care. For more information call:

0115 962 8920



To talk to the Dementia Support Workers please call:
Steph on 07721 237 229

Alternatively contact us at the surgery on Thursdays

Elmwood Medical Centre
7 Burlington Rd, Buxton,
SK17 9AY
Phone: 01298 23019

Carer Support Services



Useful contacts to help guide and support carers

Carer Assessments

If you provide regular and substantial care you are entitled to a carer's assessment. The assessment is based on how the care you provide affects you. If any needs are identified, you will be offered support, information and advice. To arrange a carer's assessment contact either:

Thinkcarer Tel: **01332 380 224**

Or

**Derbyshire Carers Association
High Peak Central Office**

Offer support to all carers including information, carer's grants, day trips and carer's emergency card

Tel: **01663 745500** or
01246 222373

Benefit Entitlement

As a carer you may be entitled to benefits such as carers credit and carers allowance. You can get more information on what you are entitled to from the following organisations:

Benefits Enquiry Line

Tel: **0800 88 22 00**

Monday - Friday 8.30am-6.30pm

Citizens Advice Bureau

Tel: **03444 111 444**

Derbyshire Welfare Rights

Service Tel: **0845 120 2985**

Carer's Support Groups

Buxton Carer's Café at:

The Vault, 2-4 High Street, Buxton, SK17 6EU. Meets on the 1st Wednesday of each month 11:00am - 12:00pm

Contact: Jill Cowan on **01246 222373** for more information (between 10am - 3pm)

Stress Buster's Group at:

Methodist Church Hall, Market Place.

Meets on the 1st Wednesday of every month between 11.30am - 1.30pm. A massage therapist is on hand for stress relieving massage and a support worker from 'Thinkcarer' available for advice and guidance.

Contact Linda on **01298 23980**

The **Alzheimer's Society** provide memory cafés, support groups and information programmes. Contact them for details of your nearest group:

Tel: **01246 223366**

email: derbyshire@alzheimers.org.uk

web: alzheimers.org.uk

Counselling and emotional support for carers

The following organisations provide counselling and emotional support for carers:

Talking Mental Health Derbyshire

A free counseling service providing talking therapy for anyone who feels they may benefit from their support.

Tel: **0300 123 0542** for an appointment

Focusline

A confidential telephone support and information service

Tel: **0800 027 2127** Mon-Fri 5pm - 9am and 24 hours at weekends

Saneline

Provides emotional support and specialist information to individuals affected by mental health problems, their family, friends or carers

Tel: **0845 767 8000** (daily 6pm - 11pm)

Mind Infoline

A mental health information service to service users, professionals, carers and the general public

Tel: **0300 123 3393**

Mon - Friday 9am - 6pm