

Information for carers

Emergency carers card

You can apply for an emergency carer's card notifying individuals looking after you in an emergency that you are a carer and have a dependant person.

Web: www.northyorks.gov.uk/adult-care/carers/carers-emergency-card – over 18yrs

Carer's Assessment

Help for the carer including respite, financial support etc.

Tel: 01609 780 780 (if they don't already have a social worker) If they do have a social worker, you can contact them for one.

Web: www.northyorks.gov.uk/adult-care/carers/carers-assessment

Carers allowance

You can access info at the following website

W: www.gov.uk/carers-allowance

3rd party consent & influenza vaccination.

An agreement which allows you as a carer to access necessary medical information and personal details.

You can access a copy of the authorisation form on our website, please go to services then forms.

You can also have the influenza vaccination and a health check if desired.

T: 01845 523157

W: www.lambertmedicalcentre.co.uk

Thirsk community works

Local support group offering various services inc food banks.

T: 01845 524494/523115

E: info@communityworks.uk.

W: www.communityworks.uk

Carers plus Yorkshire

Free carers support services for unpaid carers age 8+ in Hambleton and Richmond, inc home from hospital advise.

Not Just me – Support group run by carers plus held at the Easingwold football club Thursday 22nd June and then fortnightly thereafter 10am-12noon – no need to book just pop in.

Tel: 01609 780872

E: admin@carersplus.net

Web:

www.carersplus.net

www.carersplus.net/our-services/home-from-hospital

Hambleton food share

Food bank

T: 07514 244158

E: info@hambletonfoodshare.org.uk

W: dev1.hambletonfoodshare.org.uk

Helping hands

Bespoke one to one home care from as little as 30min e.g., respite care / housekeeping

T: 01609 618 019

W: www.helpinghands.co.uk

Holy Rood House

Offering therapeutic care and retreats

T: 01845 522580

E: enquiries@holyroodhouse.org.uk

W: [Home \(holyroodhouse.org.uk\)](http://Home(holyroodhouse.org.uk))

Age UK North Yorkshire and Darlington

Information and Advice on a range of services specifically designed for people in later life, inc benefit advice and support with carers forms e.g., carers allowance (all free and confidential)

T: 0300 302 0100

Web: www.ageuk.org.uk/northyorkshiredarlington/

Carers UK

National support for carers – with various links and forums to communicate with other carers for support and advise.

T: 0808 808 7777

E: advice@carersuk.org

Web: www.carersuk.org

A digital resources pack with lots of useful information and links can also be found at the following website address:

<https://carersdigital.org/login/>

Log in details

Username: hnyicb-ny.lambertmc@nhs.net

Password: Lambert-2023

Alzheimer's association

Practical support for people with dementia.

T: 01748 825817

E: Richmond@alzheimers.org.uk

W: www.alzheimers.org.uk

Singing for the brain

As singing group ran by the Alzheimer's society in Northallerton – contact for dates / times

T: 01904 929444

E: freya.hewick@alzheimers.org.uk

Add: 73 High St, Northallerton, DL7 8EG

Companion calls

Companion Calls can help people with dementia and carers feel more connected and less lonely.

E: [Companion Calls | Alzheimer's Society \(alzheimers.org.uk\)](http://Companion Calls | Alzheimer's Society (alzheimers.org.uk))

Dementia forward

Dementia support services

T: 03300 578592

E: info@dementiaforward.org

W: www.dementiaforward.org.uk

MacMillan support and information centre

T: 01609 764033

W: www.macmillan.org.uk

Mencap

Provides facilities for a range of services for people with learning disabilities in the local community.

T: 01609 778894

W: northallertonmencap.org.uk

Herbert protocol

Herbert Protocol. North Yorkshire Police have launched a new scheme which is designed to help find people with dementia who go missing

W: www.northyorkshire.police.uk/advice/advice-and-information/missing-person/missing-persons/vulnerable-people-at-risk-of-going-missing/dementia-missing-risk-herbert-protocol/

North Yorkshire council / Social services

For services in adult social care, disabled children's services, social care coordinator.

If you are struggling and feel you need extra help you can get information on the link below for things such as financial help, assisted living facilities.

T: 0300 131 2 131

W:

www.northyorks.gov.uk/adult-care/social-care-adults

www.northyorks.gov.uk/children-and-families

Citizens advise

For advice on lots of different things such as financial support, housing support, knowing your rights.

W: www.citizensadvice.org.uk

Herriot Hospice drop in Session

A friendly drop in session for anyone affected by terminal illness or bereavement, to have a chat with the Herriot hospice team and meet other peers over a cuppa.

Every Tuesday 2-4pm Thirsk Town Hall

W: www.herriothh.org.uk

Just B run by the Herriot Hospice

A confidential space to talk about emotional wellbeing with trained counsellors

7 days a week 8am – 8pm

T: 01423 856 799

Just B workshop

A free workshop for anyone who lives with a young person and wants help them improve their mental wellbeing. Strategies for supporting individual needs and help navigating mental health systems.

Parents and carers can refer themselves via Just B details below:

T: 01423 856790

E: justbCYP@justb.org.uk