

## 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](http://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](http://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](http://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](http://www.lambertmedicalcentre.co.uk)

### **Thirsk community works**

Local support group offering various services inc support services, meals on wheels, food banks, car share scheme and a sitter's service.

T: 01845 524494/523115

E: [info@communityworks.uk](mailto:info@communityworks.uk).

W: [www.communityworks.uk](http://www.communityworks.uk)

### **Carers plus Yorkshire**

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

Tel: 01609 780872

E: [admin@carersplus.net](mailto:admin@carersplus.net)

Web:

[www.carersplus.net](http://www.carersplus.net)

[www.carersplus.net/our-services/home-from-hospital](http://www.carersplus.net/our-services/home-from-hospital)

### **Hambleton food share**

Food bank

T: 07514 244158

E: [info@hambletonfoodshare.org.uk](mailto:info@hambletonfoodshare.org.uk)

W: [dev1.hambletonfoodshare.org.uk](http://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](http://www.helpinghands.co.uk)

**Home Instead – care company**

Contact - Karen Wasley - 01423 774490

[karen.wasley@harrogate.homeinstead.co.uk](mailto:karen.wasley@harrogate.homeinstead.co.uk)

[www.homeinstead.co.uk/harrogate](http://www.homeinstead.co.uk/harrogate)

Minimum 1hr – can do sitters services / carers / evenings and weekends.

**Holy Rood House**

Offering therapeutic care and retreats

T: 01845 522580

E: [enquiries@holyroodhouse.org.uk](mailto: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/](http://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](mailto:advice@carersuk.org)

Web: [www.carersuk.org](http://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](mailto: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](mailto:Richmond@alzheimers.org.uk)

W: [www.alzheimers.org.uk](http://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](mailto: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: <https://www.alzheimers.org.uk/get-involved/volunteering/ways-volunteer/companion-calls>

**Dementia forward**

Dementia support services

T: 03300 578592

E: [info@dementiaforward.org](mailto:info@dementiaforward.org)

W: [www.dementiaforward.org.uk](http://www.dementiaforward.org.uk)

Updated 21.06.24.

### **Other Dementia support groups**

Dementia support group run by Thirsk Community Works at Orchid House for more details please contact Gill Burnside at Thirsk Community Works on the below contact details:

E-mail [gill@communityworks.uk](mailto:gill@communityworks.uk)

Tel 01845 524494 or 07917612566

The below website is a fantastic website created for people in North Yorkshire diagnosed with dementia, if you can't access the web site, please contact Julie Hall at the Lambert Medical Centre for a copy of the book.

<https://www.the-blue-book.org.uk/>

### **MacMillan support and information centre**

T: 01609 764033

W: [www.macmillan.org.uk](http://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](http://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/](http://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](http://www.northyorks.gov.uk/adult-care/social-care-adults)

[www.northyorks.gov.uk/children-and-families](http://www.northyorks.gov.uk/children-and-families)

### **Blue badge application details:**

W: [myaccount.northyorks.gov.uk/blue-badge](http://myaccount.northyorks.gov.uk/blue-badge)

### **Citizens advise.**

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

W: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### **Lifeline information**

Reach and Respond teams at Beyond Housing

Telephone 0333 370 1234

Website address for more information [www.reachandrespond.co.uk](http://www.reachandrespond.co.uk)

**Herriot Hospice drop-in Session.**

A friendly drop inn 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 Sowerby Parochial Hall

W: [www.herriothh.org.uk](http://www.herriothh.org.uk)

**Just B run by the Herriot Hospice**

Just 'B' Hear to Help, part of our family of services, is here for you with emotional wellbeing and bereavement support.

Our community can send a text message or email, or call to request support, and you'll receive a phone call from a trained specialist within one to five working hours (9am-5pm Monday-Friday).

- By phone (leaving a voicemail): 01423 856 799\*

- By text (sending a text message): 01423 200118\*

- By email: [helplines@justb.org.uk](mailto:helplines@justb.org.uk)

**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](mailto:justbCYP@justb.org.uk)