

Information for carers

General Information

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 you don't already have a social worker) If you do have a social worker, you can contact them for an assessment.

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

Carers allowance

You can access info at the following website.

W: www.gov.uk/carers-allowance

Attendance Allowance

The person you are caring for may be entitled to attendance allowance; this is a tax-free benefit in the UK for people who have reached State Pension age (currently 66) and have a physical or mental disability that requires them to have help with personal care or supervision.

See the website below for more information:

<https://www.gov.uk/attendance-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 (consent to allow 3rd party regular access to records).

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

T: 01845 523157

W: www.lambertmedicalcentre.co.uk

Citizens advise.

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

W: www.citizensadvice.org.uk

Blue badge application details:

W: myaccount.northyorks.gov.uk/blue-badge

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

Local & National support groups

Thirsk community works

Local support group offering various support services, meals on wheels, food banks, car share scheme, family carers group, weekly drop-in session, sitter's service and much more, see info below for more information.

T: 01845 524494/523115

E: info@communityworks.uk.

W: www.communityworks.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))

Hambleton food share

Food bank

T: 07514 244158

E: info@hambletonfoodshare.org.uk

W: dev1.hambletonfoodshare.org.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

Web:

www.carersplus.net

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

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

Local Care Companies

See below the North Yorkshire Council care services directory:

https://www.carechoices.co.uk/wp-content/uploads/2020/04/North_Yorkshire_2025_ebook_edition_2.pdf

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

Home Instead – care company

Contact - Karen Wasley - 01423 774490

karen.wasley@harrogate.homeinstead.co.uk

www.homeinstead.co.uk/harrogate

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

Dementia support

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/

Dementia forward

Dementia support services

T: 03300 578592

E: info@dementiaforward.org

W: www.dementiaforward.org.uk

Community Works Dementia Day Group

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

Tel 01845 524494

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.

Web: www.alzheimers.org.uk/get-involved/volunteering/ways-volunteer/companion-calls

The blue book

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/>

Cancer support

MacMillan support and information centre

T: 01609 764033

W: www.macmillan.org.uk

Learning Disabilities

Mencap

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

T: 01609 778894

W: northallertonmencap.org.uk

Elderly support

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/

Lifeline information

Reach and Respond teams at Beyond Housing

Telephone 0333 370 1234

Website address for more information www.reachandrespond.co.uk

Bereavement support

Herriot Hospice Bereavement support

Drop-in session

If you're affected by terminal illness, bereavement or emotional wellbeing, our wellbeing team invite you to drop in every Tuesday, 2-4pm. You can access information and meet others for peer support over a cuppa.

Weekly drop-in at Herriot Hospice at The Lambert, every Tuesday, 2-4pm

You can also pop into their café Monday to Friday 10am – 2pm to meet the wellbeing team.

Support over the phone

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

*Standard call/text charges apply. Consult your provider for more information.

One to one Bereavement support - Making a referral

Just 'B' bereavement support is available via self-referral or professional referral across the Harrogate, Hambleton and Richmondshire districts of North Yorkshire. To refer, please download the relevant referral form link below. If you require any further support, please get in touch via 01423 856 790 (children and young people) or 01423 814 480 (adults).

<https://justb.org.uk/referrals/>

1:1 emotional support

One to one terminal illness support

You can talk on a 1:1 basis with our Wellbeing Network team, about anything which concerns you regarding terminal illness. This may range from questions and worries around practical, emotional or financial issues which are part of the journey towards end of life. Where appropriate, our team may refer you to other types of support. Anyone affected by terminal illness is welcome to join us for a series of 1:1 sessions, and the service can also support with memory work, leaving messages for a friend or family member. Herriot can also provide this service via home visits.

Access to this support is via a health professional, who can email wellbeing@herriothh.org.uk or call (01423) 878 189

CRUSE Bereavement cover York and North Yorkshire

Tel 01904 481162

Email york@cruse.org.uk

Website - <https://www.cruse.org.uk/get-help/local-services>

Care for the family – parent who have lost a child

Care for the family have offer such as befriending along with support days, weekend, events their web address is.

<https://www.careforthefamily.org.uk/support-for-you/family-life/bereavement-support/bereaved-parent-support/>

Grief encounter – children and young adults up to the age of 25

Founded by [Dr Shelley Gilbert MBE](#), our mission is to give every child and young person access to the best possible support following the death of someone close.

<https://www.griefencounter.org.uk/>