

### **Crossroads**

The Carers Centre  
1 Graham Road  
Weston-super-Mare BS23 1YA  
**01934 411855**

**Motor Neurone Disease Association**  
National Contact No **01604 250505** for  
information packs  
Helpline **08457 626262**

**Dementia Care**  
**01275 846611**

**The Stroke Association**  
Contact No - **0845 30 33 100**

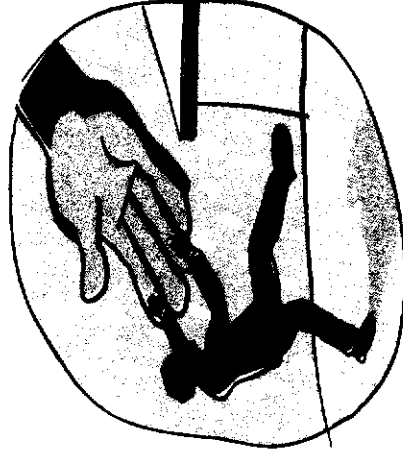
**Carers UK**  
National Contact No **020 7566 7625**  
[www.carersonline.org.uk](http://www.carersonline.org.uk)



**YEO VALE MEDICAL PRACTICE**

**01934 839820**  
[www.yeovale.co.uk](http://www.yeovale.co.uk)

**OUT OF HOURS call 0845 121 0235**  
**NHS Direct 08 45 4647**  
[www.nhs.uk](http://www.nhs.uk)



# A Carer's Guide

As a carer you may be in need of need assistance. There are a variety of voluntary organisations that provide help and you may be entitled to further assistance through a referral to Social Services.

**CARE CONNECT 01275 888801**

This is Social Services main information line. They can direct you to your most useful source of assistance, or if you offer a substantial amount of care for a client known to them already you might need a formal assessment of your needs (under the Carer's Act)

**Services that might be helpful may include:-**

- Help with household tasks
- Help with caring tasks during the day and night
- Respite care
- Activities for the "cared for" person
- Benefits advice

**Other useful services**

- Community Nurse telephone number **01934 839824**
- Health Visitor telephone number...**01934 839827**
- Macmillan Nurse – discuss with GP, or Community Nurse

**Useful organisations:-**

**Alzheimer's Society**

Helpline: **0845 300 0336**

Local Office for advice and Information -  
North Somerset Branch

Severn Unit

Ebdon Court, Trenleigh Drive  
Worle

**01934 514977**

**Age Concern**

National Contact No – **0800 009966**

Local Office for advice and Information (Taunton)  
**01823 423496**

**MIND**

Helpline **0808 808 0330**

Local office **0117 980 0370**

**DIAL – Disablement Information & Advice Line**

Room 5

Roselawn

28 Walliscote Grove Road

Weston-super-Mare BS23 1UJ

**01934 419426 Tuesday and Thursday 11–3**

**Wednesday and Friday 10 – 2**