

# Manchester Carers Network – Guide to Providers



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## Introduction

Manchester Carers Network is a group of organisations providing information, advice and support for carers.

What is a carer?

A carer is someone who looks after a relative, partner or friend who could not manage without that help due to illness, disability, frailty or addiction. A carer is unpaid – different from a care worker. They may provide support to the person they look after for a few hours a week or 24/7, with anything from emotional support to medication to dressing, feeding or bathing.

Carers don't choose to become carers, it just happens.

Anyone can become a carer; carers come from all walks of life, all cultures and any age. Many feel they are doing what anyone else would do in the same situation - looking after their parent, partner, child or best friend and just getting on with it.

You may not think of yourself as a carer but there is information and help out there for you. Please contact us to find out more.

Young carers:

- If you are between 13 and 18 years old, please contact Targeted Youth Support Service on [page 13](#)
- If you are between 16 and 25 years old, please contact Manchester Carers Centre on [page 9](#)
- If you are – or you know – a young carer who is younger than 13, please contact the early help hub:

North Manchester – 0161 234 1973  
Central Manchester – 0161 234 1975  
South Manchester – 0161 234 1977

<b>Organisation</b>	<b>Admiral Nurses</b>
<b>What they do</b>	Specialist dementia nurses, working in the community, with family carers and supporters of people with dementia. Carers must meet criteria and be referred by Greater Manchester Mental Health team.
<b>Service (s)</b>	Person-centred assessments of the needs of family carers and individuals with dementia - Psychological support - Information - Practical advice - Helping family carers to develop and improve skills in care giving - Guidance about how to access appropriate services - Therapeutic, psycho-educational and social support groups for family carers - Referral to treatment and support services - End of life and bereavement support
<b>Phone</b>	0161 882 1063 (Admin hours 8:30am - 1pm except Wednesday)
<b>Website</b>	<a href="https://www.gmmh.nhs.uk/manchester-memory-and-dementia-services">https://www.gmmh.nhs.uk/manchester-memory-and-dementia-services</a>
<b>Service centre</b>	Admiral Nurse Service, 11th Floor, Hexagon Tower, Crumpsall Vale, Blackley, Manchester M9 8GQ



<b>Organisation</b>	<b>African Caribbean Care Group (ACCG)</b>
<b>What they do</b>	Services for people of African Caribbean descent. Respite available to support carers to continue their caring role and maintain employment.
<b>Service (s)</b>	Support for Carers - Day Care - Home Care - Holistic Therapies - Excursions Health Checks Hospital Visiting – Exercise Sessions – Art & Craft - Music Therapy - Health Promotion - Meals on Wheels - Luncheon Clubs - Information and Advice sessions - Befriending – Advocacy – Transport – Library
<b>Phone</b>	0161 226 6334 or 0161 848 8281 (Mon - Fri 9.00am to 4.30pm)
<b>Email</b>	<a href="mailto:admin@accg.org.uk">admin@accg.org.uk</a>
<b>Website</b>	<a href="http://www.accg.org.uk">www.accg.org.uk</a>
<b>Twitter</b>	@ACCGManchester
<b>Facebook</b>	<a href="https://www.facebook.com/AfricanCaribbeanCareGroup">https://www.facebook.com/AfricanCaribbeanCareGroup</a>
<b>Service centre</b>	Claremont Resource Centre, 2 Jarvis Road, Hulme, Manchester M15 5FS



<b>Organisation</b>	<b>African and Caribbean Mental Health Services (ACMHS)</b>
<b>What they do</b>	Provide support to older carers of African and African Caribbean people with mental health problems
<b>Service (s)</b>	Emotional support – Home visits – Benefits advice – Phone support – Advocacy – Information and advice – Carer voice
<b>Phone</b>	0161 226 9562
<b>Email</b>	<a href="mailto:carers@acmhs-blackmentalhealth.org.uk">carers@acmhs-blackmentalhealth.org.uk</a>
<b>Facebook</b>	<a href="https://www.facebook.com/African-and-Caribbean-Mental-Health-Services-477977328945372/">https://www.facebook.com/African-and-Caribbean-Mental-Health-Services-477977328945372/</a>
<b>Service centre</b>	Windrush Millennium Centre, 70 Alexandra Road, Moss side, Manchester, M16 7WD



<b>Organisation</b>	<b>Alzheimer's Society</b>
<b>What they do</b>	Support people in Manchester who are caring or have cared for someone living with dementia
<b>Service (s)</b>	Provide a range of support for anyone who is caring for someone affected by dementia. Support can be accessed face to face, over the phone or through a variety of online services. A large range of information is available alongside signposting, onward referrals and emotional support. We run a number of support groups across Manchester for carers of people affected by dementia and also offer training via our Carers Information and Support Programmes (CRISP)
<b>Phone</b>	0161 962 4769
<b>Email</b>	<a href="mailto:manchester@alzheimers.org.uk">manchester@alzheimers.org.uk</a>
<b>Website</b>	<a href="https://www.alzheimers.org.uk/">https://www.alzheimers.org.uk/</a>
<b>Twitter</b>	<a href="https://twitter.com/alzsocNWEngland">twitter.com/alzsocNWEngland</a>
<b>Facebook</b>	<a href="https://facebook.com/AlzheimersSocietyNorthWest">facebook.com/AlzheimersSocietyNorthWest</a>
<b>Service centre</b>	Dunham House, 85-89 Cross Street, Sale M33 7HH



<b>Organisation</b>	<b>Asian Parent Carers Project (MCCR)</b>
<b>What they do</b>	Asian Parent Carers Project promotes access to services for Asian parents with disabled children
<b>Service (s)</b>	Parent carer support group - Emotional peer support - Healthy living activities – Information and advice service - Personal development and self-help workshops - Home visits - Telephone support - Respite care – Bilingual support for Urdu and Punjabi speakers
<b>Phone</b>	0161 227 8708 – Tuesdays only
<b>Email</b>	<a href="mailto:nahmed@mccr.org.uk">nahmed@mccr.org.uk</a>
<b>Website</b>	<a href="http://www.mccr.org.uk">www.mccr.org.uk</a>
<b>Twitter</b>	@kmoghal
<b>Facebook</b>	<a href="http://www.facebook.com/Mccr-Manchester-Asian-Parent-Carers">www.facebook.com/Mccr-Manchester-Asian-Parent-Carers</a>
<b>Service centre</b>	Manley Park Community Centre, York Avenue, Whalley Range, Manchester M16 0AS



<b>Organisation</b>	<b>CARES Club</b>
<b>What they do</b>	Social and activities group at Withington Hospital
<b>Service (s)</b>	Weekly social support group for carers and cared for. Card craft sessions, seated exercise class, complementary therapies such as manicures, massage etc. See Support Groups for more details.
<b>Phone</b>	0161 217 4920
<b>Email</b>	<a href="mailto:michele.latham@UHSM.nhs.uk">michele.latham@UHSM.nhs.uk</a>
<b>Website</b>	<a href="https://manchester.fsd.org.uk/kb5/manchester/directory/service.page?id=0praNINQf3w">https://manchester.fsd.org.uk/kb5/manchester/directory/service.page?id=0praNINQf3w</a>
<b>Service centre</b>	Active Therapy Team, Withington Community Hospital, Nell Lane, Manchester M20 2LR



<b>Organisation</b>	<b>Connect Support</b>
<b>What they do</b>	Connect Support provide a range of services for carers/families of individuals with severe mental health problems (e.g. psychosis, schizophrenia, bi-polar disorder).
<b>Service (s)</b>	Home visits to offer emotional support - Information and practical help - Support Group Meetings (Central and South Manchester) - Social events - Mental health education programmes including 'What is Mental Illness?' and 'Coping & Stress Management'.
<b>Phone</b>	01625 262658
<b>Email</b>	<a href="http://www.connectsupport.org/contact-us.php">http://www.connectsupport.org/contact-us.php</a>
<b>Website</b>	<a href="http://www.connectsupport.org.uk">www.connectsupport.org.uk</a>
<b>Facebook</b>	<a href="http://www.facebook.com/ConnectSupport">www.facebook.com/ConnectSupport</a>
<b>Service centre</b>	Benchill Community Centre, Benchill Road, Manchester M22 8EJ



<b>Organisation</b>	<b>Gaddum Centre</b>
<b>What they do</b>	Gaddum provides health and social care services to adults, children & young people and families including Advocacy, Bereavement support, Palliative Care, Counselling and Carers Centres, and provides the network coordination role for Manchester Carers Network.
<b>Service (s)</b>	Please see website for details
<b>Phone</b>	0161 834 6069
<b>Email</b>	<a href="mailto:info@gaddum.co.uk">info@gaddum.co.uk</a>
<b>Website</b>	<a href="http://www.gaddumcentre.co.uk">www.gaddumcentre.co.uk</a>
<b>Twitter</b>	@GaddumCentre
<b>Service centre</b>	Gaddum House, 6 Great Jackson Street, Manchester M15 4AX



<b>Organisation</b>	<b>Himmat</b>
<b>What they do</b>	Himmat is a support centre for carers of people with learning disabilities and physical disabilities from a south Asian background.
<b>Service (s)</b>	Classes in fitness, health awareness, sewing, English - Health action plans - Over 60's swimming classes and walking groups - Emotional support - Help with form filling – Home visits – Benefits advice – Carers newsletter – Phone support
<b>Phone</b>	0161 224 7250
<b>Email</b>	<a href="mailto:info@himmat.org.uk">info@himmat.org.uk</a>
<b>Website</b>	<a href="http://www.himmat.org.uk">www.himmat.org.uk</a>
<b>Twitter</b>	@himmatmcr
<b>Facebook</b>	<a href="https://www.facebook.com/Himmat-Support-Centre-North-West-1628903444086428">https://www.facebook.com/Himmat-Support-Centre-North-West-1628903444086428</a>
<b>Service centre</b>	Midway Business Centre, 703 Stockport Road, Longsight, Manchester M12 4QN

*Indian Senior Citizens Centre, Manchester*

<b>Organisation</b>	<b>Indian Senior Citizens Centre</b>
<b>What they do</b>	Services and support for older people of Indian origin
<b>Service (s)</b>	Day support services, social and recreational activities - Luncheon club and meals on wheels – Carers' drop-in sessions - Information, advice and interpretation service - IT suite – Gym – Phone support – Home visits – Help with form filling - Prevention and well-being services - Weekly yoga and exercise classes
<b>Phone</b>	0161 232 0999 / 0161 232 7994
<b>Email</b>	<a href="mailto:iscc@talk21.com">iscc@talk21.com</a>
<b>Website</b>	<a href="http://www.iscc-manchester.org">www.iscc-manchester.org</a>
<b>Facebook</b>	<a href="https://www.facebook.com/Indian-Senior-Citizens-Centre-Manchester-671420622995421">https://www.facebook.com/Indian-Senior-Citizens-Centre-Manchester-671420622995421</a>
<b>Service centre</b>	Indian Senior Citizens Centre, 16/18 Whalley Road, Whalley Range, Manchester M16 8AB





<b>Organisation</b>	<b>LMCP Care Link</b>
<b>What they do</b>	Work with and on behalf of older South Asian people and their carers, and South Asian women with mental health needs and their carers.
<b>Service (s)</b>	Emotional and practical support - Asian Carers' Group and drop-ins - Monthly support group - Introduction to care-related work - Information and advice - Training
<b>Phone</b>	0161 226 4632
<b>Email</b>	<a href="mailto:lmcpcarelink@btconnect.com">lmcpcarelink@btconnect.com</a>
<b>Website</b>	<a href="http://www.lmcpcarelink.co.uk">www.lmcpcarelink.co.uk</a>
<b>Twitter</b>	@lmcpcarelink
<b>Service centre</b>	The Pastoral Centre, 95A Princess Road, Manchester M14 4TH



<b>Organisation</b>	<b>Manchester Carers Centre</b>
<b>What they do</b>	Services for carers: Young Adult Carers Project (16-25) and all Adult Carers over 18+ general services
<b>Service (s)</b>	Telephone helpline service for individual carers offering tailored information & advice, a listening ear, emotional support and practical help. Health & wellbeing services including social & peer activities, information & training workshops and projects for different groups of carers. Young Adult Carers service for those caring aged 16-25 years. This project supports individual young people to deal with the personal barriers they face and enables them to reach their full potential and make the most of opportunities.
<b>Phone</b>	0161 27 27 27 0 – open 10am – 4pm Tuesday to Friday
<b>Email</b>	<a href="mailto:admin@manchestercarers.org.uk">admin@manchestercarers.org.uk</a>
<b>Website</b>	<a href="http://www.manchestercarers.org.uk">www.manchestercarers.org.uk</a>
<b>Twitter</b>	@McrCarers
<b>Facebook</b>	<a href="http://www.facebook.com/manchester.carers.centre">www.facebook.com/manchester.carers.centre</a> <a href="http://www.facebook.com/manchesteryoungadultcarers">www.facebook.com/manchesteryoungadultcarers</a>
<b>Service centre</b>	Bridge 5 Mill, 22a Beswick Street, Manchester M4 7HR



<b>Organisation</b>	<b>Manchester Carers Forum</b>
<b>What they do</b>	Aim to provide adult carers with a collective voice and to provide reassurance that someone is listening.
<b>Service (s)</b>	Support groups – Training - Peer mentoring for dementia carers – HANDS for carers of people living with addiction/substance abuse - Activities – Volunteering – Legal advice sessions
<b>Phone</b>	0161 819 2226
<b>Email</b>	<a href="mailto:info@manchestercarersforum.org.uk">info@manchestercarersforum.org.uk</a>
<b>Website</b>	<a href="http://www.manchestercarersforum.org.uk">www.manchestercarersforum.org.uk</a>
<b>Twitter</b>	@CarersForumMCR
<b>Facebook</b>	<a href="http://www.facebook.com/manchestercarersforum">www.facebook.com/manchestercarersforum</a>
<b>Service centre</b>	Gaddum House, 6 Great Jackson Street, Manchester, M15 4AX



<b>Organisation</b>	<b>Manchester Jewish Federation</b>
<b>What they do</b>	Carer services to members and their spouses/partners of the Jewish community of Greater Manchester
<b>Service (s)</b>	Carers' assessments - Carers' groups (including male carers group) - Carer breaks – Training – Annual calendar of carers events – Home visits – Information and advice – Respite provision – Phone support – Volunteering
<b>Phone</b>	0161 772 4800 (press option 2)
<b>Email</b>	<a href="mailto:duty@thefed.org.uk">duty@thefed.org.uk</a>
<b>Website</b>	<a href="https://www.thefed.org.uk/services/community-services-adults-and-older-people/carers-support/">https://www.thefed.org.uk/services/community-services-adults-and-older-people/carers-support/</a>
<b>Twitter</b>	@FED_Manchester
<b>Facebook</b>	<a href="https://www.facebook.com/THEFEDManchester/">https://www.facebook.com/THEFEDManchester/</a>
<b>Service centre</b>	Heathlands Drive, Prestwich, Manchester M25 9SB

<b>Organisation</b>	<b>Moodswings</b>
<b>What they do</b>	For people living with severe anxiety, depression, high and low mood, and their families
<b>Service (s)</b>	One to one support - Recovery work – Confidence-building groups - Workshops and courses - One to one support to make changes, manage mental health symptoms and reach goals - Friends and family support group – Helpline - Information, advice and support in person, over the phone or skype
<b>Phone</b>	0161 832 3736
<b>Email</b>	<a href="mailto:info@moodswings.org.uk">info@moodswings.org.uk</a>
<b>Website</b>	<a href="http://www.moodswings.org.uk">www.moodswings.org.uk</a>
<b>Twitter</b>	@moodswingstweet
<b>Facebook</b>	<a href="https://www.facebook.com/Moodswings-289363603529/">https://www.facebook.com/Moodswings-289363603529/</a>
<b>Service centre</b>	36 New Mount St, Manchester M4 4DE



<b>Organisation</b>	<b>Neesa Well Women</b>
<b>What they do</b>	Drop in project provides services for South Asian women of Cheetham and Crumpsall.
<b>Service (s)</b>	Support and advice for isolated women - Drop in - Coffee mornings - Older women's luncheon club - Stay & play - Library - Home visits - Outreach - English and sewing classes - Health seminars - Pamper sessions - Day trips - One to one support - Information and advice - Volunteer training - Chair based exercise
<b>Phone</b>	0161 740 2995
<b>Email</b>	<a href="mailto:neesa01@tiscali.co.uk">neesa01@tiscali.co.uk</a>
<b>Facebook</b>	<a href="https://en-gb.facebook.com/neesawellwomen/">https://en-gb.facebook.com/neesawellwomen/</a>
<b>Service centre</b>	Woodville Resource Centre, Shirley Road, Manchester M8 0NE



<b>Organisation</b>	<b>Stroke Association</b>
<b>What they do</b>	Stroke Recovery services aim to help people make the best possible recovery from stroke by offering practical help, support and information to both Stroke Survivors and Carers.
<b>Service (s)</b>	Helpline - Information and emotional support - Training for professionals - Stroke cafes - Life After Stroke grants – Information leaflets on website
<b>Phone</b>	Local Contact details – Helen Gilbertson/ Colette McGrath, Stroke Recovery Coordinators – Tel: 0161 742 7482 National Helpline - Tel: 0303 3033 100
<b>Email</b>	<a href="mailto:helen.gilbertson@stroke.org.uk">helen.gilbertson@stroke.org.uk</a>
<b>Website</b>	<a href="http://www.stroke.org.uk">www.stroke.org.uk</a>
<b>Twitter</b>	@TheStrokeAssoc
<b>Facebook</b>	<a href="https://www.facebook.com/TheStrokeAssociation">https://www.facebook.com/TheStrokeAssociation</a>
<b>Service centre</b>	6th Floor Stroke Association, Salford M6 5FN



<b>Organisation</b>	<b>Talbot House</b>
<b>What they do</b>	Support service for parents/carers of adults who have learning disabilities who live in the Manchester area
<b>Service (s)</b>	Emotional support - Training - Information – Advice on money and benefits – Carers breaks – Advocacy - Pamper service including nails, reflexology, massage and beauty – Emergency planning – Home visits – Phone support - <i>Thrive</i> , supporting parent carers over the age of 50 with planning for the future for their cared-for
<b>Phone</b>	0161 203 4095
<b>Email</b>	<a href="mailto:admin@talbot-house.org.uk">admin@talbot-house.org.uk</a>
<b>Website</b>	<a href="http://www.talbot-house.org.uk">www.talbot-house.org.uk</a>
<b>Twitter</b>	@talbothousemcr
<b>Facebook</b>	<a href="https://www.facebook.com/talbothouse">https://www.facebook.com/talbothouse</a>
<b>Service centre</b>	Talbot House Support Centre, 1 High Peak Street, Newton Heath, Manchester M40 3AT



<b>Organisation</b>	<b>Targeted Youth Support Service (Career Connect)</b>
<b>What they do</b>	Information and advice for young carers 13–18 years old
<b>Service (s)</b>	Information and advice – One-to-one support – Home visits – Advocacy – Benefits advice – Young carers wellbeing – Work with schools and colleges – Support for young people moving into education, employment and training
<b>Phone</b>	0800 0126 606
<b>Email</b>	<a href="mailto:yc@careerconnect.org.uk">yc@careerconnect.org.uk</a>
<b>Website</b>	<a href="https://www.careerconnect.org.uk/ManchesterConnexions-i169.html">https://www.careerconnect.org.uk/ManchesterConnexions-i169.html</a>
<b>Service centre</b>	Please see <i>Support Groups</i> on page 15



<b>Organisation</b>	<b>Wai Yin Society</b>
<b>What they do</b>	Provide health and social care to the Chinese and other minority communities
<b>Service (s)</b>	Advice and information – Interpreting Chinese and other languages - Luncheon club - Welfare advice - Carers Breaks and activities daily – Training - Outdoor sessions - Home visits - Hospital visits - Mental health support for carers
<b>Phone</b>	0161 833 0377
<b>Email</b>	<a href="mailto:info@waiyin.org.uk">info@waiyin.org.uk</a>
<b>Website</b>	<a href="http://www.waiyin.org.uk/">http://www.waiyin.org.uk/</a>
<b>Twitter</b>	@waiyincws
<b>Facebook</b>	<a href="https://en-gb.facebook.com/waiyinsociety/">https://en-gb.facebook.com/waiyinsociety/</a>
<b>Service centre</b>	Sheung Lok Centre, Justin Close, Manchester M13 9UB

## Local Support Groups - Please contact the organisation to check when and where the support group will meet.

Who/what	Details	When
CARES Club – activity group for adult carers	Active Therapy Team, Withington Community Hospital, Nell Lane, Manchester M20 2LR	Every Thursday 9.30am – 12.00pm
Connect Support – for carers of people living with mental ill-health	South Manchester Carers Support Group 'The Moorside', Robert Owen Gardens, Northenden, M23 4DD	Last Wednesday of the month: 7.30pm – 9.00pm
	Central Manchester Carers Support Group St Luke's Rectory, Corner of Stockport Road and Devonshire St, Longsight, M13 9AB	Monthly on Wednesdays 2.00pm – 3.30pm (check for dates)
LMCP Care Link – for carers of older south Asian people and carers of south Asian women with mental health needs	LMCP Care Link Support Group Longsight Library, 519 Stockport Road, Longsight M12 4NE	Contact to check times: <a href="mailto:lmcpcareslink@btconnect.com">lmcpcareslink@btconnect.com</a>
Manchester Carers Forum – for adult carers	East Carers Support Group Openshaw Resource Centre, 10 Catherine Street (Off Ogden Lane), Manchester, M11 1WF	Every two months on a Wednesday, 11.00am – 1.00pm – check for dates
	Hulme Group - Turing House, Archway 5, Manchester, M15 5RL	Third Monday of the month 11.00am – 12.30pm
	Levenshulme Carers Support Group Energy Box, Levenshulme High School, Crossley Road, Levenshulme, M19 1FS	First Thursday of the month 6.30pm – 8.30pm
	North Manchester Carers Support Group Cheetham Hill Medical Centre, 244 Cheetham Hill Road, Manchester, M8 8UP	First Wednesday of the month 10.30am – 12.30pm
	South Manchester Carers Support Group Crossacres Resource Centre, 1 Peel Hall Road, Wythenshawe, M22 5DG	Second Tuesday of the month 12.00pm – 2.00pm

Who/what	Details	When
Manchester Jewish Federation	Wellbeing Group for Carers Male Carers Group  Heathlands Village, Heathlands Drive, Prestwich, Manchester M25 9SB	Mondays, 10.00am – 12.00pm First Wednesday of the month 5.45pm – 7.45pm
Stroke Association – for people after stroke and their carers	Stroke Cafes - contact Helen Gilbertson 0161 742 7482 or 07983 343003: <u>Gorton</u> - Trinity Baptist Church, Wellington Street M18 8BE..... <u>Moston</u> - Sydney Jones Court, 333 St Mary's Road M40 0BH..... <u>Northenden</u> - Friends Meeting House, 82 Wythenshawe Road M23 0DJ.... <u>Harpurhey</u> - Factory Youth Zone, 931 Rochdale Road M9 8AE..... <u>Burnage</u> (South Manchester Stroke Support Group)..... - Hodgson Court, Burnage Lane, M19 2HE North Manchester Stroke Support Group - contact John Livesey 0161 654 8105 or Marion Sharkey 0161 681 5305	Monthly on a Monday 10.00am-1.00pm Monthly on a Monday 10.00am-1.00pm Monthly on a Tuesday 10.00am-12.30pm Monthly on a Wednesday 10.00am-1.00pm Two Wednesdays a month 10.30am-12.30pm
Targeted Youth Support Service Drop-in for young carers age 13-18	Wythenshawe Forum - 1st Floor in the Library, Forum Square, Wythenshawe, M22 5RX  Moss Side -The Powerhouse, 140 Raby St, Moss Side M14 4SL  The Factory Youth Zone, 931 Rochdale Road, Harpurhey M9 8AE	Email Louise Conley or Deborah Horner  Louise.Conley@careerconnect.org.uk Deborah.Horner@careerconnect.org.uk
Young Adult Carers aged 16-25	Manchester Carers Centre - Bridge 5 Mill, 22a Beswick Street, Manchester M4 7HR Get help with carers allowance, other benefits and money advice	Contact Elisabeth Mobile/Text: 07957 836058 <a href="mailto:elisabeth@manchestercarers.org.uk">elisabeth@manchestercarers.org.uk</a> Or call the centre: 0161 27 27 27 0

## Other useful links for carers

Visit us online – [www.manchestercarersnetwork.org.uk](http://www.manchestercarersnetwork.org.uk)

**Carers Toolkit** from Manchester City Council:

[http://www.manchester.gov.uk/info/200015/carers/3649/caring\\_for\\_someone](http://www.manchester.gov.uk/info/200015/carers/3649/caring_for_someone)

**Help and Support Manchester:**

[http://www.manchester.gov.uk/info/200015/carers/3649/caring\\_for\\_someone](http://www.manchester.gov.uk/info/200015/carers/3649/caring_for_someone)

A **Carer's Assessment** will help identify what support could be best for you.

Phone 0161 234 5001 to ask for an assessment. Carers are entitled to an assessment even if the person they care for doesn't receive services.

**Carers Direct** Helpline 0300 123 1053 if you need help with your caring role and want to talk to someone about what options are available to you. If you are busy at certain times of day, you can send the Carers Direct helpline a message and ask for an adviser to [call you back](#) for free at a time that is convenient to you.

**Carers Trust** help and advice: <https://carers.org/section/help-advice>

Young Carers: <https://babble.carers.org/>

**Carers UK** Adviceline: 0808 808 7777

Open Monday to Friday, 10am to 4pm. Listening service available Mondays and Tuesdays, from 9am to 7pm. Calls are free if you call from any landline or from the following mobile phone networks: 3 – EE – Vodafone – Orange - O2 - Virgin Mobile. Calls from other networks may not be free so check with your provider. Charges will also apply for any calls made outside of the UK.

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