

## Autism Anglia

Website: [www.autism-anglia.org.uk](http://www.autism-anglia.org.uk)

Head office, telephone: **01206 577678**

Dereham, telephone: **01362 853753**

Autism Anglia is an independent charity which provides care and support to children, adults and families affected by autism. Services in Essex, Suffolk and Norfolk, managed from offices in Colchester and Dereham, offer personalised approaches that provide each individual with the necessary skills and strategies to enable them to realise their own strengths and abilities.

## National Family Carer Network

Website: [www.familycarers.org.uk](http://www.familycarers.org.uk)

Email: [info@familycarers.org.uk](mailto:info@familycarers.org.uk)

The National Family Carer Network links groups and organisations that support families that include an adult with a learning disability. A key objective of the network is to work together to promote better life chances for families that include someone with a learning disability.

By linking groups and organisation the network gives a national focus to a wide range of policy issues concerning family carers of adults with a learning disability. These family carers increasingly include people with a learning disability who are family carers in their own right. The Network shares ideas and the development of good practice.

The network also circulates regular newsletters and information highlighting key national developments and organises regular events to enable groups, organisations and individual family carers to come together to share ideas and to discuss policy issues.

**Other organisations may also be available and their information may be sourced from the internet or public information service.**

# What help is there for me?



## Helpful organisations for carers and what they do

### Adult social care

**The adult social care team works in partnership with health services, local councils, independent, voluntary and private sectors to provide services and support to people over the age of 18.**

They can help with:

- finding appropriate care
- services to support independence (such as assistive technology)
- meal provision
- signposting to organisations that can provide help with tasks in the home and garden
- equipment and adaptations
- financial assessments – advice on paying for care and services
- respite care so carers can have a break
- planning for an emergency
- legal matters
- support for young carers
- and much more.

Contact details are available on county council websites – look for adult social care. Alternatively you can call:

Suffolk (Customer First)

**0808 800 4005**

Norfolk

**0344 800 8024**

Cambridge

**0345 045 5202**

Essex

**0845 603 7630**

## Carers' Trust

Website: [www.carers.org](http://www.carers.org)

General enquiries email: [info@carers.org](mailto:info@carers.org)

Telephone: **08448 004 361**

The Carers' Trust is a charity providing support and advice for carers including:

- respite care
- looking after yourself
- employment – managing work and your caring role
- holidays and days out
- finding local services/support
- finances – benefits, taxes and credits.

## Carers UK

Website: [www.carersuk.org](http://www.carersuk.org)

Telephone: **08088 087 777**

Carers UK is a charity set up to help the millions of people who look after an older, disabled or seriously ill family member or friend. Carers UK provides information, advice and support for carers. They can offer advice on financial matters, practical issues such as nutrition and looking after yourself and finding help where you live.

## Carers Matter Norfolk

Website: [www.carersmatternorfolk.org.uk](http://www.carersmatternorfolk.org.uk)

Helpline: **0800 083 1148**

Carers Matter Norfolk provides access to community support, counselling, education and training services in Norfolk.

Support is available to those caring for someone living in Norfolk, whether the carer lives in the county or elsewhere.

A carers' handbook is available to download providing information on sources of support.

## Headway Suffolk

Website: [www.headwaysuffolk.org.uk](http://www.headwaysuffolk.org.uk)

Bury St Edmunds hub, telephone: **01284 702535**

Ipswich hub, telephone: **01473 712225**

The Headway Suffolk charity supports people with an acquired brain injury and those who care for them.

## Wellbeing Suffolk and Wellbeing Norfolk and Waveney

Website: [www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)

Suffolk, telephone: **0300 123 1781**

Norfolk and Waveney, telephone: **0300 123 1503**

Wellbeing Suffolk and Wellbeing Norfolk and Waveney offer help and support to improve wellbeing and manage stress, low mood and anxiety.

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## Learning disability organisations

### MENCAP

Website: [www.mencap.org.uk](http://www.mencap.org.uk)

Email: [help@mencap.org.uk](mailto:help@mencap.org.uk)

Telephone: **0808 808 1111** (Monday to Friday, 9.00am - 5.00pm)

MENCAP works with people with a learning disability to change laws, challenge prejudice and support them to live their lives as they choose.

Support, advice and information are provided for:

- parents/carers
- young people
- adults
- people with profound and multiple learning disabilities
- fundraising purposes
- leisure activities.

## St Nicholas Hospice

Website: [www.stnicholashospice.org.uk](http://www.stnicholashospice.org.uk)

Telephone: **01284 766133**

St Nicholas Hospice provides practical, medical and spiritual support to local people and their families living with an illness that is life limiting, such as cancer, multiple sclerosis, motor neurone disease, heart or lung disease and dementia.

Support includes:

- spiritual care
- befriending
- complementary therapies
- emotional support
- day care, support, activities for patients and their families
- palliative care.

## Stroke Association

Website: [www.stroke.org.uk](http://www.stroke.org.uk)

Email: [info@stroke.org.uk](mailto:info@stroke.org.uk)

Telephone: **0303 303 3100**

The Stroke Association is the UK's leading stroke charity, providing information on:

- help with daily living, products and services to help
- Our Life After Stroke services—including local support groups for family carers
- Talk Stroke - an online forum where you can meet other people affected by stroke.

## Suffolk MIND

Website: [www.suffolkmind.org.uk](http://www.suffolkmind.org.uk)

Suffolk MIND provides a range of services to support mental health and wellbeing.

It gives information on sources of support including:

- maintaining your own health and well being
- practical help
- transport and getting about
- getting a break
- money matters
- planning ahead
- your rights as a carer.

## Suffolk Family Carers

Website: [www.suffolkfamilycarers.org.uk](http://www.suffolkfamilycarers.org.uk)

Information line: **01473 835477**

Suffolk Family Carers is a charity organisation offer support, information and guidance to family carers of all ages on a range of matters such as:

- your rights as a family carer
- advice on finances
- planning for an emergency
- how to get a break
- free tuition on how to move and handle the person you care for safely
- events and activities taking place in your area.

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## Other helpful organisations

### Age UK

Website: [www.ageuk.org.uk](http://www.ageuk.org.uk)

Age UK advice line: **0800 169 2081**

Age UK Suffolk: **01473 835477**

Age UK Norfolk: **01603 787111**

Age UK is a charity working to improve later life for everyone by providing life-enhancing services and vital support.

They provide information and advice on a large range of topics including:

- money matters
- health and wellbeing
- home and care – advice for carers on support, rights and carers allowance.

## Alzheimer's Society

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Telephone: **0300 222 1122**

Alzheimer's Society is the leading support and research charity for people with dementia, their families and carers. They provide practical support and services for people with dementia and their carers.

The society's website contains lots of useful information and directs you to local services.

## Dementia Together

Website: [www.dementia-together.com](http://www.dementia-together.com)

Email: [SRYC.DementiaTogether@nhs.net](mailto:SRYC.DementiaTogether@nhs.net)

Telephone: **08081 688 000**

Calls are free and lines are open

Monday to Friday, 9.00am - 6.00pm

Saturday, Sunday and bank holidays, 10.00am - 4.00pm

Dementia Together is a single point of contact providing practical information and support for people who are curious, or concerned, about living with dementia, their carers and healthcare professionals in Suffolk (excluding Waveney).

## Dementia intensive support team (DIST)

Telephone: **01284 733260**

A team of health professionals experienced in the care and support of people affected by dementia.

## Macmillan Cancer Support

Website: [www.macmillan.org.uk](http://www.macmillan.org.uk)

Telephone: **0808 808 0000**

Macmillan Cancer Support improves the lives of people affected by cancer.

They are a source of support by:

- guiding people through the system
- practical support at home such as time off for a carer or a lift to hospital
- emotional support
- financial help.

## Marie Curie Cancer Care

Website: [www.mariecurie.org.uk](http://www.mariecurie.org.uk)

Telephone: **0800 090 2309** (Monday to Friday, 9.00am - 5.00pm)

Marie Curie Cancer Care gives information and advice to support the person and their family through the physical, emotional and practical issues faced during terminal illness.

Support includes:

- emotional support
- assistance with practical issues planning ahead.

## Parkinson's Society

Website: [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

Telephone: **0808 800 0303**

The Parkinson's Society can offer practical help and support for the person with Parkinson's and their carers. The website gives access to free publications that offer support and information.