

## Useful Contact Numbers

### **Bristol City Council Health and Social Care;**

Care Direct 0117 922 2700:

Website [www.bristol.gov.uk](http://www.bristol.gov.uk) ; provides information, advice, assessment and commissions and arranges care and support services

### **Carers Support Centre;** Carersline 0117 965 2200:

Website [www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk) ; provides information, advice and services focussed on supporting carers

### **Bristol Black Carers;** 0117 379 0084

Website [www.bristolblackcarers.org.uk](http://www.bristolblackcarers.org.uk) ; provides information, advice and services supporting carers from black and minority ethnic communities

### **Young Carers Team - Carers Support Centre;** 0117 958 9980:

Website [www.carerssupportcentre.org.uk/young-carers](http://www.carerssupportcentre.org.uk/young-carers) ; provides information, advice, services and activities focussed on supporting young carers

### **Well Aware;** 0808 808 5252

Website: [www.wellaware.org.uk](http://www.wellaware.org.uk) ; offers a database of health, wellbeing and community resources

### **Rethink Carers Service;** 0117 903 1803

Website [www.rethink.org/bristolcarers](http://www.rethink.org/bristolcarers) ; provides support services for carers of people with mental health issues

### **Dhek Bhal;** 0117 914 6671 / 914 6672 / 954 8885:

Website [www.dhekbhal.org.uk](http://www.dhekbhal.org.uk) ; provides support to carers principally from Bristol's South Asian communities

### **Bristol and Avon Chinese Women's Group;** 0117 935 1462;

Website [www.bacwg.org.uk](http://www.bacwg.org.uk) ; provides support to carers from Bristol's Chinese communities

### **Carers Direct;** 0300 123 1053;

Website [www.nhs.uk/CarersDirect](http://www.nhs.uk/CarersDirect) ; provides a free national service offering information, advice and support for carers

### **WE Care and Repair;** 0300 323 0700

Website [www.wecr.org.uk](http://www.wecr.org.uk) : advises and helps older and disabled people to continue living independently

### **Age UK Bristol;** 0117 929 7537

Website [www.ageuk.org.uk/bristol/](http://www.ageuk.org.uk/bristol/) : provides information and advice for older people

### **East Bristol Advice Centre;** 0117 9655 133

Website [www.eastbristoladvice.org.uk](http://www.eastbristoladvice.org.uk) offers information and advice on a range of issues

**Carers UK;** Advice Line 0808 808 7777

Website [www.carersuk.org](http://www.carersuk.org) national organisation providing information and advice for carers and professionals; promotes carers with Government etc

**Contact a Family;** Helpline 0808 808 3555

Website [www.cafamily.org.uk](http://www.cafamily.org.uk) national organisation providing information, advice and support for carers of all disabled children