



Registered Charity no. 1085491

Local offices:
01992 586969 – Hertford
01442 253344 – Hemel Hempstead
01462 456660 – Hitchin

contact@carersinherts.org.uk
www.carersinherts.org.uk

Factsheet G9 Helpful Organisations and Websites

CarersUK

www.carersuk.org

Princess Royal Trust for Carers

www.carers.org

Legal rights, factsheets, sources of support and information for carers

Hertfordshire County Council

www.hertsdirect.org.uk

Adult Care Services

01438 737400

Children, Schools and Families

01438 737500

Access to care assessments. County Council services for carers.

Benefit Enquiry Line 0800 882200

www.dwp.gov.uk

Information and claim forms for benefits.

Directgov

www.direct.gov.uk

Benefits, legislation & accessing services with a 'caring for someone' section

Age Concern Hertfordshire 01707 323272

www.acherts.org.uk

For people aged 55+ including information, visiting schemes, advocacy, carer support, hospital discharge scheme, day care and help with paperwork.

Crossroads - Caring for Carers

020 8905 1158 (Hertsmere & Watford) 01462 455578 (all other areas)

Care at home so you can have a break

www.crossroads.org.uk

Dial-a-Ride

01923 443388

www.hertsdirect.org/roadtrans/hertstravellink

Door to door transport for people with difficulty using public transport due to disability, illness or age. Website lists many community transport services.

Hertfordshire Action on Disability

01707 324581

www.hadnet.org.uk

Information on independent living and mobility. Practical services, equipment and aids to enable disabled people to maintain independence.

PoHwer

www.pohwer.net

North & East Herts 01438 740162

South & West Herts 01923 859186

Advocacy to help you access services, address issues or make complaints. They will meetings, write letters, make phone calls and research information.

Disability Law Service

020 7791 9800

www.dls.org.uk

Confidential and free legal advice for disabled adults, their families and carers. Also provides disabled people with a casework service.

Commission for Social Care Inspection

0845 015 0120

www.csci.org.uk

Inspectors of care services. Website has lists of services by location.

Herts & Beds Pastoral Foundation

01727 868585

www.thecounsellingfoundation.co.uk

Provide a counselling service to the community.

NHSDirect

0845 4647

www.nhsdirect.nhs.uk

Association of Charity Officers

01707 651777

www.aco.uk.net

For information about charities and benevolent funds giving financial assistance for a wide variety of purposes.

SSAFA

01442 833536

www.ssafa.org.uk

Charity for ex-service men & women and their families. Services include companionship, financial help, welfare and short stay housing.

Tourism for All

0845 124 9971

www.tourismforall.info

Information on holidays for people with disabilities. Helpline and factsheets.

Contact a Family

020 7608 8700

www.cafamily.org.uk

Hold an index of medical conditions and rare disorders with contacts for their support charities

Disability organisations *(please contact us if the one you want is not listed)*

Most of these organisations provide useful information and factsheets on their website, and can also be contacted by email.

Alzheimers Disease	0845 300 0336	www.alzheimers.org.uk
Parkinson's Disease	0808 800 0303	www.parkinsons.org.uk
Multiple Sclerosis	0808 800 8000	www.mssociety.org.uk
Motor Neurone Disease	08457 626262	www.mndassociation.org
Cancer	0808 808 2020	www.macmillan.org.uk
Stroke	0845 3033 100	www.stroke.org.uk
Visual Impairment	0845 766 9999	www.rnib.org.uk
Hearing Impairment	0808 808 0123	www.rnid.org.uk
Learning Disability	0808 808 1111	www.mencap.org.uk
Mental Health	020 8974 6814	www.rethink.org
Drug and Alcohol Abuse	01438 841 241	www.hapas.org
Autistic Spectrum Disorders	0845 070 4004	www.nas.org.uk
Heart Information Line	08450 70 80 70	www.bhf.org.uk
Lung Information Line	08458 50 50 20	www.blf-uk.org