



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 0300 123 4042
Children, Schools and Families 0300 123 4043
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.

Care Quality Commission
03000 616161 www.cqc.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

Carers Direct

0808 802 0202

www.nhs.uk/carersdirect

Free, confidential information and advice to help you as a carer

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