A-Z SUPPORT FOR CARERS IN SURREY

Organisation	Description	Website
Action for Carers Surrey 0303 040 1234	Provides help to carers of all ages across Surrey	https://www.actionforcarers.org.uk/
ADHD UK	Aim to help people navigate their life with ADHD and want to reduce the stigma that some attach to those with ADHD, build awareness, and undertake or fund research that will have a meaningful positive impact on those with ADHD	https://adhduk.co.uk/
Age UK 01483 503414	Providing services across the whole of the county to help people aged 50+ make the most of their life	https://www.ageuk.org.uk/surrey/
Alzheimers Society 0333 150 3456	Working towards a world where dementia no longer devastates lives. They do this by giving help to those living with dementia today and providing hope for the future	https://www.alzheimers.org.uk/
Andys Man Club Please note, they are not a 24/7 service and not are unable to make phone calls to people in need of support	Their mission, put simply, is to prevent other families from going through the heartache and grief caused by suicide, by encouraging men to speak openly about their issues. They aim to achieve this through their Monday night talking groups, and through the power of awareness, sharing stories and sharing experiences	https://andysmanclub.co.uk/
Barnados	Caring for a child or young person can be hard. They are here to help you make sure the child or young person can thrive	https://www.barnardos.org.uk/
Brigitte Trust 01306 881816	The service is for individuals and their families living in the Surrey area and facing the challenges of life-limiting conditions such as cancer, multiple sclerosis, motor neurone disease, lung disease, and many more	https://www.brigittetrust.org/
Carers Trust 0300 772 9600	They work to transform the lives of unpaid carers through their innovative programme work, influencing policy, undertaking research and providing specialist resources for professionals	https://carers.org/
Carers UK 0808 808 7777	The leading national charity for unpaid carers. They support, advocate for, champion and connect carers across the UK, so that no one has to care alone	https://www.carersuk.org/
Catalyst 01483 590150	Works to promote the mental health and wellbeing of people in Surrey, improving lives in terms of stability and wellbeing, with the aim of reducing harm to themselves, their families and the community	https://catalystsupport.org.uk/

Connect to Support Surrey	Start exploring local care and support in your area to help you stay independent, healthy and connected to your community	https://www.connecttosupportsurrey.org.uk/
Crossroads Care Surrey 01372 869970	Committed to offering support, information and advice to unpaid carers, their families and the individuals they care for	https://crossroadscaressurrey.org.uk/
Cruise Bereavement Support Helpline: 0808 808 1677	Their volunteers are trained in all types of bereavement and can help you make sense of how you are feeling right now	https://www.cruse.org.uk/
Dementia Carers Count 0203 5400 700	Dementia Carers Count is a UK charity providing information, advice and support to thousands of dementia carers every year. No carer should feel overwhelmed or alone	https://dementiacarers.org.uk/
Dementia UK 0800 888 6678	The specialist dementia nursing charity that is there for the whole family, working towards a day where no one has to face dementia alone	https://www.dementiauk.org/
Diabetes UK 0345 123 2399	Whether you are looking for diabetes information, or just someone to talk to – they are here to help you	https://www.diabetes.org.uk/
Down's Syndrome Association 0333 1212 300	Supports people who have Down's syndrome, and their parents and carers, throughout their lives. From before birth into older age, the DSA provides services to everyone	https://www.downs-syndrome.org.uk/
Epilepsy Society 01494 601300 Helpline: 01494 601 400	Epilepsy Society's confidential helpline is available for anyone affected by epilepsy. They welcome calls from people with epilepsy, their families and friends, as well as professionals such as doctors, nurses, care workers, teachers and employers. There are support groups run by volunteers around the country. These groups are often popular with people who want face-to-face contact with people who are in similar situations. Call Helpline for details of groups	https://epilepsysociety.org.uk/
Family Voice Surrey 01372 705708	Parent carers of children and young people with additional needs aged 0-25 in Surrey	https://familyvoicesurrey.org/
Forces Connect	If you or a family member has served, or if you support members of the Armed Forces community, the free Forces Connect app can signpost you to a broad range of support and advice	https://forcesconnect.co.uk/
Headway Surrey 01483 454433	Supports adults over 18 in Surrey with acquired and traumatic brain injury, and supports their families, friends, employers, health and social care workers	https://www.headwayssurrey.org/
Healthwatch Surrey 0303 303 0023	Champions the voice of local people to shape, improve and get the best from NHS, health and social care services	https://www.healthwatchsurrey.co.uk/

Healthy Surrey	Helps you find self-care information, as well as signposting to local services available to you as a Surrey resident	https://www.healthysurrey.org.uk/
Luminus 01483 301448	Their vision is to create a society where everyone's voice is heard so we all receive the support we need for our wellbeing	https://luminus-cic.uk/
Macmillan 0808 808 00 00	If you or someone you care about has been diagnosed with cancer, they are here to help. Find out how they support you and get information about different cancer types	https://www.macmillan.org.uk/
National Autistic Society Surrey 07423 435413 Email: Surrey.Branch@nas.org.uk	A parent-to-parent support group run by volunteers. If you have someone with autism in your family, they are here to help with local parent-to-parent support groups, talks, workshops and activities. (They are all volunteers so cannot reply immediately. It might take several days to respond to messages. Please email where possible)	https://nassurreybranch.org/
Parkinsons Society 0808 800 0303	If you are worried you or someone you know may have Parkinson's, they are here to help. Find out what the early symptoms are and what you can do next	https://www.parkinsons.org.uk/
MS Society 0808 800 8000	No matter how MS affects you, they are here for you every step of the way	https://www.mssociety.org.uk/
Marie Curie 0800 090 2309	They care when there is no cure. They will ease your pain, protect your dignity and support the people you love – putting you first	https://www.mariecurie.org.uk/
Mencap 020 7454 0454	The free helpline service offers advice and support for people with a learning disability, and their families and carers	https://www.mencap.org.uk/
MIND 0300 123 3393	They will not give up until everyone experiencing a mental health problem gets support and respect	https://www.mind.org.uk/
MND Association (Motor Neurone) 0808 802 6262	They are here to help everyone living with and affected by MND access the help and support you need	https://www.mndassociation.org/
Mobilise	Looking after a family member or friend, who has a disability, long-term illness or is elderly? Well, you might be struggling to find support with anything from finances to practical help, from mealtimes to continence, from hospital discharge to finding time for yourself	https://www.mobiliseonline.co.uk/
Muscular Dystrophy 0800 652 6352	They are here for everyone, but they understand that support isn't one-size-fits-all. Speak to them. They can tailor our support to meet your unique needs	https://www.musculardystrophyuk.org/
Sense	They are here for people with complex disabilities, including deaf blindness	https://www.sense.org.uk/

Sight for Surrey 01372 377701	An inclusive organisation dedicated to enabling and empowering people who are deaf, hard of hearing, blind, partially sighted and deafblind	https://sightforsurrey.org.uk/
Stroke Association 0303 3033 100	You do not need to face supporting someone after their stroke alone. The Stroke Support Helpline is here for you	https://www.stroke.org.uk/
Surrey County Council	Local authority	https://www.surreycc.gov.uk/
Surrey Young Carers 0303 040 1234	If you are a young carer under age 18 looking after someone in the family, the team is here to support you	https://www.actionforcarers.org.uk/
Versus Arthritis 0300 790 0400	Whether you are looking for information about your arthritis condition, or you want to support family and friends, they are here to help	https://www.versusarthritis.org/
Young Minds Parents Helpline: 0808 802 5544	If you are worried about your child or young person's mental health or wellbeing, you can speak to them over the phone or chat to them online. Their Helpline provides detailed information, advice and support to parents or main carers of children and young people aged 25 or under	https://www.youngminds.org.uk/