**AGE UK East Riding**

Tel: (01482) 869181 / 867383

Aids & Adaptions Self-assessment

Tel: (01482) 617719

 **Alzheimer’s Society (Hull & East Riding)**

Tel: (01482) 211255 / email hulleastriding@alzheimers.org.uk

Or visit www.dementiaeastriding.org.uk

 **British Red Cross – Home from Hospital**

Tel: (01482) 623076

 **Carers allowance unit**

Tel: 0845 608 4321

Or alternatively visit <https://www.gov.uk/carers-allowance>

 **Carers Assessment**

You can do this online by visiting: [https://eastriding.connecttosupport.org/s4s/WhereILive/Council?pag eId=1902](https://eastriding.connecttosupport.org/s4s/WhereILive/Council?pag%20%20eId=1902)

Email: ERCarers@eastriding.gov.uk / Tel: (01482) 393939

Face to face: Visit the local carers centre at 18 Wednesday Market, Beverley, HU17 7DH.

 **Carers UK: Advice & info**

Tel: 0808 808 7777

Email: info@carersuk.org / Web: www.carersonline.org.uk

 **Citizen’s advice**

 Tel: (01482) 224608 or visit [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) for online information.

 **Community links worker (Health trainers)**

Tel: 0800 9177752 / email: hnf-tr/socialprescribing@nhs.net

Web: www.nhs-health-trainers.co.uk

Twitter: @healthtrainers1

 **Disabled Car/Badge**

Tel: (01482) 393939

 **East Riding Carers support service**

Tel: (01482) 396500 / 0800 917 6844

Alternatively you can email ERCarers@eastriding.gov.uk

 **ERYC Benefits & Money Advice**

Tel: (01482) 394633

 **ERYC Carer relief services**

Tel: (01482) 394050

 **ERYC Emergency duty team**

Tel: (01377) 241273

 **ERYC Housing and Council Tax Benefit**

Tel: (01482) 394799

 **ERYC Lifeline**

 Tel: (01482) 396050 / (01377) 256264

 Email: lifeline@eastriding.gov.uk or visit [www.eastriding.gov.uk](http://www.eastriding.gov.uk)

 **Guide Dogs**

 Tel: 0345 143 0207

  **HULL carers centre**

Tel: (01482) 222220

 **Macmillan Benefits Helpline**

Tel: 0808 8010 304

 **Macmillan Living with and Beyond Cancer Team**

Tel: (01482) 461091

 **MEDIBUS**

Tel: 0345 644 5959

 **MS Society**

Tel: 0808 800 8000

 **NHS 111**

Out of hours GP Tel: 111

 **Parkinson’s UK**

Tel: (01482) 667799 / 0344 225 3636

 **Pension credit**

Tel: 0800 99 1234

 **PSP Helpline**

Tel: 0300 0110 122

 **RELATE**

Tel: (01482) 329621

 **Rethink Mental Illness Hull & East Yorkshire Carers service**

Support for relatives/friends of people suffering with a mental illness – visit: [www.rethink.org](http://www.rethink.org/) or Tel: (01482) 679723.

Support groups are held at the East Riding Community Hospital, Swinemoor Lane, Beverley, HU17 0FA every fourth Tuesday of the month.

 **Young carers and sibling support**

Tel: (01482) 565560 / Email rights4u@eastriding.gov.uk

Web: <https://www.sibs.org.uk/>

 **Safeguarding Adults**

Tel: (01482) 396940

*Out of hours* (01377) 241273

 **Samaritans**

Local number: (01482) 323456

UK number 116 123

 **Sight support (HERIB)**

Tel: (01482) 342297