



Links to national charities, companies and government agencies providing useful sources of information

As a carer or business who employs carers there are a number of avenues for support and guidance. We have put together a list of companies and government agencies that have a wealth of information available. Each company or agency has it's own way of presenting information, with each having a style of their own:

www.direct.gov.uk/en/CaringForSomeone/ – Direct Gov is a main source for government services and specifically information about financial help available and regulations around working carers.

www.carersuk.org - Carers UK is an organisation of carers campaigning for Carers rights and is also a good starting point for information and services available. It is also a registered charity. Tel: 0808 808 7777

www.employersforcarers.org – Employers for Carers is a service and source of information for employers. Their key purpose is to ensure that employers have the support to retain employees with caring responsibilities. They offer a strong evidence base on how caring responsibilities impact on employment ([business case](#)) and expertise in working with government and employers on developing and implementing policy and good practice in the workplace. Tel: 020 7378 4956

www.carers.org - The Princess Royal Trust for Carers is the largest provider of comprehensive carers support services in the UK. The Trust currently provides quality information, advice and support services. It is a registered charity and they also have specific information relating to [Carers and Employment](#).

[Department for Work & Pensions / Pension, Disability & Carers Service](#) (DWP)- Provide financial support for customers claiming disability benefits and their carers – for example, Disability Living Allowance and Carer's Allowance. To contact DWP for benefit enquiries call 0800 882200, for the Carers allowance unit call 0845 608 4321 - www.dwp.gov.uk

www.nhs.uk/Carersdirect – A source of information, advice & support provided by the NHS, they also have a helpline, call Carers Direct on 0808 802 0202 for Free, confidential information and advice for carers.

Lines are open 8am to 9pm Monday to Friday, 11am to 4pm at weekends. Calls are free from UK landlines.



www.caringwithconfidence.net - provide support for carers through sessions, designed by carers for carers, where they can learn skills, get advice and information, talk and share experiences. 0800 849 2349

www.Rethink.org – Their aim is to help everyone affected by severe mental illness recover a better quality of life. This includes carers. And more specifically there is a section on their website where you can [find support groups](#) in your area and many of these are aimed at carers. For their national advice & information service Tel: 0207 840 3188 or 0845 456 0455 (open 10am to 2pm Monday - Friday)

www.ageconcern.org.uk – Have a wealth of information which you can refer to in relation to an elderly relative. They can also supply a book published by Lifeguides 'Caring for a Parent in later life'. For their free helpline call 0800 00 99 66

[The Alzheimers Society](http://TheAlzheimersSociety.org.uk) – They have a specific section on their website focused on carers and they have many tools for providing support including an on-line community forum. Tel: 020 7423 3500 - www.alzheimers.org.uk

[Contact a Family](http://ContactaFamily.org.uk) – Information and support for families with disabled children. Their free helpline is 0808 808 3555 - www.cafamily.org.uk

www.careandsupport.direct.gov.uk - This site has a link to the direct.gov site but it is specifically focused on regulations and policies. It is run by the Director General of Social Care, Department of Health.

www.carersfederation.co.uk – Support carers and the people for whom they care, call their carers centre on 0115 985 8485 or head office on 0115 962 1776 (based in Nottingham)

<http://www.youngcarers.net/> - The Princess Royal Trust is an organisation specifically set up to support young carers, for the London office call (0844) 800 4361.

Oxfordshire specific sources of information, advice & support

www.oxoncarers.org.uk – An Oxfordshire County Council site for carers based in Oxfordshire. Detailing the services available within the county and also links to national services.

[Oxfordshire Carers Forum](http://OxfordshireCarersForum.org.uk) – A county wide organisation of carers for carers, helping to inform and represent carers views. Call 01235 547180 e-mail admin@oxoncarersforum.org.uk



www.oxfordshire.gov.uk/accessteam - The Access Team is the first point of contact for people calling Oxfordshire County Council for adult social care services.

[Oxfordshire Family Information Service](http://www.oxonfis.org.uk) – Providing information about resources for disabled children and services for children & young people. www.oxonfis.org.uk or call 08452 26 26 36.

[The Clive Project](#) – Enabling people in Oxfordshire living with early onset dementia to live life to the full. They run a variety of support services ranging from one to one help and group sessions.

Carers Centres

There are three Carers Centres in Oxfordshire which provide free, confidential, direct access information, advice and support. They are available to all carers. Ring, email or drop in for further information.

Carers Centre Oxford 174a Cowley Rd. OX4 1UE	Tel: 01865 205192 or email at info@carerscentre.co.uk
Carers Centre North & West 27 Horsefair, Banbury OX16 0AE	Tel: (local rate) 08457 125546 Tel:01295 264545 or email at carers@ccnwoxon.org.uk
Carers Centre South & Vale 5 Lydalls Rd., Didcot OX1 17HX	Tel: 01235 510212 or email at carers@svcarers.org.uk

Research projects and background information

[Oxford Institute of Ageing](#) (part of the University of Oxford) – This link take you to a small amount of information about the research projects being undertaken by the university in relation to this issue.

[Social Policy Research Unit](#) (part of York University) – They have conducted a number of studies in this area and specifically one part of their past research was on [‘Carers’ aspirations and decisions around work and retirement](#).