



# CARERS

## **Devon Carers**

You'll find information and advice on being an unpaid carer as well as looking after yourself; the website is a regularly updated hub of resources.

**Website:** <https://www.devoncarers.org.uk>

**Email:** [info@devoncarers.org.uk](mailto:info@devoncarers.org.uk)

**Phone:** 03456 434 435

## **Carers UK**

Support for unpaid carers for family or friends

**Website:** [www.carersuk.org](http://www.carersuk.org)

**Email:** [advice@carersuk.org](mailto:advice@carersuk.org)

**Phone:** 0808 808 7777

## **Carers Trust**

The Carers Trust gives help for young carers through campaigns, programmes, grants, specialists services through their network of local carer organisations and more.

Their website will provide information about:

The carers Trust Network / Young carers and young adult carers / Money and benefits / Getting a break

**Website:** <https://carers.org>



# YOUNG CARERS

## **Devon Young Carers**

You can ask them for help directly, the young carer can be registered, and you can also use resources on their website.

**Website:** <https://devon.gov.uk/educationandfamilies/youngpeople>

**Email:** [youngcarers@devoncarers.org.uk](mailto:youngcarers@devoncarers.org.uk)

**Phone:** 03456 434 435

## **Carewise North Devon Young Carers**

Carewise offers practical and emotional support to young carers up to the age of 18, whose education, health, social or emotional development may be affected by their caring responsibilities in the family. It is a NHS service.

**Website:** [www.carewise.org.uk](http://www.carewise.org.uk)

**Phone:** 01237 479380

## **Devon Carers at Westbank**

They work with young people aged 4 to 18 who help look after someone in their family, or a friend, who is ill, disabled or misuses drugs and alcohol. We work to make sure that young carers are supported through our service and others, which can include specialist advice, access to respite opportunities and 1:1 support as identified in an assessment.

**Website:** <https://devoncarers.org.uk/am-i-a-carer/young-carers>

**Email:** [youngcarers@devoncarers.org.uk](mailto:youngcarers@devoncarers.org.uk)

**Phone:** 03456 434 435