

Subject	Organisation	Services Provided	Website/Address	Contact Number
Carers	<b>The Carers Centre</b>	The Centre offers signposting to local services, help filling in forms and support and help for carers in the city. It also offers a sitting service to give short breaks from caring. Every Monday afternoon there is a drop-in session to enjoy a cup of tea, have a chat and staff are on hand to give advice and support. The Centre also organises social events such as day trips, pampering days and cheese and wine evenings, to meet people in a similar situation.	<a href="http://www.pcv.co.uk/carers.html">www.pcv.co.uk/carers.html</a> 3 Lincoln Court Lincoln Road Peterborough PE1 2RP	<b>Phone on:</b> 01733 342683 / 311016  <b>e-mail on:</b> christine.atkinson@pcvs.co.uk janine.baxter@pcvs.co.uk
	<b>NHS Choices</b>	NHS Choices is a website created by the NHS from within this site, a new site for carers has been launched: Carers Direct. Carers Direct is a comprehensive information, advice and support service for carers. It contains information about money and legal matters, carer wellbeing and a step by step, practical guide to help, support and advice for carers. Carers Direct can be contacted 24 hours a day, 7 days a week.	<a href="http://www.nhs.uk/carersdirect">www.nhs.uk/carersdirect</a>	<b>Phone on:</b> 0808 802 0202.

<b>Carers Continued</b>	<b>Voluntary Organisations</b>	<p>These organisations are designed to give extra help and support to carers.</p> <p>See our Carers leaflet for full list of organisations and their contact information.</p>		<ul style="list-style-type: none"> <li>• <b>Age Concern Peterborough:</b> (01733) 564 185</li> <li>• <b>Alzheimer's Society:</b> (01733) 893 853</li> <li>• <b>Carers UK:</b> 0207 378 4999</li> <li>• <b>Headway:</b> (01223) 576 550</li> <li>• <b>Mencap:</b> 020 7454 0454</li> <li>• <b>NHS Direct:</b> 0845 46 47 48</li> <li>• <b>Parkinson's Society:</b> (01733) 362806</li> <li>• <b>Peterborough and Fenland MIND:</b> (01733) 758 211</li> <li>• <b>West Anglia Crossroads</b></li> <li>• <b>Care Ltd:</b> 0845 241 0954</li> <li>• <b>Young Carers:</b> 0844 800 4361 / (01733) 342683</li> </ul>
	<b>NHS Peterborough Website</b>	<p>This website offers a whole host of information especially designed for carers. By going to the website and clicking on '<b>Health and social Care services</b>' then '<b>support for carers</b>' anyone can gain access to information on everything from financial aid (carers allowance) &amp; emergency support, to carers needs assessments and practical advice on moving and handling.</p>	<a href="http://www.peterborough.nhs.uk">www.peterborough.nhs.uk</a>	<p><b>Phone on:</b> 01733 747474</p> <p><b>e-mail on :</b> <a href="mailto:carersteam@peterboroughpct.nhs.uk">carersteam@peterboroughpct.nhs.uk</a></p>