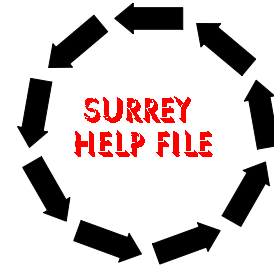


SUPPORT & RESPITE

ORGANISATIONS FOR CARERS



Action For Carers Surrey

Registered charity)

Is led by carers, run by an executive committee of carers and supported by professionals from Health, Social Care and the voluntary sector.

Action for Carers (Surrey) aims to:

- Foster and promote the individuality, personal esteem and self worth of carers
- Highlight the value of carers contribution to society
- Act as a 2-way channel of best practice in both caring and in carers advise and information

For further information contact:

**County Carers Co-ordinator
Action for Carers (Surrey)
Astolat
Conier's Way, New Inn Lane
Burpham, Guildford
GU4 7HL**

Telephone: 01483 302748

Local Carers Support

Groups operate throughout Surrey to provide a focal point for support and information on services in your area. Many groups have a Support Worker to assist Young Carers. They will also act as advocates and accompany you to meetings, conferences, etc. In addition to raising local awareness of disability issues, they run workshops and local support groups. For further information contact:

Surrey Helpfile, March 2003

**East Surrey Carers Support
Association (Redhill, Reigate, Horley
and Tandridge)**

Telephone: 01883 347900

Carers Support (Elmbridge)

Telephone: 01932 226064

Carers of Epsom (Epsom & Ewell)

Telephone: 01372 722269

Carers Support Guildford

Telephone: 01483 458123

Mole Valley Carers Support Project

Telephone: 01306 640020

Carers Development Runnymede

Telephone: 01932 722080

Carers Support Spelthorne

Telephone: 01784 444233

Surrey Heath Carers Support

Telephone: 01276 27390

Waverley Carers Development Worker

Telephone: 01252 718166

Carers Support Woking

Telephone: 01483 355500

Young Carers-

Young carers help to look after someone who has a disability or long term illness, this may be a physical disability, learning disability or mental health problem. Surrey Young Carers Project offer someone to talk to, information and

advice, a chance to get to know others
and a chance to have a break and have
some fun.

For further information contact:

Surrey Young Carer's Project

Telephone:

East Surrey: 01737 248111

West Surrey: 01483 568269

www.surrey-youngcarers.org.uk

Mid Surrey Project for Young Carers

Telephone: 01372 363618

Action for Carers and Employment

(Registered charity)

Aim to offer carers the opportunity to
explore their training and/or employment
opportunities. For further information
contact:

Telephone:

West Surrey: 01483 565874

East Surrey: 01737 244220

Carersnet

Is a website for carers and providers of
health and social services, voluntary
organisations and the business sector.
The site has been developed by Action
for Carers Surrey and carers are involved
in the planning and maintenance of the
site.

www.carersnet.org.uk

www.surrey-youngcarers.org.uk

National Carers Organisations

Carers UK

Telephone: 020 7490 8818

www.carersonline.org.uk

Princess Royal Trust for Carers

(Registered charity)

Telephone: 020 7480 7788

www.carers.org