

Carers UK

Carers UK provide information and guidance to unpaid carers. They run a telephone helpline, email service and have a library of online information. They can help you with a range of subjects including:

- benefits and financial support
- your rights in the workplace
- carers' assessments and how to get support in your caring role
- services available to carers and the people you care for
- how to complain effectively and challenge decisions

They offer online activities for carers:

- [meet ups](#) to talk to others about their experiences
- [Carers Connect forum](#) online community
- [Online activities for carers](#) such as pilates, exercise, digital skills, art, films, yoga, wellbeing and more
- [Jointly app](#)

This is a membership organisation. It's free to register.

Last updated: November 3, 2023

Telephone: 020 7378 4999

Website: www.carersuk.org

Helpline: 0808 808 7777

Freephone

Email: Advice@carersuk.org

Website 2: <https://jointlyapp.com/>

Twitter: <https://twitter.com/CarersUK>

Facebook: <https://www.facebook.com/carersuk>

Youtube: <https://www.youtube.com/user/CarersUK>

Cost: Free

Address:

20 Great Dover Street,
London
SE1 4LX

Related Articles

[Looking after someone](#)

[Carers assessments with Adult Social Care](#)

[Anxiety and stress](#)

[Introduction to Adult Social Care](#)

[Personal budgets for care and support](#)

[Support Groups](#)