

The Carents Room

The Carents Room is a free online resource for people supporting and caring for older parents. It has a range of information and resources to help you keep your parents safe and well. You can also follow The Carents Room on social media for information and regular tips to keep you and those you love safe and well.

They also run [The Carents Lounge](#) a private Facebook group providing peer to peer support for adults who are caring for older relatives, partners or friends.

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Telephone: 07767864233

Telephone note: This is a business number only

Website: <https://carents.co.uk/>

Email: hello@carents.co.uk

Twitter: https://twitter.com/Carents_Room

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

Youtube: <https://www.youtube.com/@thecarentsroom5256>

Opening Hours: Website available 24 hours a day, 7 days a week. All year round

Cost: Free

Address:
The Carents Room
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