

We are the UK's leading charity powering life-changing breakthroughs in dementia research.

We welcome your comments to help us produce the best information for you. You can let us know what you think about this booklet by contacting us using the details below.

Support for people affected by dementia:  
Organisations that can help



#### Contact us

Alzheimer's Research UK  
3 Riverside, Granta Park, Cambridge CB21 6AD



#### Supporter care

T: 0300 111 5555  
E: [enquiries@alzheimersresearchuk.org](mailto:enquiries@alzheimersresearchuk.org)



#### Dementia Research Infoline

T: 0300 111 5 111  
E: [infoline@alzheimersresearchuk.org](mailto:infoline@alzheimersresearchuk.org)

[www.alzheimersresearchuk.org](http://www.alzheimersresearchuk.org)



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# Introduction

This booklet is for anyone affected by dementia, including carers, family and friends of people with the condition.

This booklet provides contact details for organisations that provide care, support and/or advice for people with dementia, their carers and loved ones. There is also a description of the services each organisation provides.

These organisations can offer a range of services and advice, including:



**practical care and support**



**emotional support**



**housing advice**



**medical advice**



**legal advice**



**financial advice**

Most organisations listed provide free services. However, there may be charges for some services. We have not listed commercial companies.

This booklet does not contain information on dementia symptoms, diagnosis or treatments. For information on these, please contact us for one of our free information booklets.

This booklet was updated in July 2018. It is due to be reviewed in July 2020. Please get in touch if you'd like a version with references or in a different format.

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## What is dementia?

Dementia is not a disease itself, but a word used to describe a group of symptoms.

These can include:



**The gradual loss of memory and communication skills.**



**A decline in the ability to think and reason clearly.**



**Difficulties in carrying out day-to-day activities.**

Alzheimer's disease is the most common disease that causes dementia, affecting over 500,000 people in the UK. Other causes of dementia include vascular dementia, dementia with Lewy bodies and frontotemporal dementia.

We have separate booklets about each of these conditions, covering symptoms, diagnosis and treatment. Contact us if you'd like to know more.

## Who is a carer?

A carer is anybody who provides care or support for someone who needs help because of an illness or disability. They might be a partner, relative, friend or neighbour.

Many carers feel they are doing what anyone else would in the same situation by being there for their relative or friend. All the care they give is unpaid, although they may be eligible for certain benefits. Anyone of any age can become a carer, and there is not always a clear-cut point when this happens.

Care workers, support workers and personal assistants are different from carers. These are people who are paid for a specific service. This might be for domestic tasks like cleaning or shopping, or help with personal care, such as washing, dressing or managing medication.

## Caring for someone with dementia

People who provide care or support for someone with dementia may experience a range of different feelings.

Caring for someone can be rewarding; a person may be supporting someone they love very much, and may gain new skills and build closer relationships in the process. But caring can also be challenging. At times it may be physically and mentally exhausting, and the needs of a person with dementia will usually increase over time. It's important that carers access support for themselves and those they care for when they need it, and know that they are not alone.

There is support for everyone affected by dementia, including carers. People affected by dementia may have many questions, worries and concerns. The organisations listed in this booklet can help by answering those questions and providing support and information.



# Finding local support

Your GP and local council should be able to help you find local sources of support.

As well as medical and social care support, there may be other helpful services in your area, such as befriending services, memory cafés and singing groups.

National and local charities can provide advice and can signpost you to other organisations that can help. Many of the organisations in this booklet will also be able to help you find local contacts.

## Help from your local council, authority or trust

In England, your local council has a duty under the Care Act (2014) to carry out, when requested, a care needs assessment for anyone with care and support needs. There is also a carer's assessment that assesses the needs of carers. You can request an assessment from your local council's Adult Social Services Team for yourself or for someone else by phone, in writing or online.

In Scotland, Wales and Northern Ireland, carers and those they care for are also entitled to a needs assessment. In Scotland and Wales, contact your local council's Social Services office. In Northern Ireland, contact your local Health and Social Care Trust. A GP or hospital doctor can also arrange an assessment for you.

The assessments will find out if someone is eligible and which care and support services they need. Support may include:

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**help in the home**

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**adaptations and equipment**

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**help with personal care**

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**access to day centres**

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**residential or respite/replacement care.**

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After a care needs assessment, a care plan should be agreed and written up. You can request a copy of your care plan in writing. The local council has a duty to meet a person's needs when they are eligible, however, they can charge for services. A financial assessment is used to determine whether charges are made or not. The council should provide a breakdown of how they calculate any costs.

Find your local social services department number in the phone book or online at [www.gov.uk/find-your-local-council](http://www.gov.uk/find-your-local-council).


The website also has information on topics such as benefits, tax and pensions. Visit [www.nhs.uk](http://www.nhs.uk) for details of GP surgeries and hospitals in your area.




## Sources of support – dementia-specific organisations

## Alzheimer's Research UK


Alzheimer's Research UK offers free information on dementia. This includes information about Alzheimer's disease, vascular dementia, dementia with Lewy bodies and frontotemporal dementia. We have information on symptoms, diagnosis, treatments and reducing your risk of developing dementia. We also run the **Dementia Research Infoline**, which can answer your questions about dementia research and help you to get involved in dementia research studies across the UK.

-  Alzheimer's Research UK  
3 Riverside  
Granta Park  
Cambridge  
CB21 6AD


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-  **0300 111 5333**

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-  **enquiries@alzheimersresearchuk.org**

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-  **www.alzheimersresearchuk.org**  
**www.dementiaexplained.org**  
(for children and young people)

Dementia Research Infoline: **0300 111 5 111**  
or email **infoline@alzheimersresearchuk.org**

- 9am - 5pm Monday to Friday
- UK-wide

## Alzheimer's Society

Alzheimer's Society provides practical advice and emotional support for anyone affected by dementia. They have local groups around the country offering different activities and they also have dementia advisers providing practical advice. Their **National Dementia Helpline** offers information, support, guidance and signposting to other organisations.

-  Alzheimer's Society  
43-44 Crutched Friars  
London  
EC3N 2AE

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-  **0330 333 0804**

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-  **enquiries@alzheimers.org.uk**

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-  **www.alzheimers.org.uk**


Helpline: **0300 222 11 22**  
or email **helpline@alzheimers.org.uk**


- 9am - 8pm Monday to Wednesday
- 9am - 5pm Thursday and Friday
- 10am - 4pm Saturday and Sunday
- A Live Online Advice service is available on the website at various times each day.
- England, Wales and Northern Ireland

## Alzheimer Scotland

Alzheimer Scotland provides personalised support services, community activities, information and advice. The Scottish **Dementia Helpline** is open 24 hours a day.

 Alzheimer Scotland  
160 Dundee Street  
Edinburgh  
EH11 1DQ

 **0131 243 1453**

 **info@alzscot.org**

 **www.alzscot.org**

Helpline: **0808 808 3000**  
or email **helpline@alzscot.org**

- 24 hours, seven days a week
- Scotland

## Wales Dementia Helpline

This service offers help and support to people with dementia, their carers, family members or friends.


Helpline: **0808 808 2235**  
Website: **www.dementiahelpline.org.uk**


- 24 hours, seven days a week
- Wales


visit: [www.alzheimersresearchuk.org](http://www.alzheimersresearchuk.org)

## Dementia NI

Dementia NI campaigns to raise awareness of dementia and provides training and education on living well with the condition. It has groups around Northern Ireland helping people with dementia to meet and support each other.

 Dementia NI  
54 Elmwood Avenue  
Belfast  
BT9 6AZ

 **02890 686 768**

 **info@dementiani.org**

## AT Dementia

This website has information about assistive technology for people with dementia. Assistive technology can be any device or system that helps someone perform a task. This includes devices like calendar clocks, automatic lighting and fall sensors.


 **www.atdementia.org.uk**




## Dementia UK

Dementia UK provides mental health nurses who specialise in dementia, called Admiral Nurses. They provide practical and emotional support to families affected by dementia. They can also provide advice on referrals to appropriate services and liaise with other healthcare professionals on your behalf. To find out if Admiral Nurses are available in your area, you can call their helpline.

The **Admiral Nurse Dementia Helpline** gives advice and information about dementia. This is for carers, people with dementia and those worried about their memory.

 Dementia UK  
2nd Floor  
356 Holloway Road  
London N7 6PA

 **020 7697 4160**

 **info@dementiauk.org**


 **www.dementiauk.org**


Helpline: **0800 888 6678**  
or email **helpline@dementiauk.org**


- 9am - 9pm weekdays  
9am - 5pm weekends
- UK-wide


## Guideposts

Guideposts has services for people with long-term or degenerative conditions, including dementia.

 Guideposts  
Willow Tree House  
Station Lane  
Witney  
Oxfordshire  
OX28 4BH

 **01993 893560**

 **info@guideposts.org.uk**

 **www.guideposts.org.uk**

# Sources of support for people with specific forms of dementia

## The Lewy Body Society

### Parkinson's UK

Both organisations offer support and information about dementia with Lewy bodies (DLB). As well as supporting people with Parkinson's disease, Parkinson's UK can also help with questions about Parkinson's dementia. They also provide care and benefits advice, and they have Parkinson's disease specialist nurses who provide medical advice.



#### Lewy Body Society

Hudson House  
8 Albany St  
Edinburgh  
EH1 3QB



#### Parkinson's UK

215 Vauxhall Bridge Road  
London  
SW1E 1VJ



0131 473 2385



020 7931 8080



info@lewybody.org



hello@parkinsons.org.uk



www.lewybody.org



www.parkinsons.org.uk


Helpline: **0808 800 0303**


or email **hello@parkinsons.org.uk**


- 9am - 7pm Monday to Friday
- 10am - 2pm Saturday
- UK-wide


## The PSP Association

The PSP Association helps people with progressive supranuclear palsy (PSP) and corticobasal degeneration (CBD). It offers advice, support and information to people living with these conditions.

 The PSP Association  
PSP House  
167 Watling Street West  
Towcester  
Northamptonshire  
NN12 6BX

 **01327 322410**

 **psp@pspassociation.org.uk**

 **www.pspassociation.org.uk**

Helpline: **0300 0110 122**


or email **helpline@pspassociation.org.uk**

- 9am - 5pm and 7pm - 9pm Monday to Friday
- UK-wide


## Rare Dementia Support


Rare Dementia Support runs specialist support services for people living with, or affected by, five rare dementias. For support and help regarding a diagnosis call:

 frontotemporal dementia (FTD)  
**07341 776 317**

 posterior cortical atrophy (PCA)  
**07388 220 324**

 primary progressive aphasia (PPA)  
**07388 220 355**

 familial Alzheimer's disease (FAD)  
**07388 220 323**

 familial frontotemporal dementia (fFTD)  
**07592 540 555**

The charity also provides regular support group meetings, newsletters, telephone contact networks and access to information and advice.

 **contact@raredementiasupport.org**

For support groups contact Laura King:  
**laura.king@ucl.ac.uk**

 **www.raredementiasupport.org**

## YoungDementia UK

YoungDementia UK gives information, advice and support for people under 65 diagnosed with dementia, their family and friends.



YoungDementia UK  
PO Box 315  
Witney  
Oxfordshire  
OX28 1ZN



**01865 794311**



**support@youngdementiauk.org**



**www.youngdementiauk.org**


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## Organisations for carers

The organisations in this section offer help and advice on finding and paying for care, legal rights and support for carers, including replacement care (respite care) and benefits.

## Carers Direct

Carers Direct has a national helpline service for carers, providing confidential information and advice. This service is part of the NHS.

 **0300 123 1053**

 **[www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)**

Helpline: **0300 123 1053**


Website: **[www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)**


- 9am - 8pm Monday to Friday  
11am - 4pm Saturday and Sunday
- A webchat service is available on the website during the same hours.
- England

## Carers UK

Carers UK provides advice and information to carers, including advice on benefits and accessing care and support. This is available through the website, booklets, factsheets and Carers UK's Adviceline.

 Carers UK  
20 Great Dover Street  
London  
SE1 4LX

 **020 7378 4999** (Carers UK)  
**02920 811 370** (Carers Wales)  
**0141 445 3070** (Carers Scotland)  
**02890 439 843** (Carers Northern Ireland)

 **[info@carersuk.org](mailto:info@carersuk.org)**

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


Helpline: **0808 808 7777**

or email: **[info@carersuk.org](mailto:info@carersuk.org)**

- 10am - 4pm Monday to Friday
- UK-wide

## Carers Trust

Carers Trust, previously The Princess Royal Trust for Carers and Crossroads Care, provides access to breaks for carers, information and advice, training and employment opportunities.

 Carers Trust  
32-36 Loman Street  
London  
SE1 0EH

 **0300 772 9600** (Carers Trust UK)  
**02920 090 087** (Carers Trust Wales)  
**0300 772 7701** (Carers Trust Scotland)

 **info@carers.org**

 **www.carers.org**

## Care Information Scotland

Care Information Scotland offers information about care services for older people in Scotland. This service is funded by the Scottish government and run by NHS 24. The website includes a 'Find my council' section.


Helpline: **0800 011 3200**


Website: **www.careinfoscotland.scot**


- 8am - 10pm Monday to Friday
- 9am - 5pm Saturday and Sunday
- Scotland

## Support for young carers


There are a number of websites providing help and advice for young carers. These include:


 Young carers hub (NHS Choices)  
**www.nhs.uk/carersdirect/young/Pages/Youngcarershome.aspx**

 Young carers (Barnardos)  
**www.barnardos.org.uk/what\_we\_do/our\_work/young\_carers**

 Include programme (Children's Society)  
**www.childrenssociety.org.uk/youngcarer/home**

Action for Children

 **www.actionforchildren.org.uk/what-we-do/support-for-young-people/supporting-young-carers**

 **01923 361 500**

- 9am - 5pm Monday to Friday

# Organisations for older people

## Age UK

Age UK offers information and advice, services, products and training for older people. Local services can include: information, advice and advocacy services; day centres and lunch clubs; home help and 'handyperson' schemes; and IT and other training. The helplines can provide information and advice on all of these.



Tavis House  
1-6 Tavistock Square  
London  
WC1H 9NA



**0800 055 6112** (Age UK)  
**02920 431 555** (Age Cymru)  
**02890 245 729** (Age NI)  
**0333 32 32 400** (Age Scotland)



**contact@ageuk.org.uk**



**www.ageuk.org.uk**

Helplines:

**0800 169 2081 (England)** 8am - 7pm, every day


**0800 022 3444 (Wales)** 9am - 5pm Monday to Friday


**0808 808 7575 (NI)** 9am - 4.45pm Monday to Friday

**0800 12 44 222 (Scotland)** 9am - 5pm Monday to Friday

## Independent Age

Independent Age provides information and advice for older people, their families and carers. They focus on advice regarding social care and support, healthcare, mobility issues, money and benefits. The helpline can give advice on home care, care homes, NHS services and housing.

 Independent Age  
18 Avonmore Road  
London  
W14 8RR

 **020 7605 4200**

 **charity@independentage.org**


 **www.independentage.org**


Helpline: **0800 319 6789**  
or email **advice@independentage.org**

- 8.30am - 6.30pm Monday to Friday  
9am - 1pm Saturday
- UK-wide

## The Silver Line

The Silver Line offers confidential telephone support for older people including emotional support, information, advice and friendship schemes.

 The Silver Line  
Trade Tower  
Calico Row  
London  
SW11 3YH

 **020 7224 2020**

 **info@thesilverline.org.uk**

 **www.thesilverline.org.uk**

Helpline: **0800 4 70 80 90**

- 24 hours a day, 365 days a year
- UK-wide



# Organisations that can help with accommodation, housing and care homes

## Relatives and Residents Association

The Relatives and Residents Association provides information and support to family and friends helping their loved ones move into a residential home. They can also advise if you have concerns about care in a residential home.



Relatives and Residents Association  
1 The Ivories  
6-18 Northampton Street  
London  
N1 2HY



0207 359 8148



info@relres.org



www.relres.org

Helpline: **0207 359 8136**


or email **info@relres.org**


• 9.30am - 4.30pm Monday to Friday

• UK-wide

## The Elderly Accommodation Counsel

The Elderly Accommodation Counsel helps older people make choices about housing and care. They run the FirstStop Advice service. This offers advice and information to older people, their families and carers about housing and care options.

 Elderly Accommodation Counsel  
3rd Floor  
89 Albert Embankment  
London  
SE1 7TP

 0207 820 1322

 [info@firststopcareadvice.org.uk](mailto:info@firststopcareadvice.org.uk)

 [www.firststopcareadvice.org.uk](http://www.firststopcareadvice.org.uk)

Helpline: **0800 377 7070**  
or email [info@firststopcareadvice.org.uk](mailto:info@firststopcareadvice.org.uk)


- 8am - 7pm Monday  
8am - 6pm Tuesday to Friday
- UK-wide


## Help finding care providers

There are a large number of care providers. Some agencies will offer care through the local council, as well as privately.

A good place to start looking for services is through the Care Quality Commission (CQC). They are the regulator for health and social care services in England. There are equivalent regulators in the other countries of the UK. They publish reports on care homes and care services in the home (domiciliary care), that highlight the quality of care provided. You can search for local care services on their websites.

## Care Quality Commission (CQC)

 Care Quality Commission (CQC)  
Citygate  
Gallowgate  
Newcastle upon Tyne  
NE1 4PA


 **03000 616161**

 **enquiries@cqc.org.uk**

 **www.cqc.org.uk**

## Care and Social Services Inspectorate Wales (CSSIW)


 Care and Social Services Inspectorate Wales  
(CSSIW)  
Welsh Government Office  
Rhydycar Business Park  
Merthyr Tydfil  
CF48 1UZ


 **0300 790 0126**

 **cssiw@wales.gsi.gov.uk**

 **www.cssiw.org.uk**

## Regulation and Quality Improvement Authority (RQIA)

 Regulation and Quality Improvement Authority  
(RQIA)  
9th Floor Riverside Tower  
5 Lanyon Place  
Belfast  
BT1 3BT


 **028 9536 1111**

 **info@rqia.org.uk**

 **www.rqia.org.uk**

## Care Inspectorate

 Care Inspectorate  
Compass House  
11 Riverside Drive  
Dundee  
DD1 4NY

 **0345 600 9527**

 **enquiries@careinspectorate.com**

 **www.scswis.com**

# Legal and financial information and advice

## Citizens Advice

You can search on the main website for your nearest Citizens Advice, or call one of the numbers below for details. Local branches should also be listed in your phone book. The website provides advice on a wide range of subjects including finance, benefits, legal rights and healthcare.



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3rd Floor North  
200 Aldersgate Street  
London  
EC1A 4HD

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**03444 111 444** (England/Northern Ireland)  
**03444 77 20 20** (Wales)  
**0808 800 9060** (Scotland)

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**[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**  
(England, Wales, Northern Ireland)  
**[www.cas.org.uk](http://www.cas.org.uk)**  
(Scotland)


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## Office of the Public Guardian (OPG)


The Office of the Public Guardian is a government body that is responsible for protecting people living in England and Wales who lack the mental capacity to make decisions. There are different government departments for Northern Ireland and Scotland (see page 41).


The OPG is also responsible for registering Lasting Powers of Attorney (LPA) and can be contacted for any information about LPA and the application process.

You can also report concerns about an attorney or deputy to the OPG.

 Office of the Public Guardian  
PO Box 16185  
Birmingham  
B2 2WH


 **0300 456 0300**

 **customerservices@publicguardian.gsi.gov.uk**  
**opg.safeguardingunit@publicguardian.gsi.gov.uk**  
(to report a concern about an attorney or deputy)

 **[www.gov.uk/government/organisations/office-of-the-public-guardian](http://www.gov.uk/government/organisations/office-of-the-public-guardian)**


## Court of Protection (COP)

The COP (England and Wales) appoints and supervises deputyships for people who no longer have the mental capacity to appoint an attorney for themselves.


 Court of Protection  
PO Box 70185  
First Avenue House  
42-49 High Holborn  
WC1A 9JA

 **0300 456 0300**

 **[courtofprotectionenquiries@hmcts.gsi.gov.uk](mailto:courtofprotectionenquiries@hmcts.gsi.gov.uk)**


 **[www.gov.uk/courts-tribunals/court-of-protection](http://www.gov.uk/courts-tribunals/court-of-protection)**

### Office of Care and Protection (Northern Ireland)

 **0300 200 7812**

 **[OCP@courtsni.gov.uk](mailto:OCP@courtsni.gov.uk)**


### Office of the Public Guardian (Scotland)


 **01324 678398**

 **[OPG@scotcourts.gov.uk](mailto:OPG@scotcourts.gov.uk)**

## Solicitors for the Elderly (SFE)

SFE is an independent organisation of lawyers and solicitors who specialise in areas of law concerning later life issues, including making wills, living wills, powers of attorney, managing assets and funding care.


 SFE Administrator  
Studio 209  
Mill Studio Business Centre  
Crane Mead, Ware  
Hertfordshire SG12 9PY


 **0844 567 6173**


 [www.sfe.legal](http://www.sfe.legal)

## Society of Later Life Advisers (SOLLA)

SOLLA puts people in contact with accredited financial advisers with expertise in later life financial needs.

 Society of Later Life Advisers  
PO Box 590  
Sittingbourne  
Kent ME10 9EW

 **0333 2020 454**

 [admin@societyoflaterlifeadvisers.co.uk](mailto:admin@societyoflaterlifeadvisers.co.uk)


 [www.societyoflaterlifeadvisers.co.uk](http://www.societyoflaterlifeadvisers.co.uk)

visit: [www.alzheimersresearchuk.org](http://www.alzheimersresearchuk.org)

## Beacon CHC

Beacon provides advice for people who are applying for NHS continuing healthcare funding, a type of funding where the NHS pays for a person's social care package. There are lots of resources on Beacon's website that can help, and they also provide up to 90 minutes of free telephone advice (after which fees apply).


 Beacon  
10 Napier Court  
Barton Lane  
Abingdon  
Oxfordshire OX14 3YT

 **0345 548 0300**

 [www.beaconchc.co.uk](http://www.beaconchc.co.uk)

## Shelter

Shelter offers legal services, support and advice to anyone experiencing housing issues or facing homelessness.

 **Helpline: 0808 800 4444**  
8am - 8pm Monday to Friday  
9am - 5pm Saturday and Sunday

 **Emergency helpline: 0808 1644 660**

 [www.shelter.org.uk](http://www.shelter.org.uk)

## ACAS

ACAS provides independent advice and information on rights in the workplace, including advice for people with illnesses and disabilities and carers who are in work, who may need extra support from their employer, need to take leave, reduce hours, or consider their options in regard to leaving work.



**Helpline: 0300 123 1100**

8am - 6pm Monday to Friday



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

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## Advice UK

An online hub signposting to organisations advising on benefits, legal matters, financial and other issues.



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

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## LawWorks

LawWorks connects volunteer lawyers with people in need of legal advice who are not eligible for legal aid and cannot afford to pay.



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


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Emotional support  
and mental health

## Mind

Mind provides information and advice on mental health problems and accessing support and treatments. As well as its Infoline, Mind has local teams that offer support including advocacy and counselling services. They also have a legal line which offers information and general advice on mental health law and rights.

 15-19 Broadway  
Stratford  
London  
E15 4BQ

 **020 8519 2122**

 **supporterrelations@mind.org.uk**

 **www.mind.org.uk**

Mind Infoline: **0300 123 3393**  
or email **info@mind.org.uk**


- 9am - 6pm Monday to Friday
- England and Wales


Legal line: **0300 466 6463**  
or email **legal@mind.org.uk**

- 9am - 6pm Monday to Friday
- England and Wales

## Scottish Association for Mental Health (SAMH)

SAMH has over 60 services across Scotland providing mental health, addiction, homelessness and employment services.

 SAMH  
Brunswick House  
51 Wilson Street  
Glasgow G1 1UZ


 **0141 530 1000**

 **www.samh.org.uk**

## Inspire (Northern Ireland)

Inspire offers a range of services providing support to people with mental health problems in Northern Ireland.

 Inspire  
Central Office  
Lombard House  
10-20 Lombard Street  
Belfast BT1 1RD


 **028 9032 8474**


 **www.inspirewellbeing.org**




## Cruse Bereavement Care

Cruse Bereavement Care offers support, advice and information to people when someone dies. They also provide training for those who may encounter bereaved people in the course of their work. There is a freephone national helpline and local services, and a website specifically for children and young people.

 Cruse Bereavement Care  
PO Box 800  
Richmond  
Surrey TW9 1RG

 **020 8939 9530**

 **info@cruse.org.uk**

 **www.cruse.org.uk**  
**www.hopeagain.org.uk**  
(for children and young people)

Helplines: **0808 808 1677**

- 9.30am - 5pm Monday and Friday  
(excluding bank holidays)
- 9.30am - 8pm Tuesday to Thursday
- England, Wales, Northern Ireland

**0845 600 2227**


- 10am - 8pm Monday to Wednesday
- 10am - 9pm Thursday 10am - 4pm Friday
- 12pm - 3pm Saturday
- Scotland

## Samaritans

You can contact the Samaritans at any time about anything that's troubling you, no matter how small, including:

- loss of a friend or a family member through bereavement
- financial worries
- loneliness and isolation
- depression
- painful or disabling physical illness.

 Samaritans  
The Upper Mill  
Kingston Road  
Ewell  
Surrey  
KT17 2AF

 **020 8394 8300**

 **admin@samaritans.org**

 **www.samaritans.org**

Helpline: **116 123**


or email **jo@samaritans.org**

- 24 hours, seven days a week
- UK-wide


## Relate

Relate is the UK's largest provider of support for people experiencing a range of relationship problems, providing counselling and therapy over the phone, online and in person. They charge for some of their services.


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 Relate  
Premier House  
Carolina Court  
Lakeside  
Doncaster  
DN4 5RA

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 **0300 00 30 396**

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 **relate.enquiries@relate.org.uk**

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 **www.relate.org.uk**

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## Other useful contacts


## Other useful contacts

**British Red Cross** - can help people following a short stay in hospital by providing extra support and care at home.

 0344 871 11 11


 [www.redcross.org.uk](http://www.redcross.org.uk)

**Disabled Living Foundation** - advises on daily living aids and assistive technology for people with disabilities including those caused by dementia.

 0300 999 00004

 [www.dlf.org.uk](http://www.dlf.org.uk)

**Tourism for all** - helps to make travelling and tourism (both abroad and within the UK) accessible for everyone regardless of illness or disability.

 0845 124 9971

 [www.tourismforall.org.uk](http://www.tourismforall.org.uk)

## About us

Alzheimer's Research UK is the UK's leading dementia research charity funding world-class research to prevent, treat and cure dementia.

We help people to understand dementia and the progress we are making, as well as providing an opportunity for people with dementia and their carers to get involved in research.

There are many ways you can help us to make progress faster. These include making a donation towards our pioneering research, volunteering to help at our events or sharing your story to raise awareness of dementia. If you would like to find out more about how you can help us make breakthroughs possible, contact us – our contact details are on the back of this booklet.

