**Carers Useful Contacts and Websites**

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| Age UK Dorchester | **Tel:** 0800 055 6112  **Website:** [www.ageuk.org.uk](http://www.ageuk.org.uk) |
| Alzheimers Society/ Dementia Support | **Tel:** 0333 150 3456  **Website:** alzheimers.org.uk |
| Citizens Advice Bureau | **Tel:** 0800 144 8848  **Website**: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) |
| Carers UK | **Tel:** 0808 8087777  **Website:** [www.carersuk.org](http://www.carersuk.org)  **Email:** advice@carersuk.org |
| Carer Support Dorset | **Tel:** 0800 368 8349  **Website:** [www.carersupportdorset.co.uk](http://www.carersupportdorset.co.uk)  **Email:** admin@carersupportdorset.co.uk |
| CRISP- Carers Resource Information Support Programme | **Tel:** 01202 128 787  **Website:** www.crispweb.org |
| Help and Care | **Tel:** 0300 111 3303  **Website:** [www.helpandcare.org.uk](http://www.helpandcare.org.uk)  **Email:** contact@helpandcare.org.uk |
| Memory Advisory Service | **Tel:** 0300 123 1916  Email: [dorset@alzheimers.org.uk](mailto:dorset@alzheimers.org.uk) |
| NHS Carers Direct | **Tel:** 0300 123 1053  **Website:** www.nhs.uk/carersdirect |
| Weymouth Community Transport | **Tel:** 01305 783 999 - 10am-2pm  **Email:** [community.transport@wcv.org.uk](mailto:community.transport@wcv.org.uk) |
| Young Carers | **Tel:** 01305 228 200  **Email:** [youngcarers@dorsetcc.gov.uk](mailto:youngcarers@dorsetcc.gov.uk)  **Search:** Dorset Young Carers Service |