**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 1916Email: 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 |
| Young Carers | **Tel:** 01305 228 200 **Email:** youngcarers@dorsetcc.gov.uk**Search:** Dorset Young Carers Service |