

### **Age UK**

Promoting the welfare of older people and their perception in society.

☎0300 33 00 11

### **Alzheimer's Society**

Working to improve the quality of life of people affected by dementia in the UK.

☎0151 650 5505

### **Arch Initiatives**

To relieve poverty, sickness and distress amongst person's affected by addiction.

☎0151 647 8633

### **Headway Wirral**

Support for the survivors of brain injury, their families and carers.

☎07506975261

### **Family Tree**

Supporting carers and families affected by a family member's mental health problems.

☎0151 488 8159

### **Advocacy in Wirral**

Supporting you to uphold your rights and have your voice heard.

☎0151 650 1530

### **Helplink**

Community support charity in Wirral providing transport, befriending and clubs for the elderly, vulnerable and disabled.

☎0151 648 3322

### **Agencies for Carers Executive.**

voluntary & community agencies in Wirral ensuring Carers are recognised, valued and supported

☎0151 630 4017

### **Multiple Sclerosis Society**

The UK's leading resources for information regarding MS.

☎0808 800 8000

### **Wirral Mind**

A range of services for adults suffering from poor mental health and those that support them.

☎0151 512 2200

### **Wirral Mencap**

Working with and on behalf of adults and children with learning disabilities.

☎0151 666 1829

### **Parkinson's Society**

Provides support and information for people with Parkinson's disease.

☎0808 800 0303

### **Wirral Pathfinders**

Mental Health self help support group.

☎0151 334 2111

### **Action with Young Carers Barnardo's Wirral Service**

Information, advice and resources for young carers in Wirral.

☎ 0151 637 6173

### **WIRED**

Support for people who are disadvantaged and carers.

☎0151 522 7990

### **Role On**

Support group for recent long term former carers across wirral.

☎0151 647 6027

### **Carers Partnership Board**

Committee that leads the strategy for carers.

Carol Jones

☎0151 666 5200

### **Wirral Change**

Outreach service for black and racial minorities offering information, advice and guidance.

☎0151 649 8177

### **GP OUT OF HOURS**

For emergencies when your doctor's surgery is closed.

☎0151 678 8496

### **Welfare Rights Unit**

Free checks to ensure that you are receiving all the benefits to which you are entitled.

☎0151 666 4570

### **Stroke Association**

Information and support for people who have had a stroke and their carers.

☎0151 625 3996

### **Department of Adult Social Services**

Central advice and Duty Team (CADT).

☎0151 606 2006

### **Lonsdale trust**

A local, independent charity offering adult care services and carer support.

☎0151 630 4017

### **Jobcentre Plus**

Offer a range of training and financial help for carers wanting to take up work.

☎0345 604 3719

### **MAP**

#### **(Money Advice Project)**

Debt or money problems, free confidential advice.

☎0151 647 4353

### **C.A.F.F**

Support group for carers, family and friends affected by alcohol/ substance misuse.

☎0151 649 0138

### **Sundowns**

Supporting & understanding needs of people with Downs Syndrome.

☎0151 648 8210

### **Merseyside Autistic Children's Society**

To help children with autism and related social communication difficulties.

☎0151 644 4533

### **Carers UK Advice Line**

Wednesday & Thursday  
10am-12pm and  
2pm-4pm.

☎0808 808 7777