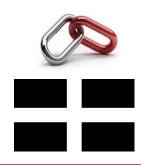
## CARER SUPPORT: USEFUL CONTACTS CORNWALL





	Telephone	Website	Socials
Cornwall Carers Service	01736 756655	https://www.cornwallcarers.org.uk/	Facebook Instagram X
Bude Carers Group	07773 054804	Email: <u>budecarersgroup.welcome@gmail.com</u> Meets 11-1pm on first Wednesday of month	
Men Who Care	01736 756655	https://www.cornwallcarers.org.uk/men-who- care Contact via Cornwall Carers Service	Facebook Instagram X
Man Down	Meets in Bude, Launceston, Okehampton.	https://www.mandown-cornwall.co.uk/	Facebook Instagram X
Carers UK	020 7378 4999	https://www.carersuk.org/	Facebook Instagram X
PROMAS	01736 339226	https://promas.co.uk/ Courses for carers.	Facebook X
Kernow Young Carers	01736 756655	https://www.cornwallcarers.org.uk/kernow- young-carers	Facebook Instagram X
Young Adult Carers	01736 756655	https://www.cornwallcarers.org.uk/young-adult- carers	Facebook Instagram X
Bude Cancer Support	07961 146573	https://www.budecancersupport.org/	Instagram Facebook
PickMe Up Transport	01409 259001	<u>https://pickme-up.co.uk/</u> (for Bude, Holsworthy & surrounding area)	Facebook
Carers Trust	0300 772 9600	https://carers.org/	Facebook Instagram X
Carers Allowance	0800 731 0297	https://www.gov.uk/carers-allowance	
Age UK Cornwall	01872 266383	https://www.ageuk.org.uk/cornwall	Facebook X
Citizen's Advice Cornwall	0800 144 8848	https://www.citizensadvice.org.uk/	Instagram
Adult Social Care	Cornwall Council 0300 1234 131	https://www.cornwall.gov.uk/health-and-social- care/adult-social-care/	Facebook X
Disability Cornwall	01736 759500	https://www.disabilitycornwall.org.uk/	Facebook Instagram
NHS Carers' Information	Includes: carers assessments, carers breaks, benefits, young carers	https://www.nhs.uk/conditions/social-care-and- support-guide/support-and-benefits-for-carers/	Or contact your own practice
NHS Talking Therapies	01872 221047	https://www.cornwallft.nhs.uk/carers-corner	Facebook Instagram X
Carers Week	9 <sup>th</sup> to 15 <sup>th</sup> June 2025	https://www.carersweek.org/	Facebook Instagram