

# CARER SUPPORT: USEFUL CONTACTS CORNWALL



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