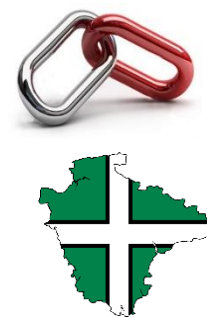


CARER SUPPORT: USEFUL CONTACTS Devon



	Telephone	Website	Socials
Devon Carers	03456 434 435	https://devoncarers.org.uk/	Facebook Instagram X
Holsworthy Carer Support Group		Email: holsworthycarersgroup@gmail.com Meet 1 st Thursday of each month 2.30-4.30pm at Holsworthy Youth Centre	
Holsworthy Day Companions	07798 520675	https://holsworthycompanions.wixsite.com/day-care	Facebook
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
Devon Young Carers	03456 434 435	https://www.westbank.org.uk/am-i-a-young-carer	Facebook Instagram X
Young Carers Connected	01237 420141	https://www.torridgecvs.org.uk/projects/young-carers-connected	Facebook Instagram
The Longhouse (North Devon Hospice)	01271 344248	https://www.northdevonhospice.org.uk/about-us/	Facebook Instagram X
PickMe Up Transport	01409 259001	https://pickme-up.co.uk/ (for Bude, Holsworthy & surrounding areas)	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 Devon	0333 241 2340	https://www.ageuk.org.uk/devon/	Facebook Instagram
Citizen's Advice	0808 223 1133 Devon Advice Line: 0808 278 7999	https://citizensadvicetnmwd.org.uk/	Instagram
Adult Social Care	Devon County Council 0345 155 1007	https://www.devon.gov.uk/adult-social-care/care-and-support/	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
Talkworks	0300 555 3344	https://www.talkworks.dpt.nhs.uk/	Facebook Instagram X
Carers Week	9 th to 15 th June 2025	https://www.carersweek.org/	Facebook Instagram X