**Highgate Medical Centre is dedicated to providing support for Carers**

Jennie Wilson is the named carers coordinator at the surgery. If you should need any further help or information please contact her at the surgery. The services listed below offer all forms of help and support, including financial and welfare.

**First Contact Plus** – offers a ‘self-referral’ service providing a wide range of services including financial, support groups and adaptations in your home for independent living. The ‘self-referral’ form is available on-line.

Tel: 0116 305 4286

Email: [firstcontact@leics.gov.uk](mailto:firstcontact@leics.gov.uk)

Website: [www.firstcontactplus.org.uk](http://www.firstcontactplus.org.uk)

**VASL - Support for Carers** - offers all forms of support ranging from local group meetings, financial and wellbeing advice.

Tel: 01858 468 543

Email: [Maureen@supportforcarers.org](mailto:Maureen@supportforcarers.org)

Website: [www.supportforcarers.org](http://www.supportforcarers.org)

**Citizens Advice** – offers free independent advice.

Tel: 01509 506663

**Carers UK** – can offer practical financial advice.

Website: [www.carersuk.org](http://www.carersuk.org)

**Leicestershire County Council** – offers many different services ranging from carers advice to relaxation techniques.

Tel: 0116 305 0004

Website: [www.leicestershire.gov.uk](http://www.leicestershire.gov.uk)

**Marie Curie** – offer a wide range of services to support carers looking after the terminally ill as well as looking after yourself.

Tel: 0800 090 2309

Website: [www.mariecurie.org.uk](http://www.mariecurie.org.uk)

**Loros** – offers support to families and carers looking after terminally ill relatives as well as those with life-limiting conditions.

Tel: 0116 231 3771

Website: [www.loros.co.uk](http://www.loros.co.uk)

**The Carers Centre** – a local based charity supporting carers in Leicestershire.

Tel: 0116 251 0999

Website: [www.claspthecarerscentre.org.uk](http://www.claspthecarerscentre.org.uk)

**Age UK** – offers support, social events and advice to help families to stay at home and to remain as independent as they can.

Tel: 0116 299 2233

Email: [enquiries@ageukleics.org.uk](mailto:enquiries@ageukleics.org.uk)

Website: [www.ageuk.org.uk](http://www.ageuk.org.uk)

**Alzheimer’s Society** – offers practical and emotional support

Tel: 0300 222 1122

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**Dementia UK** – provides useful information for dementia carers and their families

Tel: 0800 888 6678

Email: [info@dementiauk.org](mailto:info@dementiauk.org)

Website: [www.dementiauk.org](http://www.dementiauk.org)

**Mind for You** – offers support for those looking after family members with dementia.

Tel: 01509 351008

Email: info@mindforyou.co.uk

Website: [www.mindforyou.co.uk](http://www.mindforyou.co.uk)

**PALS – Patient Advice and Liaison Service** – helps with concerns when a relative is in hospital. They can also offer information about local services

Tel: 08081 788337

Or

Tel: 0116 295 0830

**Charnwood Life Line** – provides a 24 hour emergency response service. Charges apply.

Tel: 01509 643970

Website: [www.charnwood.gov.uk](http://www.charnwood.gov.uk)

**There are also a range of services available after someone relative has passed away (in addition to the funeral directors) that you may find helpful**

**CRUSE** – bereavement service offer support to families and carers

Tel: 0116 288 4119

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

**Dying Matters** – helps to make plans for and talk openly about end of life care

Website: [www.dyingmatters.org](http://www.dyingmatters.org)

**The Laura Centre** – offers specialised bereavement support.

Tel: 0116 254 4341

Email: [info@thelauracentre.org.uk](mailto:info@thelauracentre.org.uk)