

## Carers UK

Carers UK is the national membership charity for millions of people who look after older, ill or disabled family and friends in the UK. However caring affects you, Carers UK is there to support with information and advice. The charity campaigns for lasting change and innovation to find ways to make life better.

Check [here for opening times](#).

[State of Caring survey 2020](#)

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**Telephone:** 020 7378 4999

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

**Helpline:** 0808 808 7777 (freephone)

**Email:** [Advice@carersuk.org](mailto:Advice@carersuk.org)

**Twitter:** <https://twitter.com/CarersUK>

**Facebook:** <https://www.facebook.com/carersuk>

**Youtube:** <https://www.youtube.com/user/CarersUK>

**Cost:** Free

**Address:**

20 Great Dover Street,  
London  
SE1 4LX

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