Information NOW
Information for people in Newcastle upon Tyne

Carers UK

Carers UK provide information and guidance to unpaid carers. They run a telephone helpline, email service and have a library of online information. They can help you with a range of subjects including:

- benefits and financial support
- your rights in the workplace
- carers' assessments and how to get support in your caring role
- services available to carers and the people you care for
- how to complain effectively and challenge decisions

They offer online activities for carers:

- **Meet ups** to talk to others about their experiences
- **Carers Connect forum** online community
- **Online activities for carers** such as pilates, exercise, digital skills, art, films, yoga, wellbeing and more
- **Jointly app**
- Free opportunities for carers such as entry to Beamish Museum and Alnwick Gardens (contact for further details)

This is a membership organisation. It's free to register.

Last updated: October 5, 2026

Telephone: 020 7378 4999

Website: www.carersuk.org

Helpline: 0808 808 7777

Freephone
Email: Advice@carersuk.org

Website 2: https://jointlyapp.com/

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,
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SE1 4LX

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