

N cont'd		
NHS Choices: Your health, your choices	Website	<a href="http://www.nhs.uk/pages/homepage.aspx">www.nhs.uk/pages/homepage.aspx</a>
NHS Derby City	Telephone	01332 224000
	Website	<a href="http://www.derbycitypct.nhs.uk">www.derbycitypct.nhs.uk</a>
NHS Direct	Telephone	0845 4647
P		
PALS (Patient Advice & Liaison Service) for health and GP services in Derby	Free helpline	0800 0323235
PALS (Patient Advice & Liaison Service) for Derby Hospitals	Free helpline	0800 7837691
PALS (Patient Advice & Liaison Service) for Derbyshire Mental Health Services NHS Trust	Free helpline	0800 0272128
Parkinson's UK	Telephone	0808 800 0303
	Website	<a href="http://www.parkinsons.org.uk/carers">www.parkinsons.org.uk/carers</a>
T		
The Stroke Association	Telephone	01332 662679
	Website	<a href="http://www.stroke.org.uk">www.stroke.org.uk</a>
W		
Warm Front Grant Scheme (for enquiries about grants to make the home warmer and more energy efficient)	Free helpline	0800 316 2805
Y		
YC NET (Princess Royal Trust for Carers)	Website	<a href="http://www.youngcarers.net">www.youngcarers.net</a>
	Telephone	0844 8004361
	E-mail	<a href="mailto:help@carers.org">help@carers.org</a>

## Useful Contact Information



A		
Adult Social Services, Derby City Council	Telephone	01332 717777
	Minicom	01332 206180
Age UK Derby and Derbyshire	Telephone	01332 343232
Alzheimer's Society	Telephone	01332 208845
	Website	<a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>
B		
Benefit Enquiry Line (for information about carers allowance, disability living allowance and attendance allowance)	Free helpline	0800 882200
Blue badge	Telephone	01332 256764
C		
Carers UK	Telephone	0808 808 7777
	Website	<a href="http://www.carersuk.org/home">www.carersuk.org/home</a>
	E-mail	<a href="mailto:advice@carersuk.org">advice@carersuk.org</a>
Carers Breaks Information & Support Service	Telephone	01332 717777
Carers Direct	Telephone	0808 802 0202
	Website	<a href="http://www.nhs.uk/carersdirect/pages/carersdirecthome">www.nhs.uk/carersdirect/pages/carersdirecthome</a>
Contact a Family (for families with disabled children)	Free helpline	0808 808 3555
	E-mail	<a href="mailto:helpline@cafamilly.org.uk">helpline@cafamilly.org.uk</a>
Counsel and Care (for older people, their families and carers)	Telephone	0845 300 7585
	E-mail	<a href="mailto:advice@counselandcare.org.uk">advice@counselandcare.org.uk</a>
Crossroads Care	Telephone	01332 344448
D		
Derby Advice, Derby City Council	Telephone	01332 256550
	Minicom	01332 256555

<b>D cont'd</b>		
Derby Drivability (for driving enquiries)	Telephone	01332 371929
Derby Hospitals NHS Foundation Trust - Derbyshire Royal Infirmary	Telephone	01332 347141
	Website	www.derbyhospitals.nhs.uk
Derby Hospitals NHS Foundation Trust - Royal Derby Hospital	Telephone	01332 340131
	Website	www.derbyhospitals.nhs.uk
Derby Racial Equality Council	Telephone	01332 372428
Derby Shopmobility (scooter hire for shopping in Derby)	Telephone	01332 200320
Action for Children, Derbyshire & Derby City Young Carers Service	Telephone	01332 370430
Derbyshire Association for the Blind	Telephone	01332 292262
	Website	www.dab.org.uk
Derbyshire Carers Association	Telephone	01332 200002
	Website	www.derbyshirecarers.co.uk
Derbyshire Mental Health Services NHS Trust	Telephone	01332 623700
	Website	www.derbyshirementalhealthservices.nhs.uk/
Derbyshire MIND	Telephone	01332 345966
	Website	www.derbyshiremind.org.uk
Derbyshire Stroke Clubs Network	Telephone	0303 3033 100
Directgov	Website	www.direct.gov.uk/en/caringforsomeone/index.htm
Disability Direct	Telephone	01332 299449
	Website	www.disabilitydirect.com
Disabled Children's Database & Family Information Service (DISC)	Telephone	01332 256990
Door 2 Door Transport (community transport for Derby)	Telephone	01332 380738

<b>E</b>		
Emergency planning: Ripley Head Office	Telephone	01773 743355
	E-mail	emergencyplanning@derbyshirecarers.co.uk
<b>F</b>		
Fresh Start - Stop Smoking Service	Telephone	01332 861174/0800 7076870
	Website	www.freshstart.nhs.uk
<b>H</b>		
Headway Derby	Telephone	01332 298577
	Website	www.headway.org.uk/branches/derby.aspx
Home Heat Helpline (for advice about reduced tariffs and special payment options from energy suppliers)	Free helpline	0800 336699
<b>L</b>		
Lauren's Link	Telephone	01332 362744
	Website	www.laurenlink.org.uk
LGBT Carers Support Group	Telephone	0161 2344254
	Website	www.lgf.org.uk/carers
<b>M</b>		
MS Society Derby	Telephone	01332 611810
	Website	www.mssociety.org.uk/derby
Macmillan Cancer Support	Telephone	0808 808 00 00
	Website	www.macmillan.org.uk/home.aspx
Making Space Carer Support Workers	Telephone	01332 547900
	Website	www.makingspace.co.uk
Motability Operations (for enquiries about the Motability Car Scheme)	Telephone	0845 4564566
<b>N</b>		
NHS Carers Direct	Telephone	0808 802 0202