

Do you provide unpaid care and support for a relative, partner or friend?



Caring for carers

Caring for someone can be very demanding. Maybe we can help by giving you a break so that you can recharge your batteries and have some 'me' time.




County Durham and Darlington



Do you provide unpaid care and support for a relative, partner or friend?

Visit www.durhamcarers.info for details of support available or contact us between 10.00am and 4.00pm Monday – Friday

Derwentside Carers Centre

☎ 01207 502 688

Durham and Chester-le-Street Carers Centre

☎ 0191 387 1991

Durham Dales Action For Carers

☎ 01833 630 202 Teesdale

☎ 01388 451 400 Wear Valley

Easington District Carers Support

☎ 0191 586 9134

Sedgefield Locality Carers Centre

☎ 01325 313 123

If you don't know which is your local carers centre contact Social Care Direct ☎ 0845 8 50 50 10