

**REGIONAL CARERS CENTRE CONTACT DETAILS**

*(For other young carers projects please contact individual authorities)*

AUTHORITY:	SOCIAL CARE TELEPHONE NO:	CARERS CENTRES:
MIDDLESBROUGH	(01642) 726004  <b>Emergency Out of Hours 08702 402994</b>	Middlesbrough Carers Outreach Project Sanctuary Supported Living (01642) 223999 Carers Outreach Service Beresford Buildings, The Greenway, Thorntree, Middlesbrough TS3 9NB Mon – Fri (9am – 5pm)  <b>MIND Mental Health Carer Support Service (01642) 257020</b>  Barnardos Young Carers Project Young Carers Service Bridgeway Project, Allendale Road, Ormesby Middlesbrough TS7 9LF (01642) 300774
STOCKTON	(01642) 527764  <b>Emergency Out of Hours 08702 402994</b>	Stockton Carers Centre The George Hardwick Foundation Unit 5 Wellington Square, Shopping Centre, Stockton TS18 1QX <b>0845 3025523</b> Mon-Fri (9.00am - 5.30pm) Sat (9.00am - 5.00pm)  North Tees Centre for Carers and Patients University Hospital of North Tees Hardwick Road, Stockton-on-Tees TS19 8PE <b>0845 3025524</b> Mon-Fri (9am – 4.30pm)  <b>Young Carers Project: Eastern Ravens Trust (01642) 678454</b>
REDCAR & CLEVELAND	(01642) 771500  <b>Emergency Out of Hours 08702 402994</b>	Carers Together in Redcar & Cleveland 23 Queen Street, Redcar, Cleveland TS10 1AB <b>(01642) 488977</b> Mon-Thurs (9am – 5pm) Fri (9am – 4.30pm)  <b>Young Carers Project : The Junction (01642) 756000</b> Mon-Fri (9am – 5pm)
HARTLEPOOL	(01429) 266522  <b>Emergency Out of Hours 08702 402994</b>	Hartlepool Carers Hartlepool Carers 19A Lowthian Road, Hartlepool, TS24 8BH <b>(01429) 283095</b>

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DARLINGTON	(01325) 346200  <b>Emergency Out of Hours 08702 402994</b>	Carers Support Service Enterprise House, South Entrance, Valley Street North, Darlington DL1 1GY <b>(01325) 357533</b>  Darlington YMCA Time Out Young Carers Project <b>(01325) 350465</b>
NORTH YORKSHIRE	0845 034 9410  <b>Emergency Out of Hours 0845 034 9417</b>	Hambleton & Richmondshire Carers Centre 32 High Street, Northallerton, North Yorkshire, DL7 8EE <b>(01609) 780872</b> <b>Mon-Thurs (9am - 4pm) Fri (9am - 1pm)</b>  Craven & Airedale Carers Resource Griffin House, Broughton Hall Business Park, Skipton, North Yorkshire BD23 3AN <b>(01756) 700888</b> Mon – Fri (9am –4.30pm)  Scarborough & Ryedale Carers Resource 96 High Street, Snainton, Scarborough, YO13 9AJ <b>(01723) 850155</b> Mon – Fri (9am – 4pm)  <b>Harrogate Carers Resource</b> 11 North Park Road, Harrogate, North Yorkshire HG1 5PD <b>(01423) 500555</b> Mon – Fri (9am – 5pm)  <b>Hambleton Young Carers Project:</b> <b>(01609) 780872</b>
EAST RIDING OF YORKSHIRE	<b>(01482) 393939</b>  <b>Emergency Out of Hours 01482 393939</b>	East Riding Carers Centre 18 Wednesday Market, Beverley HU17 0DJ <b>(0800) 9176844</b> Mon – Thur (9.30am – 4.30pm) Fri (9.30am – 4pm)
YORK	<b>(01904) 555111</b>  <b>Emergency Out of Hours 0845 0349417</b>	York Carers Centre Nursery Block, 17 Prioory Street, York, YO1 6ET <b>(01904) 715490</b> Drop in session Fri (11am – 3pm) Tel: Open Hours – Mon – Thur (9am – 5pm)

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NORTHUMBERLAND	<p><b>(01670) 536 400</b></p> <p>Emergency Out of Hours <b>(0845) 600 5252</b></p>	<p>Carers Northumberland Carers Northumberland, Suite 17, Wansbeck Business Centre, Rotary Parkway, Ashington Northumberland NE63 8QZ <b>(0844) 800 7354</b></p>
HULL CITY COUNCIL	<p><b>(01482) 300 300</b></p> <p>Emergency Out of Hours <b>(01482) 788 080</b></p>	<p>Carers Centre Hull Unit 5, The Shirethorn Centre, 37-42 Prospect Street, Hull HU2 8PX <b>(01482) 225078</b> Mon – Telephone service only (9a –4pm) Tues – Fri (10am – 4pm) closed at lunch time ever day (12pm-1pm)</p>
DURHAM	<p><b>(0845) 850 5010</b></p> <p>Emergency Out of Hours <b>(0845) 850 5010</b></p>	<p>Durham &amp; Chester le Street Carers Support Bullion Hall, Bullion Lane, Chester le Street, County Durham DH2 2ES <b>(0191) 387 1991</b></p> <p><b>Derwentside Carers Centre</b> Delves Lane Village Hall, Delves Lane, Consett, County Durham DH8 7BH <b>(01207) 502 688</b></p> <p><b>Easington District Carers Support</b> 5<sup>th</sup> Floor, Lee House, Yoden Way, Peterlee, County Durham SR8 1BB <b>(0191) 586 9134</b></p> <p><b>Sedgefield Locality Carers Centre</b> Suite B8, Avenue House, 1<sup>st</sup> Floor, Block B, Greenwell Road, Newton Aycliffe, County Durham DL5 4DH <b>(01325) 313 123</b> Mon – Thur (9am – 5pm) Fri – (9am – 4pm)</p> <p><b>Durham Dales Action for Carers – Teesdale Office</b> Claire House, Victoria Road, Barnard Castle, County Durham DL12 8HW <b>(01833) 630 202</b></p> <p>Durham Dales Action for Carers – Wear Valley Office 30 Edgar Grove, Bishop Auckland, County Durham DL14 7QL <b>(01388) 451 400</b></p>

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NEWCASTLE	<p><b>(0191) 278 8377</b></p> <p>Emergency Out of Hours <b>(0191) 232 8520</b></p>	<p>Carers Centre Newcastle 6 Saville Place, Newcastle Upon Tyne NE1 8DQ <b>(0191) 260 3030</b> Mon – Fri (10am – 4pm)</p>
SUNDERLAND	<p><b>(0191) 520 4845</b></p> <p>Emergency Out of Hours <b>(0191) 520 5515</b></p>	<p>Sunderland Carers Centre Thompson Park, Thompson Road, Sunderland SR5 1SF <b>(0191) 567 3232</b> Mon – Fri (9am – 5pm)</p>
CUMBRIA	<p><b>(01228) 606060</b></p> <p>Emergency Out of Hours <b>(01228) 526690</b></p>	<p>Carlisle Carers Association Fusehill Medical Centre, 1<sup>st</sup> Floor, Fusehill Street, Carlisle, Cumbria CA1 2HE <b>(01228) 542156</b></p> <p><b>Eden Carers</b> Gloucester Yard, Great Dockray, Penrith, Cumbria, CA11 7DE <b>(01768) 890280</b></p> <p><b>Furness Carers</b> Hindpool Community Centre, Nelson Street, Barrow in Furness LA14 1NF <b>(01229) 822822</b></p> <p><b>South Lakeland Carers</b> 5 Castle Street, Kendal LA9 7AD <b>(01539) 815970</b></p> <p><b>West Cumbria Carers</b> Maryport Resource Centre, 12a Selby Terrace, Maryport CA15 6NF <b>(01900) 810101</b></p>
NORTH TYNESIDE	<p><b>(0191) 643 2777</b></p> <p>Emergency Out of Hours <b>(0191) 200 6800</b></p>	<p>North Tyneside Carers Centre 3<sup>rd</sup> Floor, YMCA Building, Church Way, North Shields NE29 0AB <b>(0191) 643 2298</b> Mon – Thurs (9am – 4.30pm) Fri (9am – 4.30pm) 2nd and 4th Wednesdays each month open late until 8pm. 2nd Saturday of each month open 9am – 1pm.</p>
SOUTH TYNESIDE	<p><b>(0191) 427 7000</b></p> <p>Emergency Out of Hours <b>(0191) 456 2093</b></p>	<p>Carers Association in South Tyneside (CAST) 1 Beach Road, South Shields NE33 2QA <b>(0191) 454 3346</b></p>

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LANCASHIRE	<p><b>(0845) 053 0009</b></p> <p>Emergency Out of Hours <b>(0845) 6021043</b></p>	<p>Preston Carers Centre 28 Church Street, Preston PR1 3BQ <b>(01772) 200173</b></p> <p><b>Carers Point</b> 21 St Anne's Road West, St Annes, Lancashire FY8 1SB <b>(01253) 783150</b></p> <p><b>Lonsdale District Carers</b> Ground Floor, St Leonard's Gate House, St Leonard's Gate, Lancaster LA1 1NN <b>(01524) 418278</b> Mon &amp; Wed (10.30am – 4pm) Tue &amp; Thur (10.30am – 1pm) Fri – Appointment's only</p> <p><b>West Lancashire Carers Centre</b> Hillside Health Centre, Tanhouse Road, Skelmersdale WN8 8AZ <b>(01695) 735420</b></p> <p><b>Carers Link – Hyndburn &amp; Ribble Valley</b> Link House, 23 King Street, Accrington BB5 1PR <b>(01254) 387444</b> Mon – Fri (10am – 4pm)</p>