

## Carers Centres in the North East

AREA	CONTACT INFORMATION
County Durham and Darlington	<b>Website:</b> <a href="http://www.dccarers.org">www.dccarers.org</a> <b>Telephone:</b> 0300 005 1213 (Durham) 0300 005 1215 (Darlington)
Gateshead	<b>Website:</b> <a href="http://www.gatesheadcarers.com">www.gatesheadcarers.com</a> <b>Telephone:</b> 0191 4900121 <b>Email:</b> enquiries@gatesheadcarers.com
Hartlepool	<b>Website:</b> <a href="http://www.hartlepoolcarers.org.uk">www.hartlepoolcarers.org.uk</a> <b>Telephone:</b> 01429 283 095 <b>Email:</b> staff@hartlepoolcarers.org.uk
Newcastle	<b>Website:</b> <a href="http://www.newcastlecarers.org.uk">www.newcastlecarers.org.uk</a> <b>Telephone:</b> 0191 275 5060 <b>Text:</b> 07874100043 <b>Email:</b> info@newcastlecarers.org.uk
North Tyneside	<b>Website:</b> <a href="http://www.northtynesidecarers.org.uk">www.northtynesidecarers.org.uk</a> <b>Telephone:</b> 0191 643 2298 <b>Email:</b> enquiries@ntcarers.co.uk
Northumberland	<b>Website:</b> <a href="http://www.carersnorthumberland.org.uk">www.carersnorthumberland.org.uk</a> <b>Telephone:</b> 01670 320 025 <b>Email:</b> info@carersnorthumberland.org.uk
South Tyneside	<b>Website:</b> <a href="http://www.changegrowlive.org/adult-carers-service-south-tyneside/info">www.changegrowlive.org/adult-carers-service-south-tyneside/info</a> <b>Telephone:</b> 0191 406 1531 <b>Text:</b> 07714737283 <b>Email:</b> STACS@cgl.org.uk
Sunderland	<b>Website:</b> <a href="http://www.sunderlandcarers.co.uk">www.sunderlandcarers.co.uk</a> <b>Telephone:</b> 0191 549 3768 <b>Email:</b> contactus@sunderlandcarers.co.uk
West Cumbria	<b>Website:</b> <a href="http://www.westcumbriacarers.co.uk">www.westcumbriacarers.co.uk</a> <b>Telephone:</b> 01900 821 976 <b>Email:</b> general@westcumbriacarers.co.uk
South Lakeland	<b>Website:</b> <a href="http://www.carersupportsouthlakes.org.uk">www.carersupportsouthlakes.org.uk</a> <b>Telephone:</b> 01539 815 970 <b>Email:</b> admin@carersupportsouthlakes.com

### ***Useful links for those supporting a loved one with an Eating Disorder***

<b>BEAT Eating Disorders</b> Provides support and information for sufferers, carers and professionals <b>Visit:</b> <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>	<b>FEAST</b> Resources and support for those caring for a loved one with an eating disorder. <b>Visit:</b> <a href="http://www.feast-ed.org">www.feast-ed.org</a> .
<b>National Institute for Health and Care Excellence</b> The NICE guidelines on the treatment the person you're caring for is entitled to. <b>Visit:</b> <a href="http://www.nice.org.uk">www.nice.org.uk</a> .	<b>Citizens Advice Bureau</b> For enquiries about legal rights and responsibilities, benefits for carers, and financial advice. Visit <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a> .