

Carer Information and Support Programme

The Carer Information and Support Programme is a short course for people supporting a family member or friend with [dementia](#). The friendly, confidential group sessions provide the opportunity for discussion about the experience of caring and provide information about dementia, [legal and money matters](#), ways of coping day to day and getting help from [local services](#).



A full time carer who participated in one of these groups said:

'I go to a support group but this was very different, it really covered the nuts and bolts of what was going on. You pick up so many things, such as understanding how memory works and how it affects everything we do.'

Jayne Ward, full-time carer

To find out more about a group in your [local area](#) see the list of sites offering a Carer and Information Support Programme in 2012 and call the contact number. If your [local Alzheimer's Society office](#) is not on the list, you may be able to find other support for carers here in our [Local information section](#)

List of sites and contact numbers

Sites where CrISP programmes are likely to be arranged during 2012/13

Bedfordshire and Luton

- Bedford 01234 327 380

Cambridgeshire and Peterborough

- 01945 580 460

Devon

- Exeter 01752 608 900

Dorset and Somerset

- Dorchester 01305 259740
- Taunton 01934 514977

East Riding and Humber

- North Lincs 01652 680470
- East Riding 01652 680470
- Selby 01482 211 255
- York 01904 658 106

Essex

- Chelmsford 01245 260 911
- Uttlesford 01370 872 519
- Basildon and Brentwood 01268 581 689
- Colchester 01206 573 708

Greater Manchester & West

- Manchester 01613 420 797

Herefordshire and Worcestershire

- North Worcestershire 01562 823800
- South Worcestershire 01562 823800

Hertfordshire

- TBC 01923 894 222

Bedfordshire

- Luton 01234 327 380

Lancashire

- Morecambe 01524 414846
- Blackpool 01524 414846
- East Lancashire 01282 421233

Merseyside

- Knowsley 0151 426 4433
- Liverpool 0151 298 2444

North East London

- Havering 01708 739 293
- Harrow 01923 823 999

South East London

- Croydon 0208 916 3587
- Lambeth & Southwark 0207 735 5850

West London

- Sutton & Merton 0208 770 1875
- Wandsworth 0208 877 0033
- Kingston 0203 513 5147

Midlands Central

- Coventry/Birmingham 01926 888899
- Dudley 0121 521 3021

Norfolk

- Diss 01842 824636
- Great Yarmouth 01842 824636

Northamptonshire

- Kettering 01832 736670

Nottinghamshire

- Nottingham 01159 343 800

Shropshire and Staffordshire

- Shrewsbury/Bridgnorth 01743 341800

West Sussex

- Chichester 01903 267902
- Crawley 01323 727127

East Sussex

- Eastbourne 01323 727127
- Crowborough 01323 727127

Wales North

- Conwy 01352 700 741
- Flintshire 01352 700 741

Wales West

- Ceredigion 07715 802631

Wiltshire

- Salisbury 01722 326 236

Worcestershire

- Kidderminster 01562 823800

Yorkshire North

- Scarborough 01723 500 958
- Ryedale 01723 500 958
- Craven 01756 799 971

Yorkshire South

- Rotherham 01709 580 543
- Doncaster 01709 580 543

Yorkshire West

- Bradford 01274 586 008
- Leeds 01132 311 727

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- The Ingram Trust
- The Kirby Laing Foundation
- Pearson Family 1st Settlement
- The Rayne Foundation
- Rowan Charitable Trust
- Yorkshire Building Society

Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

10.00am-4.00pm Saturday-Sunday

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