

Advocacy

POhWER

Delivers information, advice, support and advocacy services throughout England.

<https://www.pohwer.net/east-midlands>

Advice and Assessments

TuVida (formerly Carers Trust East Midlands)

Provides individualised support that helps carers live life with independence, choice and peace of mind.

<https://www.tuvida.org/>

People Plus

Offers free support and advice to carers

www.peopleplus.co.uk/communities/the-carers-hub/the-carers-hub

Age UK

Provides a wide range of services for older people from all communities and backgrounds in Nottingham and Nottinghamshire.

<https://www.ageuk.org.uk/notts/>

Bassetlaw Action Centre

A community resource agency offering help and support to individuals; promoting the independence of older and vulnerable people and supporting individuals with long term conditions.

<https://www.bassetlawactioncentre.org.uk/>

Benefit's advice

Nottingham Law Centre

Nottingham Law Centre offers free, confidential and independent advice. They give advice on Debt, Housing and Welfare Benefits.

<https://www.nottinghamlawcentre.org.uk/>

Local directories

Nottingham Help Yourself

www.nottshelpyourself.org.uk

Nottingham City LION

<https://www.asklion.co.uk/nottingham/directory>

Debt management

Debt Advice Foundation

www.debtadvicefoundation.org

StepChange Debt Charity

www.stepchange.org.uk

0800 138 1111

National Debtline

www.nationaldebtline.org

0808 808 4000

Mental Health

MHSOP Mental Health Service for Older People

www.MidNottspathways.nhs.uk

Carers Federation

Provides a variety of services including counselling and advocacy

www.carersfederation.co.uk/

Young Carers

Action for young carers

A free and confidential service that supports young carers in Nottingham City.

<https://aycnottingham.co.uk/>