We have a vision of a world in which older people flourish. We aim to improve later life for everyone through our information and advice, campaigns, products, training and research. Information line: 0800 169 6565 www.ageuk.org.uk

With local Network Partners we work to improve support, services and recognition for carers in communities across the UK. We offer practical help, both in and outside the home, desperately needed breaks, information and advice. Find your nearest Network Partner by calling 0844 800 4361 or visit www.carers.org

We help carers. When caring affects you and your family, Carers UK is here to provide the support and advice you need. Carers UK’s Adviceline 0808 808 7777 www.carersuk.org

We provide a national information and advice service for older people, their families and carers, focusing on three vital areas: social care, welfare benefits and befriending services. Independent Age advice service 0845 262 1863 www.independentage.org

We provide practical, medical, emotional and financial support; listen to people affected by cancer and work together for better cancer care. Macmillan Support Line 0808 808 0000 www.macmillan.org.uk

We provide free nursing care to people with any terminal illnesses in their own homes and emotional support to their families. We also provide specialist care at our nine Marie Curie Hospices. Marie Curie Cancer Care freephone 0800 716 146 www.mariecurie.org.uk
We're the national charity for the 100,000 people living with multiple sclerosis in the UK. We are dedicated to improving treatment and care to help people with MS, their families and carers to take control of their lives. With your support, we are funding research that we believe will help us beat MS for good.

We're the Parkinson's support and research charity. For more that 40 years we've been working to find a cure and improve life for everyone affected by Parkinson's. Helpline 0808 800 0303 www.parkinsons.org.uk

Getting answers on things that concern you is really important. We provide information, practical advice, emotional support and can put you in touch with carer support groups. Stroke Helpline 0303 3033 100 www.stroke.org.uk