**C:\Users\lee.newburn\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VYID8QXQ\MC900384124[1].wmfUseful Contacts**

|  |  |
| --- | --- |
| **Tameside Health and Wellbeing service and Carers Centre** | **0161 342 3344** |
| **Tameside Council** | **0161 342 8355** |
| **Carers UK – Manchester** | **0161 953 4233** |
| **Tameside Adult Services** | **0161 342 2400** |
| **Welfare Rights Advice**  **(Monday, Wednesday 9.30am-12.30pm)** | **0800 074 9985** |
| **Citizens Advice Bureau** | **0161 342 5005** |
| **Age UK, Tameside** | **0161 308 5000** |
| **TOPAZ (Health and Well Being Centre)** | **0161 330 9223** |
| **Tameside Adult Services** | **0161 342 2400** |
| **Tameside Young Carers**  **(Aged under 18)** | **0161 336 6615** |
| **Parent/Carers Drug and Alcohol Support Services** | **0161 342 7605** |