

Carers and Family

Care for the Family

Care for the Family is a national charity which aims to promote strong family life and to help those who face family difficulties. They focus primarily on the following areas of family life: marriage, parenting and bereavement.

Their aim is to be accessible to every family whatever their circumstances and to create resources and support that are preventative, evidence-based and easy to apply.

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

Telephone: 029 2081 0800

Email: mail@cff.org.uk

Carers UK

Carers UK makes life better for carers.

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

Rethink carer support

Rethink is a national organisation that offers a wide range of online support and advice for carers.

<https://www.rethink.org/advice-and-information/carers-hub/>
