MOORE THAN ARTHRITIS

CARERS RIGHTS DAY 2026 / THURSDAY 19 NOVEMBER

Carers support in Hull and East Yorkshire

If you help someone who has arthritis, a disability or a long-term condition without being paid, these services can help you find support for yourself. A carer's assessment is a conversation about how caring affects you and what could help.

Adult carers

Hull | Carers' Information and Support Service

Call or email for advice, or ask directly for a carer's assessment. You can also use the online form on the assessment page.

01482 222 220 · chcp.carersinfo@nhs.net

Hull adult carer's assessment and online form

East Riding | Carers Support Service

If you're 18 or over and the person you care for lives in the East Riding, call or email for advice or to request a carer's assessment. You can ask even if you live elsewhere.

0800 917 6844 · ercarers@eastriding.gov.uk

East Riding adult carer's assessment

Young carers

Hull | Hull Young Carers Project

If you're 18 or younger, email the team to ask about support and an assessment, or use the Early Help referral link on the council page. A trusted adult can help.

theyoungcarersproject@hullcc.gov.uk

Hull Young Carers Project and referral information

East Riding | Young carers team

If you're 17 or younger and care for family in the East Riding, a parent, carer or teacher can email to request an assessment. At 16 or 17 you can refer yourself with parent or guardian consent.

family.help.young.carers@eastriding.gov.uk

East Riding young carer's assessment

What to say when you get in touch

"I help look after someone without being paid. Caring is affecting my daily life. What support is available, and how can I ask for an assessment?"

UK-wide directory (PDF) · Carers Rights Day campaign and free guides

Moore Than Arthritis lists these independent services for signposting. A listing does not imply endorsement or partnership. Contacts checked 8 November 2026.