

Newsletter

2016 – 2017

It has been a very busy year for Lanarkshire Carers Centre and we would like to thank everyone involved for their hard work, commitment and enthusiasm. We are a carer led organisation celebrating our 21st year of making a positive difference to the lives of carers across Lanarkshire. This newsletter will give you a flavour of some of the activities and services we provide. Please feel welcome to call in to our Hamilton Centre or Airdrie base, telephone, visit our website, like our Facebook page or follow us on twitter to find out more and stay up to date with what's on.



Carer Positive Employer Award

Lanarkshire Carers Centre is delighted to receive the Carer Positive Engaged Employer Award, becoming one of a growing number of Carer Positive employers in Scotland.



Staff from Lanarkshire Carers Centre receiving the Carer Positive Engaged Employer Award. Pictured from left to right: Barbara McAuley (Centre Manager), Anne Fitzpatrick (Admin Worker), Sue McLintock (Carers Scotland) and Colin Smith (North Lanarkshire Carer Resource Worker)

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Helping carers feel confident in their caring role and to look after their own health and well-being.

Young Adult Carers Project pages 6 and 7

Find out about Lanarkshire Carers Centre's dedicated support for young adult carers aged 18-25.

Short Breaks for Carers pages 12 and 13

Details of our Short Break Carers Information Service, including opportunities that allow carers to take a break from their caring role.



Lanarkshire Carers Centre hosted a number of activities and events to support Carers Week, which took place between 6 and 12 June 2016.

The focus of this year's Carers Week was 'Building Carer Friendly Communities'- places where carers feel supported to look after their family or friends and are recognised as individuals with needs of their own, which was definitely a prominent theme throughout the week.

Bobby McBride, Carer Support Worker for Cumbernauld area hosted an information stall at the Cornerstone Church in Cumbernauld along with other local organisations, providing information on the services available through Lanarkshire Carers Centre.

A Coffee Morning was held at St. Margaret's Church in Airdrie to recognise carers in the local community. A number of volunteers, many of whom are carers themselves, helped out at the coffee morning and provided homemade cakes and biscuits. They were available to talk to those in attendance throughout the morning, sharing their experiences with others along with members of Lanarkshire Carers Centre staff.

Carers attending the Steps of Caring Training Programme delivered by Lanarkshire Carers Centre in East Kilbride also showed their support for Carers Week.

Lanarkshire Carers Centre's main Carers Week event, Step Out Saturday, took place on Saturday 11th June 2016 at the Alona Hotel, Strathclyde Park. This event was open to carers throughout Lanarkshire, their family and friends. It was a fun-filled day enjoyed by all which included cultural dance and music, raffle and tombola prizes, a fancy dress photo booth, pampering, face painting, fire engines, and loads more.

Isbah Khan, Black and Minority Ethnic Carer Support Worker from Lanarkshire Carers Centre said: "This event was a great opportunity to celebrate Carers Week and the diversity of carers from different cultures that we support throughout Lanarkshire. The focus of Building Carer Friendly Communities was very apparent from all the activities we had on offer throughout the day, including Polish dance and music, the Chinese fan dance and T'ai Chi as well as other activities"

One carer who attended the event said "Thank you for a most enjoyable day and for all the hard work that must have gone into the day. It's so good to be in another environment other than caring and it lets you be a real person for a short while."





Some of our volunteers who donated their time and baking for the Airdrie Coffee Morning during Carers Week 2016



Volunteers' Week

Lanarkshire Carers Centre would like to say a huge thank you to our amazing volunteers and board members. The commitment, dedication and support they provide to our organisation is greatly appreciated. Many of our volunteers have demanding caring roles themselves and the work they do for Lanarkshire Carers Centre can help not only themselves to take a break from their caring roles, but also support other carers who access the services we provide.

To show our appreciation during Volunteers' Week, all of our volunteers were given a certificate to acknowledge their continued contribution and an evening meal is planned for later in the year.

We have a number of different roles to suit people's interests and skills and would really like to hear from you if you can give some of your time each week. If you would like more information, please get in touch.



A selection of photos taken at events hosted by Lanarkshire Carers Centre during Carers Week 2016.



Fundraising



SoundRoutes SINGERS

SoundRoutes Singers have worked in partnership with Lanarkshire Carers Centre helping to raise awareness of carers and the support services available to them, as well as raising money for the organisation. Over £2,000 has been raised to date.

Lanarkshire Carers Centre hopes to deliver singing workshops for carers using the donations received over the coming months. Dates and venues are currently being confirmed so please contact us if you are interested in attending.



Lanarkshire Carers Centre staff attended the annual summer concert for SoundRoutes Singers in Motherwell to raise awareness of our services and collect donations for the centre

50/50 Club

The 50/50 Club is a fundraising initiative that enables its members to win a cash prize every month whilst contributing to the future success of Lanarkshire Carers Centre.

How does it work?

£1 is entered into a draw each month for each active member. Half of the draw fund is donated to the centre and the other half is paid to the prize winner. For example:

- Number of active members in month: 100
- Amount of money entered into monthly draw: £100
- Amount donated to centre: £50
- Prize winner receives: £50

The prize amount is dependent on the number of active members each month, so the more active members there are, the greater the prize amount!

How much does it cost?

It costs just £12 to join the 50/50 Club. This entitles each member to 1 entry a month over a 12 month period.

How do I join?

You can download a membership form from our website at www.prtlcc.org.uk/fundraising or call us on 01698 428090 / 01236 755550 and request a form to be posted to you.



We have set up an online fundraising account with Localgiving. You can make an online donation using a credit/debit card or by paypal:

www.localgiving.org/lanarkshirecarerscentre

Carer Training Opportunities

Lanarkshire Carers Centre's Training Programme covers a range of topics to help carers feel confident in their caring role and look after their own health and well-being. These courses are free of charge for carers. Examples of forthcoming training we will be providing include:

- Steps of Caring programme for carers who are new to the caring role
- Condition specific training such as autism awareness, dementia awareness and visual sensory impairments
- Confidence building workshops
- Managing finances
- Feeling better and able to cope with the caring role
- Sleep workshops
- Makaton
- Legal workshop for parent carers
- Moving and handling training
- First aid training
- Moving Forward from Caring programme, tailored for carers who are no longer in a caring role or their caring role is coming to an end.

There are a number of ways you can find out what training is available:

- By phone on 01698 428090 / 01236 755550
- In person at our Hamilton Centre or Airdrie Base
- On our website www.prtlcc.org.uk/training

We are always interested in suggestions for new topics that will support carers so please let us know if you have any ideas. We understand that it can sometimes be difficult for carers to attend training courses. Please let us know of any support you may need at the time of booking.



Steps of Caring

Steps of Caring training programme is designed to provide practical, useful information for those who are new to the caring role, particularly the different types of support services available to them locally.

Avril Whiteside, Steps of Caring Training Coordinator says "We often find that participants have not recognised that they are carers and part of the training helps them to identify the additional responsibilities they have. Carers tell us that the course helps to relieve isolation and informs them of the support and advice available to them if they require it. Carers are often surprised when they participate in the course that some of their own health conditions are directly related to their caring role. An introduction to stress management during this training is often the first time they have thought about taking care of their own mental health and wellbeing".

Steps of Caring training is delivered throughout the year across Lanarkshire. If you are interested in attending, please contact us on 01698 428090. You can also view available dates and book your place online via our website www.prtlcc.org.uk/training

Moving & Handling Training

Lanarkshire Carers Centre's International Women's Group attended Moving & Handling training provided by NHS Moving & Handling Team at Monklands Hospital. This training was part of the planned programme of activity for this support group, specifically set up to support female carers from Black and Minority Ethnic (BME) backgrounds. The group meets every month to provide mutual support, access to services, information, training, social activities, relieve isolation and build friendships. Translation in Urdu/ Punjabi/English is available at all group meetings.

All the group members enjoyed the training and agreed it was very informative and useful.



Young Adult Carers

Lanarkshire Carers Centre understands that the support needs of young adult carers may sometimes be different to those of other carers. We have a dedicated project for young adult carers providing:

- Confidential advice and emotional support to help with your caring role
- Support in accessing and applying for educational, employment and training opportunities
- Ongoing social groups for young adult carers to relax and talk with others
- Support to access benefits, grants and funding

A number of activities and events have taken place since the project was introduced in January 2016:



Reeltime Music Workshops

These workshops are funded by the National Lottery and give young adult carers the chance to get professional tuition with a range of state of the art instruments, recording equipment and video editing software. The workshops are really laid-back and as well as learning to play new instruments, young adult carers can take a break from the caring role, socialise with other carers and have a bite to eat. The workshops usually include a session at a recording studio and the chance to record a CD to show off the skills that young adult carers have developed.

BBC Trip

In May 2016, a number of our young adult carers had a tour of the BBC Scotland Studios in Glasgow. This was a great opportunity for them to get some time away from their caring roles and socialise with others. During the trip they had the opportunity to see what goes on behind the scenes at the BBC and experience first-hand what it's like being a presenter. A great day out had by all!

If you are a young adult carer aged 18-25 and would like to get involved in future activities, please contact us on 01698 428090.



Project

Getting To Know...

Ewan Roy, Young Adult Carer Support Worker for Lanarkshire Carers Centre

Ewan has a wealth of experience working with carers and young people. He previously worked for Lanarkshire Carers Centre as a carer support worker in South Lanarkshire before moving to London for 6 months, where he continued to support carers at a Carers Centre in Surrey. Ewan returned to Scotland and took up the role of Young Adult Carer Support Worker in January 2016. We asked Ewan some questions about himself and the project below:

What can young adult carers expect from the project?

The project is a mix of groups, activities and training aimed at helping carers aged 18-25 achieve their goals and manage their caring roles. We support young people to meet others who understand their caring role and take part in fun, age-appropriate activities. The project also helps young adult carers to access employment and education opportunities, access grants or funding and other support services that can assist with their caring responsibilities.

We provide one-to-one support and a listening ear for young adult carers. We know a lot of young people have received really vital support from Young Carers Services in Lanarkshire and hopefully my post can go some way to bridging the gap to adult services.

What has been your highlight of the project so far?

Completing the first round of our Reeltime Music workshops has definitely been a highlight. We finished with a trip to a recording studio and the Young Adult Carers even recorded a CD with songs and videos they had created throughout the project. The talent and creativity of the young people was really impressive and feedback from the workshops has been so positive.

The BBC trip was amazing as well and getting a shot at presenting the news and meeting Judith the weather lady was a great laugh. We're really excited about some of the upcoming activities we have planned such as our trip to Parliament and our Employability Workshops. There's also the small matter of our residential trip to Rowardennan Lodge with activities including canoeing, raft-building, survival skills and archery!

Ewan would you rather:

Q: Win £5,000 for yourself or £50,000 for a friend?

A: *£50,000 for a friend. Although you've kind of got to say that!*

Q: Be able to stop time for 10 seconds or rewind time for 10 seconds?

A: *Definitely rewind time. Imagine being able to take back rubbish jokes or get an extra 10 seconds in bed in the morning.*

Q: Run at 100mph or fly at 10mph?

A: *Easy one. Fly!*



More information on Lanarkshire Carers Centre's young adult carers Project can be found on our website: www.prtlcc.org.uk/yac or by contacting Lanarkshire Carers Centre on 01698 428090.



Independent

Pampering

Pampering Services are provided in a number of venues throughout Lanarkshire. Therapists provide holistic and beauty treatments that can offer you time away from your caring role and a chance for you to relax. These services are provided at a subsidised rate and can also be accessed by the person you care for in some venues.



Range of treatments on offer:

Aromatherapy Massage, Indian Head Massage, Reflexology, Facial, Mini Facial, Waxing, Threading, Eyebrow/Lash tint/Shape, Manicure, Pedicure, File and Polish, Hot Stones, Fake Bake, Reiki, Seated Acupressure, Swedish Massage, Holistic Facial, Hopi Ear Candles, Crystal Therapy, Colour Therapy, Stress Management, Talking Therapies, Beauty Facial, Hands Free Massage, Acrylic Nails, Weekend Lash Extensions, Spray Tan and last but not least Gel Nails.

Prices: **£8** for half hour and **£14** for an hour

(Prices correct at time of publication and may be subject to change)



North Lanarkshire Venues:

- Airdrie Locality Support Service, 92 Hallcraig Street, Airdrie
- Bellshill Locality Support Service, 95 Main Street, Bellshill
- Coatbridge Locality Support Service, 151 Buchanan Street, Coatbridge
- Cumbernauld Locality Support Service, 152 McGregor Road, Cumbernauld

Please call 01236 755550 to book an appointment at any of these venues

South Lanarkshire Venues:

- Lanarkshire Carers Centre, 60 Castle Street, Hamilton
- Fairhill Lifestyles, Neilsland Road, Hamilton
- Murray Owen Centre, 1 Liddell Grove, East Kilbride
- McClymont House, Gallowhill Road, Lanark
- Eastfield Lifestyles, 101 Glenside Drive, Rutherglen

Please call 01698 428090 to book an appointment at any of these venues

Services Update



Carers Foot Clinic

Podiatry services are provided in a number of venues across Lanarkshire. This service is offered at a subsidised rate and can also be accessed by the person you care for. The service is open to all carers who have a Carer Registration Card and the person they care for.

Your first appointment needs to be a 30 minute appointment so that the podiatrist can properly assess your feet, after which they will advise on a suitable duration and frequency for future appointments.

Prices: **£7** for a 15 minute appointment for clipping nails and hard skin removal. **£13** for a 30 minute appointment which includes the above but allows time to deal with more complex treatments like verrucae, corns and ingrown toenails.

(Prices correct at time of publication and may be subject to change)



North Lanarkshire Venues:

- Airdrie Locality Support Service, 92 Hallcraig Street, Airdrie
- Orbiston Neighbourhood Centre, Busby Road, Bellshill
- Craigneuk Lifelong Learning Association, 641A Glasgow Road, Wishaw
- Cumbernauld Integrated Day Centre, Darroch Way, Cumbernauld

Please call 01236 755550 to make an appointment at any of these venues:

South Lanarkshire Venues:

- Lanarkshire Carers Centre, 60 Castle Street, Hamilton
- Fairhill Lifestyles, Neil Island Road, Hamilton

Please call 01698 428090 to make an appointment at any of these venues

Legal Clinics

Occasionally carers can encounter legal issues that can be very daunting. Lanarkshire Carers Centre offers carers a free 20 minute session with a solicitor from New Law Solicitors to discuss Guardianship, Power of Attorney and Will Making, even if you would just like to find out more about any of these legal services and why they are important.

Carers need to have a Carer Registration Card to access this service.

If you would like to make an appointment, please contact us on 01698 428090.

Disclaimer: Lanarkshire Carers Centre does not endorse individual or commercial interests or services and would encourage carers to do their own research to pick the solicitor they feel is best for them.



Farewells

Lesley Fishleigh

Staff and the Board of Directors from Lanarkshire Carers Centre, colleagues from statutory and voluntary organisations, and carers themselves bid a fond farewell to Lesley Fishleigh in June 2016 as she moved on to pastures new. Lesley worked tirelessly with the organisation since 1997, starting as a part time outreach worker before becoming a full time carer support worker in 2000. In January 2002 she became the North Lanarkshire Carer Resource Worker.

In Lesley's 19 years with Lanarkshire Carers Centre, she has provided



Lesley (centre) pictured with Jamie Hepburn MSP and other members of staff from Lanarkshire Carers Centre

invaluable support to carers, carers groups and organisations throughout Lanarkshire. Lesley has been instrumental in setting up many carer initiatives, such as our Carer Registration Card scheme and helping the organisation gain many awards including Healthy Working

Lives Outstanding Achievement Award in 2013.

Everyone at Lanarkshire Carers Centre would like to thank Lesley for her contribution over the years and wish her all the very best for the future.

Esther Colquhoun

Staff and service users at Lanarkshire Carers Centre said a fond farewell to Esther Colquhoun who volunteered with the organisation for over 11 years. Esther provided the Care Talk service telephoning carers on a weekly basis and spent her last few weeks saying goodbye and handing over the calls to someone new. Many of the carers who received the Care Talk service from Esther sent in cards and gifts as a token of appreciation for the support Esther has provided them. One carer sent a beautiful bouquet of flowers and a letter saying "you have been a lifeline and it was comforting to know that, if required, help was just a phone call away"

Another carer made a special trip to the centre in Hamilton with a gift saying "I would have got you the moon if I could have". Although they have spoken for many years on the phone it was the first time they had met in person and a few tears were shed.

Everyone here at Lanarkshire Carers Centre would like to thank Esther for her contribution over the years and wish her well for the future.



Care Talk

Care Talk provides a weekly telephone call to carers. This regular, friendly call can help carers feel less isolated and provides contact for further support when required. This service is available in a range of languages including English, Urdu, Punjabi and Polish.

If you would like more information about Care Talk, please get in touch with us.

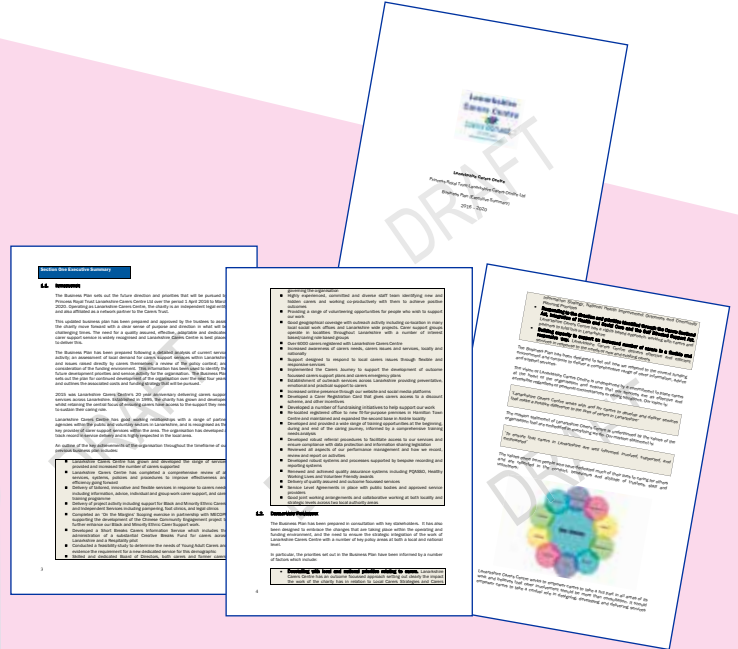


Business Plan

Lanarkshire Carers Centre has developed its business plan for 2016 to 2020. We invite you to review the executive summary and provide feedback on its contents by completing our online feedback survey via our website:

www.prtlcc.org.uk/publications

If you would like to view the full version of our business plan, please contact Barbara McAuley, Centre Manager on 01698 428090.



What is a Carer Registration Card?

The Carer Registration Card scheme enables carers to access a range of offers and discounts from a wide variety of local retailers, suppliers and services. We are continually developing this service to extend the range of services, offers and discounts which include legal services, leisure opportunities, theatre tickets, restaurants, gyms, golf, joiners, yoga, swimming, short breaks, bed and breakfast, spa days, and much more.

Who can be a card holder?

Eligibility for a Carer Registration Card is open to any carer over the age of 16 who lives in Lanarkshire and who

provides substantial and ongoing support for the person that they care for. More than one carer for each cared-for person can be a card holder, providing they meet the qualifying criteria.

You can request a Carer Registration Card by contacting us by telephone, email or by visiting the website.

What discounts are available?

Information on all the current discounts and offers available to carers can be found on our website: www.prtlcc.org.uk/crc

Follow us on Facebook and Twitter to stay informed of all the latest offers as soon as they become available.

Short Break Carer's Information

Short
breaks fund

CREATIVE
breaks

Lanarkshire Carers Centre's Short Break Carers Information Service became a Lanarkshire-wide service in April 2016, working with various partnership organisations to bring new and exciting short break opportunities to carers. Some of these opportunities are free and some are offered at a reduced rate.

The service provides information on opportunities for carers to take a short break from their caring role, including grant funding and other useful resources. Information is also available for practitioners in statutory, third and private sector organisations to raise awareness of the service, enabling them to build capacity and ensure the carers they support have access to short break opportunities.

A short break allows carers time to get away from the routine of caring. It can be for any length of time, it can be taken at home or away from home and it can be with the person the carer cares for or it can be alone.

Information on various grants that are available for carers, the funding cycle of the grants and the eligibility criteria are held within the Short Break Carers Information Service. Lanarkshire Carers Centre submitted an application to Shared Care Scotland for Creative Breaks funding for 2016/2017 and are awaiting a decision. Mini Break funding was introduced for the first time and this was very successful.

Jean's Story

Jean cares for her husband who has bladder cancer, chronic arthritis and dementia. Jean said that her caring role leaves her tired and stressed. Jean applied for Creative Breaks funding to go on a short break with her husband to Montrose.

Jean and her best friend Ann, who is also a carer, have always gone on holiday together and now that both their husbands have dementia they feel that they are able to support each other whilst there.

Jean and Ann went on holiday abroad with their husbands last year but Jean's husband became really ill and had to be hospitalised and they decided that this time they would holiday in Scotland. Jean's husband was diagnosed with dementia in 2015 and Ann's husband has had dementia for 18 years. Both women now support each other.

The two couples booked into a hotel in Montrose for four days and Jean informed that the weather was great, the hotel was gorgeous and the staff were very friendly. They did some sightseeing on the trip and visited the Air Station Heritage Centre and it brought back some lovely memories for Jean's husband as he was previously in the RAF.

Jean said that the short break helped "recharge her batteries as she didn't have to decide what to make for dinner as the meals were prepared for her and they were lovely." Ann said that the break was "very mentally refreshing and thoroughly enjoyed by all."

Service

★ respitality



Macdonald Hotels

Vue Cinema, Hamilton



Lanarkshire Carers Centre is participating in a pilot project called Respitality in partnership with Shared Care Scotland.

Respitality aims to make connections between hospitality providers who help support unpaid carers via Lanarkshire Carers Centre to offer free short breaks to carers. These breaks are for the carer plus a companion and can be a visit to the theatre, a meal and sometimes an overnight stay. Carers need to have a Carer Registration Card to access Respitality.

Along with other carers centres in Scotland, Lanarkshire Carers Centre is in the process of making a Respitality DVD involving carers, providers and staff to speak of their experience of Respitality, which will be available to view via our website.

Respitality Providers

Lanarkshire Carers Centre would like to welcome on board Macdonald Hotels, Vue Entertainment, Hollywood Bowl and Gala Bingo, who have recently become Respitality providers. 24 providers are currently participating in Respitality and discussions are continuing with other potential providers.

If you are interested in signing up for Respitality or would like to find out more, please visit our website www.prtlcc.org.uk/respitality or contact us on 01698 428090 /01236 755550.

RESPITALITY case study

One of our carer support workers identified a carer who was in crisis and was looking to access a break away from her stressful caring role. Through the Respitality project we were able to offer the carer an immediate 4 night break so she could go and enjoy the peace she so desperately required whilst giving her the opportunity to review her situation and plan for the future. Her son, whom she cared for was going to stay with his father in the interim period. We were able to arrange this with the support of social work services through our strong joint working partnership.

The carer arrived at Rings Farm, Fife for a 4 night break and upon meeting Moira the owner, who realised how anxious and stressed the carer was, insisted that she stay a while longer. Arrangements were made to pay for gas and electricity and the carer stayed at Rings Farm for an additional period of time.

The carer stated "Having experienced prolonged stress in my caring role, with continuous anxiety, I was finally mentally and physically broken. Being able to escape for rest and recuperation was invaluable to me. The caravan you organised at Ring Farm was a wonderful place to go. The peace and quiet of the beautiful surroundings, allowed me the space and time to try and reduce my anxiety and

feel better. Moira and her family made me so welcome; it was a privilege to meet such amazing people".

"You enabled me to stay not just for the four initial days, but for longer. Without that chance to escape, I have no doubt that the situation would have resulted in my hospitalisation."

Feedback from the Respitality provider, "Our Respitality guest is doing fine she came for 4 nights but that clearly wasn't going to be enough as she was exhausted. I didn't have any bookings so she is staying longer, hopefully till the end of the month, she has offered to pay for gas etc so that is fine.

She is guiding me on what we could do for guests with autism and is very into craft so hopefully will show me how to upcycle some dining room chairs, I have had the paint, brushes & fabrics just not got started, so mutual benefit to host and recipient."

Caring for a loved one can leave a carer socially isolated and lacking confidence however this case study is a perfect example of how Respitality can benefit both the carer and provider. Since returning the carer has built a strong friendship with Moira and has been invited back to pass on her craft skills.

New Support Group for Polish Carers



The first meeting of the Polish Carers Support Group took place in April 2016. This Lanarkshire wide support group has been specifically set up by Lanarkshire Carers Centre to support carers from Polish background, providing mutual support, access to services, information, training opportunities, social activities, relieving isolation and building friendships. Translation in Polish/English is available at all group meetings.

The group meets on the third Friday of each month (excluding public holidays) from 10.30am – 12:30pm at Netherton Methodist Church, 65 Netherton Road, Wishaw ML2 0DD.

For further information please contact Isbah Khan, Black and Minority Ethnic Carer Support Worker on 01698 428090 or visit our website www.prticc.org.uk

Black & Minority Ethnic (BME) Support

Our BME Carer Support Worker's role is to identify and engage with BME Carers and support them to access available services. This includes:

- Providing information about new initiatives, policies and legislation
 - Supporting Carers individually and in groups
 - Providing written/oral translation in Urdu, Punjabi & English
- Negotiation and mediation, form filling and access to benefits/grants

We have a dedicated phone line to support carers who speak Urdu/Punjabi: 07780 926595

بلیک اور مائینارٹی ایتھنک کیئر سپورٹ ورکر کا کام لینارکشائر میں رہنے والی اقلیتی قوموں میں سے کیئررز کی نشاندہی، ان سے رابطہ پیدا کرنا اور ان کو موجودہ سروسز تک رسائی میں مدد کرنا ہے۔ مندرجہ ذیل سہولیات بھی مہیا کی جاتی ہیں:

نئے قوانین اور پالیسیوں کے بارے میں معلومات

کیئررز کی انفرادی اور اجتماعی مدد

انگریزی، اردو اور پنجابی زبانوں میں زبانی اور تحریری ترجمہ مہیا کرنا

بینیفٹس اور گرانٹس تک رسائی اور فارمز کی بھرائی میں مدد کرنا

ثالثی اور مذاکرات میں مدد

اردو/پنجابی بولنے والے کیئررز کے لئے مختص فون لائن: 07780926595

Carer Support Groups

Local Carer Support Groups meet throughout Lanarkshire. These groups bring carers together to share information, talk openly about issues, meet other carers, relax and enjoy the company of others. There are area based groups as well as International Women's Group, Parent Carer Groups and a Male Carer Support Group. The area based groups take place in:

NORTH LANARKSHIRE VENUES:

Airdrie Locality Support Service, 92 Hallcraig Street, Airdrie

Bellshill Locality Support Service, 95 Main Street, Bellshill

St Patrick's Church, 1 St John Street, Coatbridge

Glenboig Neighbourhood House, 50-52 Main Street, Glenboig

St Barbara's Church, Elmira Road, Muirhead

Central Health Centre, North Carbrain Road, Cumbernauld

Muirfield Community Education Centre, 1 Brown Road, Cumbernauld

Kilsyth Burns Old Church, 11 Church Street, Kilsyth

Carfin Grotto, 100 Newarthill Road, Motherwell

Calvery Christian Fellowship Hall, 344 Muir Street, Motherwell

SOUTH LANARKSHIRE VENUES:

The Bankhall, Climpy Road, Forth

McClymont House, Gallowhill Road, Lanark

Nisbet Centre, 108 Raploch Street, Larkhall

Langvout Court, Langvout Gate, Biggar

Murray Owen Centre, 1 Liddell Grove, East Kilbride

Rutherglen Social Work Department, 380 King Street, Rutherglen

Visit our website www.prtlcc.org.uk
to find out dates and times of when these groups meet
or contact us to discuss attending.

Carers' Journey

Lanarkshire Carers Centre uses the Carers' Journey framework as a discussion toolkit to engage with carers.

As a carer, you may not have considered the full extent of your caring role and the effect it may be having on your life. Using the Carers' Journey framework encourages early identification of carers needs and the support that may be required. The focus is a personalised approach to achieve the best possible outcomes for carers that will assist them in their caring role.

If you would like more information on the Carers' Journey framework or would like to speak with someone regarding your caring role, please get in touch with us.

Carers (Scotland) Act 2016

The Carers (Scotland) Act 2016 is a key piece of new legislation that promises to 'promote, defend and extend the rights of adult and young carers across Scotland. If you would like to find out more about this we have added some information to our website under the legislation section.

www.prtlcc.org.uk/legislation

Where to find us



Hamilton Centre

Unit 1a Princes Gate
60 Castle Street
Hamilton
ML3 6BU

Tel: 01698 428090



Airdrie Base

Airdrie Locality
92 Hallcraig Street
Airdrie
ML6 6AW

Tel: 01236 755550

Further information about Lanarkshire Carers Centre services and other topics can be found on our website:

www.prtlcc.org.uk

We are also on Facebook and twitter, where you can keep up to date with our latest news. Please feel free to drop into one of our centres, call or email us and we will be happy to assist you further.

Email: info@prtlcc.org.uk

Urdu/Punjabi Telephone: **07780 926595** اردو/پنجابی فون لائن

Young Adult Carer Line: **07746 303612**

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