



Freepost RSLJ-YXKR-JLEB
 Dundee Carers Centre
 Argyll House
 West Marketgait
 DUNDEE
 DD1 1QP

You can access lots of information and help through our website and find out about events and groups that are taking place.

You can also download publications and access information in a variety of community languages.

www.dundecarerscentre.org.uk

Dundee Carers Centre
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DO YOU LOOK AFTER A FAMILY MEMBER OR FRIEND?



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Dundee Carers Centre is a registered Scottish Charity: SCO24115



**Support for Carers
 of all ages and
 Disabled People**

Do you look after a family member or friend?

Looking after a family member or friend who needs your help may take up a lot of your time. You may find that you need to give up or reduce your work hours in order to care. You may find it harder to get out of the house and keep in contact with friends and family. Money might be tight and you may have to learn to budget as well as the practical skills you need to care for someone. If you feel that, bit by bit, your caring role is taking over your life, you are not alone.

You may not see yourself as a 'carer' as you are just 'getting on with it' and doing what the person you care for needs. You may not know that being a carer means you have certain rights and there is support available for you.

Dundee Carers Centre provides information and support for carers. We can give you the support you need to make your caring role easier so that you feel more able to carry on caring. We work with GPs and other professionals to identify carers who need support.

Our team of staff and volunteers provides support to carers and disabled people, in their own home, in the Centre or over the phone. We provide a range of services, such as:

-  Individual and group support
-  Information
-  Training
-  Benefits advice
-  Support for carers and disabled people from minority ethnic communities (in Urdu, Mandarin and Cantonese)
-  Support for young carers
-  Support for young adult carers
-  Help to access other services
-  Direct Payments service to help disabled people access self-directed support

If you would like more information about the Dundee Carers Centre please complete the tear off slip. You can post it to us or put it in an envelope using our freepost address.

Name _____

Address _____

Postcode _____

Email _____

Tel No. _____

Would you like us to: Call you back add you to our mailing list

Where did you pick up this leaflet? GP Pharmacy Hospital Other

If other, please specify: _____