



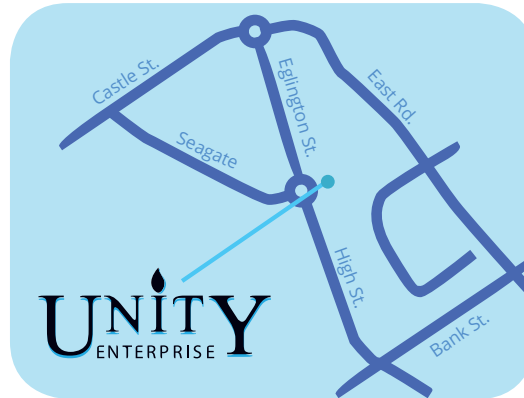
North Ayrshire Carers Centre

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www.unity-enterprise.com
www.carers.org

Opening hours:
Monday – Friday 9am – 4pm.



Scottish Charity Number: SC20039



North Ayrshire Carers Centre



Are You A Carer?

You can be an individual of almost any age or gender, come from any racial, ethnic or religious background, and provide emotional support and practical support to someone in the community who might not manage on their own without your help.

The person you care for can be a family member, friend or neighbour. You may not recognise yourself as a Carer but without your help, they may be unable to live in their own home. You may help by providing physical or emotional support to the person you are caring for. You may also take responsibility for their financial affairs.

Many Carers take this role willingly, out of a sense of love and commitment, others become Carers because they feel they have no choice. Caring for someone is often demanding, isolating and stressful. Carers may be worried about money or their own health.

For us the underpinning quality of the Centre is in providing an opportunity for Carers to meet one another whether formally or informally. This is invaluable in allowing Carers to exchange information, experiences and obtain mutual support.

The Centre offers Carers impartial, confidential help and is located on street level with easy access for wheelchair users and fully adapted disabled toilet facilities.



What We Do

The Centre provides Carers with:

Information on any Carers issues eg. benefits, respite

- Advice on Carers rights
- Contact with other Carers
- Help with form filling
- Support and a sympathetic ear
- Advocacy representing Carers
- Literature
- Training opportunities
- Relaxation in the form of alternative therapies
- Outreach
- Support groups
- Young Carer Support
- Counselling



Young Carers

A Young Carer is between the ages of 8 and 18yrs who provides support to a family member, whose life is affected by alcohol and/or drug misuse, mental or physical illness or disability, and who may have emotional and physical responsibilities beyond those normally given to children of their age.

The Carers Centres can help by giving Young Carers:

- Time out, Fun & Relaxation
- A chance to talk and be heard
- Information and support
- Access to other services
- Group activities & Individual support
- Seasonal activities