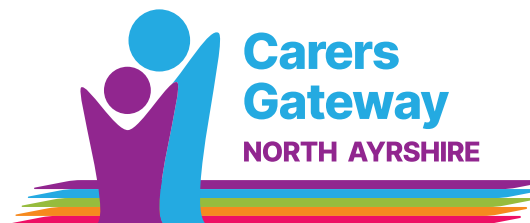


Carers Gateway is a
carers.org Network Partner

**CARERS
TRUST**
SCOTLAND



INVESTORS IN PEOPLE
We invest in people Standard



Online Service

Get instant access to a wide range of resources & tools designed for carers like you at our online service, CarersGateway.org.uk.



Information for Carers

Contact Us

By Phone:

01294 311333 (Mon - Fri, 9am - 4pm)

By Email:

northayrshire.carers@unity-enterprise.com

www.CarersGateway.org.uk



Carers Gateway North Ayrshire



Carers Gateway is part of Unity Enterprise,
A Company Limited By Guarantee (120777)
Scottish Charity Number: SC020039



CarersGateway.org.uk



Are you a carer?

If you provide emotional and practical support to someone who might not manage on their own without your help, you are a carer, regardless of your age, gender, racial, ethnic, or religious background.

The person you care for could be a family member, friend, or neighbour and your care could be help such as providing physical or emotional support or taking responsibility for their finances. You may not even recognise yourself as a carer.

Many people become carers willingly while others may feel they have no choice. Caring for someone can often be demanding, isolating, and stressful, and some carers may be worried about money or their own health.

Carers Gateway is proud to provide an opportunity for carers to meet one another in formal and informal settings that allow carers to exchange information, experiences, and obtain mutual support.

Carers Gateway offers carers impartial, confidential help.

What We Do

Carers Gateway provides:

- Advice on Carers rights
- Contact with other Carers
- 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

Need A Break?

If you're a carer, you might need to take a break sometimes. A break from your caring role offers a range of benefits, such as allowing you to unwind and relax, taking time for yourself to do something you enjoy, and improve your own health and well-being. Here at Carers Gateway North Ayrshire, we provide a range of opportunities to take a break and are here to support you no matter what your break looks like.

Young Carers

Carers Gateway also provides a range of services for Young Carers

- Advice and support
- Group Activities & Individual support
- Opportunities to learn new skills

