

## Lanarkshire Carers Centre

Lanarkshire Carers Centre provides a range of help and support to people over 18 years of age who look after a family member or friend with an illness, disability or addiction. Services they offer include:

- > **Individual Carer Support** to help carers manage and continue their caring role. This can cover a range of information about carers' rights, services available, help with grants and benefits, accessing short breaks and someone who can offer advice and time to listen.
- > **Carer Support Groups** that meet throughout Lanarkshire, bringing carers together to share information, talk openly about issues, meet other carers, relax and enjoy the company of others.
- > **Care Talk** service providing a weekly telephone call to carers, helping them feel less isolated and provides contact for further support when required.
- > **Training Opportunities** covering a range of topics to help carers feel confident in their caring role and look after their own health and well-being.
- > **Support to access a short break** allowing carers time to get away from the routine of caring.
- > **Black & Minority Ethnic (BME) Carer Support** service to identify and engage with BME Carers and support them to access available services.
- > **Support for Young Adult Carers** aged between 18-25, providing age appropriate support to help with their caring role and to have a life outside of caring.
- > **Pampering and Podiatry** services in a number of venues throughout Lanarkshire.
- > **Legal Clinics** offering carers a free 20 minute session with a solicitor to discuss relevant issues such as guardianship, power of attorney and will-writing.
- > **Activities & Events** for specific groups of carers, such as Young Adult Carers, Black & Minority Ethnic Carers and those caring for someone with a specific health condition.
- > **Volunteering Opportunities** to suit different abilities, interests and circumstances.
- > **Carer Registration Card** offering discounts at local businesses and organisations. It is also required to use some of their independent services at reduced costs such as the Podiatry Service and legal clinics. You must be an unpaid carer living in Lanarkshire to obtain a card.

More information on the services provided by Lanarkshire Carers Centre can be found on their website: [www.prtlcc.org.uk](http://www.prtlcc.org.uk).

Alternatively, please contact them by phone on 01236 755550.