

Do you look after a relative, partner or friend who needs support because of age, physical or learning disability or illness including mental health? The Dochas Carers Centre is here to support you by providing information and guidance. You can call in person, phone us, request a home visit or make an appointment to speak with one of our staff.



What do we do at the Dochas Centre?

Information and guidance: This is the most important thing that Dochas can offer carers. Knowing what to ask for, when and how, means that you and the person you care for can access what is available.

Short Breaks & Time to Live Fund: Funding from the Shared Care Scotland is available to provide carers with a tailor-made break. These can range from going for a massage to a trip away to visit friends or family. It's entirely up to you.

Carers Support: This is the core activity of Dochas to support carers. We often meet in groups but also spend a lot of time with individual carers to provide a listening ear and practical support. You are not alone.

Outreach: We have a worker on Islay who co-ordinates the monthly lunch meeting. Sometimes it's not always possible to come along to a group so the worker can make arrangements to meet with you on a one-to-one basis.

Distance Counselling Service: We have a team of qualified Counsellors available to support people and their families who are living with long-term/terminal conditions or bereavement. This is done by telephone or iPad using Skype. For more information please contact 01546 605261

Cairdeas (Friendship Group): If you are over 65 (or under 65 with dementia) and are feeling isolated or lonely we can help by providing you with friendship. Our worker co-ordinates a group that meets once a month at the Gaelic College for afternoon tea and a ceilidh. We are to develop this service for people, when we recruit more volunteers.



It's been brilliant, just to know someone cares for the older carers makes us feel included and not alone in our family situations. *Parent carer aged 70*

As I don't get out much, it's nice to be able to have the opportunity to meet other carers. *Spouse carer aged 46*



I often cry but hide how I am feeling because she has enough problems to deal with without me. *Young carer*