

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.



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.

Information Days/Carers Training: We provide short sessions with a number of specialists in health, community services or government initiatives advising us of the latest news. If you want to learn about anything in particular just let us know. This is about you.

Creative Breaks: Funding from the Scottish Government 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.

We cover Mid Argyll, Kintyre and The Isles and have support workers in all areas to give guidance and support locally to meet carers needs.

Counselling Service: We have a team of qualified Counsellors and counselling skills volunteers. Our service is for "People and their families who are dealing with long term or terminal illness and bereavement". We also provide a listening ear for people who are recently bereaved. Please contact us on 01546 605261 for more information (COSCA registered).

Befrienders Service: If you are over 65 (or under 65 with dementia) and are feeling isolated or lonely we can help by providing you with a befriender. Someone who will be matched with you and will then meet with and spend some time with you on a regular basis. Contact the centre or call Ryan Taylor on 078 99 24 22 65.

Playlist for Life Service: We have volunteers who will help to build a playlist of personal meaningful music which can help transform the lives of people living with dementia. Picking the right music can be fun. It can stimulate fond memories and emotional reactions.



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*