



Looking After Someone?

Information, Advice
and Support Guide
for Carers

Advocacy for Carers

If you are having issues being heard by services about your caring situation or are struggling to get support, Dumfries and Galloway Advocacy Service may be able to help.

To find out more, call **01387 247 237**

Email: info@dgadvocacy.co.uk



Alzheimer Scotland

Alzheimer Scotland provide an information, advice and support service for Carers of people who live with dementia.

To find out more, call

Dumfries centre: 01387 261 303

Stranraer centre: 01776 889 181

24 Hour Helpline 0808 808 3000

Email: Dumfriesservices@alzscot.org



Benefit Maximisation

The Financial Inclusion and Welfare Support Team can review and give benefits advice for people who are aged 60 and over.

To find out more, call **030 33 33 3008**

Email: FIWSreferrals@dumgal.gov.uk



Carers Emergency Card

This free card identifies you as a Carer in the event of an emergency. It is designed to give you peace of mind when you are away from the person you care for.

To find out more, call Dumfries & Galloway Carers Centre on **01387 248 600**

Email: info@dgalcarers.org



Carers Hub

If the person you care for is in hospital, pop along to the Carers Hub in Dumfries and Galloway Royal Infirmary, on the ground floor next to the Assessment Unit, for information, advice and support to help you continue in your caring role.

To find out more, call **01387 241 691**

Email: dg.carershub@nhs.scot



Carers Centre – Carer Support

Dumfries and Galloway Carers Centre can provide a wide range of information, advice, and support. Completing a Carer Referral form is the first step in the process.

To find out more, call **01387 248 600**

Email: info@dgalcarers.org



Change Mental Health

Change Mental Health provide an information, advice and support service for Carers of people living with mental ill health.

To find out more, call

01387 249513 or 0300 323 1545 (helpline)

Email: dgcarers@changemh.org



Counselling for Carers

Relationships Scotland provide a counselling service for Carers to improve their health and wellbeing.

To find out more, call **01387 251 245**

Email: info@rsdg.org.uk



Quarriers

Quarriers provide an information, advice and support service for Parent Carers of children under 18 affected by disability, physical or mental health issues, or complex support needs.

To find out more, call **01387 249 888**

Email: dgparentcarers@quarriers.org.uk



Free Training for Unpaid Carers

Care Training Consultancy (CTC) offer free short courses to unpaid Carers throughout the year and across the region.

To find out more, call **01387 249 111**

Email: info@caretrain.co.uk



Think Carer!

Time for You!

Everyone deserves a break, including Unpaid Carers – a chance to relax and have time away from routines and responsibilities.

The Time for You fund can help.

To find out more, call **01387 248 600**

Email: info@dgalcarers.org



Young Carers Project

The Young Carers Project offers children and young people the opportunity to meet with a support worker on a one-to-one basis and the chance to attend groups which run on a regular basis.

To find out more, call **01387 248 600**

Email: info@dgalcarers.org



Carers Health and Wellbeing

Keeping fit, pursuing a hobby, seeing friends or learning new skills all contribute to a Carers health and wellbeing.

To find out more, call your local team on:

Annan 01461 207 728
Dumfries 01387 244 401
Castle Douglas 01556 505 724
Stranraer 01776 707 737



Leisure and Sport Discount and Activities

Carers and Young Carers should ask at any Dumfries and Galloway Council leisure facility as they may be entitled to a 50% discount on some activities. There are a range of activities and clubs that aims to encourage people to be more active, meet new people, do something new.

To find out more, call **030 33 33 3000**

Email Active.Communities@dumgal.gov.uk



LGBT Plus

Being LGBT+ and a Carer can bring additional issues and challenges. Carers may feel out of place in traditional support groups or uncomfortable about 'coming out' to people or services who can help.

Carers may be anxious about accessing services and have concerns that they may not be LGBT+ friendly or be able meet to their needs.

For advice and support, call **0800 020 9653**

Email info@lgbtplus.org.uk



Emergency Planning

An Emergency Plan is designed to cover the first few hours following an emergency and gives details of the arrangements the Carer wishes to be put in place in the event of an emergency.

To find out more, call **01387 248 600**

Email: info@dgalcarers.org



Food Train

Food Train helps older people to eat well, age well and live well at home. Across the region, local volunteers make hundreds of grocery deliveries every week and provide help with household jobs, provide a befriending service and offer home cooked meals via the Meal Makers service.

To find out more, call **01387 270 800**

Email: everything@thefoodtrain.co.uk



When Caring Ends

Cruse Scotland offer support to anyone in Scotland struggling to cope with bereavement. Our range of support includes our bereavement helpline, 1 to 1 counselling, group support, live chat and information and guidance. Support is free and available to all. No one need struggle alone.

To find out more, call **0808 802 6161**

Email: support@crusescotland.org.uk



Citizens Advice

Dumfries and Galloway Citizens Advice Service (DAGCAS) provides free confidential advice and assistance including Benefits advice for Carers at its three Citizens Advice Bureaux, which are located in Annan, Dumfries and Stranraer as well as at various outreach locations.

To find out more, call **0300 303 4321**

Email: info@dagcas.org



Samaritans

Samaritans provide confidential non judgemental emotional support 24 hours a day for people who are experiencing feelings of stress or despair.

To find out more, call free phone number **116 123**

Email jo@samaritans.org



DGLocator

A free to download and use mobile app and website from Third Sector Dumfries and Galloway to discover community services across the region, including Carers, advice, and support.

To find out more, call **0300 303 8558**

Email: info@tsdg.org.uk



Work and Caring

If people are working, as well as caring for someone, they may need flexible working arrangements. Being a Carer doesn't necessarily mean a person has to give up their job. They may just need to work in a way that fits in with their caring responsibilities for example flexible working, job sharing or working from home.

Carers should speak to their line manager in the first instance.

