

Who is a carer

A carer is someone of any age who looks after and supports a relative or friend who, because of their disability, illness, frailty or addiction, would not otherwise be able to live independently at home.

Many carers provide substantial amounts of regular care and are not paid for the help and support that they give. Caring for someone can be very stressful. Carers often have little help and regularly suffer financially, physically and emotionally themselves.

Introduction

Carers of West Dunbartonshire is an independent, voluntary organisation which is managed by a voluntary Board of Directors.

The service works in partnership with West Dunbartonshire Council and West Dunbartonshire Community Health & Care Partnership .

The Carers' Centre at 84 Dumbarton Road, Clydebank, houses the base from which the service is managed. We are open from 9.30 a.m. to 4.30 p.m. Monday to Friday and carers who reside in any part of West Dunbartonshire are welcome to access our services any time during those hours.

Areas we cover



Outreach bases

We also operate an outreach service which provides carers with the opportunity to access carer support easily.

Complementary therapies, carers' training and group work are also available to carers within these outreach bases.

How can we help?

For further information, tick relevant boxes

- Provide direct one-to-one support
- Information and Advice
- Access to Services
- Advocacy
- Carers' Training
- Advice on Benefits & Carers' Rights
- Relaxation activities
- Outreach
- Support groups
- A voice for Carers
- Carers' Assessments
- Carer Call Service
- Short Break Service
- SDS

Carers of West Dunbartonshire
Referral Form

You can use this form to make a
referral to the Carers' Centre

Carers Name: _____

Address: _____

Telephone No: _____

Cared for persons details: _____

Referrers Details

Name: _____

Relationship to carer: _____

Telephone No: _____

Please detach and return the form to the
following address -

Carers of West Dunbartonshire
84 Dumbarton Road
CLYDEBANK
G81 1UG

Think we can help?
You can do the
following -

- Telephone us yourself
- Speak to your Social Worker, GP or any other health professional
- Visit our Carers' Centre

Contact Details

Carers of West Dunbartonshire
84 Dumbarton Road
CLYDEBANK
G81 1UG

Tel: 0141 - 941 - 1550

Fax: 0141 - 941 - 1546

Email: clydebankcc@carerswd.org

Twitter: www.twitter.com/CarersofWestDun

Website: www.carerswd.org



Carers of West
Dunbartonshire
"the place for every carer to turn to"

Information
Leaflet

*Are you a carer?
Who cares for you?*

*Don't feel alone -
We can help*

Carers of West Dunbartonshire is a registered Scottish Charity No
SC038695 and is a company limited by guarantee and registered in
Scotland No SC318083



West Dunbartonshire
Health & Social Care Partnership