

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.

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.

Short 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.

Outreach: We cover Mid Argyll, Kintyre and The Isles and our Outreach Worker travels to all these areas to offer support to carers. Sometimes it's not always possible to take the time to come along to groups and so the Outreach or Sessional Worker can meet with you on a one-to-one basis.

Counselling Skills Service: We have a team of qualified Counselling Skills Workers who are available to support carers who are caring for those with long-term or terminal conditions. It includes a bereavement service to support carers in their loss. We also provide a listening ear for people who are recently bereaved. We are now able to provide distance counselling via Facetime on our iPads for those unable to meet in person. Please phone 01546 605261 (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.



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*