



Freeport RSLJ-YXKR-JLEB  
 Dundee Carers Centre  
 Seagate House  
 132-134 Seagate  
 DUNDEE  
 DD1 2HB



You can access lots of information and help through our website and find out about events and groups that are taking place.

You can also download publications and access information in community languages.

[www.dundecarerscentre.org.uk](http://www.dundecarerscentre.org.uk)

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Dundee Carers Centre is a registered Scottish Charity: SC024115  
 Company Number: SC160754



# DO YOU LOOK AFTER A FAMILY MEMBER OR FRIEND?



**Dundee Carers Centre**

*Because We Care*

**Support for Carers  
 of all ages and  
 Disabled People**



## Do you look after a family member or friend?

Looking after a family member or friend who needs your help may take up a lot of your time. You may find that you need to give up or reduce your work hours in order to care. You may find it harder to get out of the house and keep in contact with friends and family. Money might be tight and you may have to learn to budget as well as the practical skills you need to care for someone. If you feel that, bit by bit, your caring role is taking over your life, you are not alone.

You may not see yourself as a 'carer' as you are just 'getting on with it' and doing what the person you care for needs. You may not know that being a carer means you have certain rights and there is support available for you.

Dundee Carers Centre provides information and support for carers. We can give you the support you need to make your caring role easier so that you feel more able to carry on caring. We work with GPs and other professionals to identify carers who need support.



Our team of staff and volunteers provides support to carers and disabled people, in their own home, in the Centre or over the phone. We provide a range of services, such as:

- Individual and group support
- Information
- Training
- Financial advice
- Support for carers from communities  
(in Urdu, Mandarin and Cantonese)
- Support for young carers
- Support for young adult carers
- Help to access other services
- Direct Payments service to help disabled people access self-directed support
- Short breaks Provision

If you would like more information about the Dundee Carers Centre please complete the tear off slip. You can post it to us or put it in an envelope using our freepost address.

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Tel No. \_\_\_\_\_

Email \_\_\_\_\_

Would you like us to: Call you back  add you to our mailing list

Where did you pick up this leaflet? GP  Pharmacy  Hospital  Other

If other, please specify: \_\_\_\_\_

Your personal information will be securely stored on our database and will not be shared with third parties without your permission. This is in accordance with the 1998 Data Protection Act.