



Dundee Carers Centre

Because We Care

DO YOU

LOOK AFTER A FAMILY MEMBER OR A FRIEND?

Information & support
for carers and
disabled people



About Us

Caring can be a rewarding experience but it can also have a huge impact on your life. Dundee Carers Centre works with carers of all ages and disabled people. The support and information we provide varies based on the individual.

Perhaps regular one-to-one support with a worker would work for you, or just coming along to a group in the Centre or your local community suits you better. However we support you, we'll work with you to ensure that you're getting the best support you can.

Our Values

- We believe that everyone deserves to be treated with fairness and dignity and is supported to make a positive difference in his/her life.
- As an organisation that embraces challenge, we need to demonstrate a culture of kindness, compassion and creativity.
- Working together, we keep the needs of carers and disabled people at the centre of every thing we do...because we care

Am I a carer?

A 'carer' is an individual who provides or intends to provide unpaid care for another individual. A carer could be caring for someone of any age, with a physical or learning disability, elderly, mental illness, drug or alcohol dependency or who is living with cancer or any other critical or chronic illness.

What we do

Support & Information for carers

"It's completely changed my life. I feel so much better about everything. I feel positive about the future and how in control of things I am. Thank you."

(Young Adult Carer)

We provide support to young and adult carers (age 8 upwards) with the aim of:

- Giving carers more opportunities to enjoy life outside of their caring role
- Feeling better supported and improved confidence
- Increasing carers ability to cope in their caring role
- Reducing social isolation and improving health and wellbeing

It can offer:

- Practical and emotional support
- Access to a variety of support groups, alternative therapies and social events
- Accreditation, courses and learning, both in person and online
- Continuation of support in bereavement
- Support for carers from Minority Ethnic communities, with workers fluent in Urdu, Punjabi, Mandarin and Cantonese.
- Outings and residential breaks
- Help to access other sources of support in your local community
- Help and support to access further and higher education, or get back into work



Help to access short breaks

Caring means something different for everyone, but one thing that carers tell us all the time is that they cannot keep going without a break. Caring for someone can be a full time job so breaks are vital to wellbeing and quality of life.

Our staff can work with you to identify suitable break options.

A short break does not necessarily have to be a break away from the home. Carers can choose the break which suits them best. Some examples of short breaks we have provided include sporting equipment, treatments and vouchers for carers to enjoy hobbies.

A short break can give carers:

- A break from their caring role
- Something to look forward to
- Some time to themselves



"You guys have been absolutely amazing and changed my life...thank you so much!"

(Carer who received Short Breaks funding)

Group Work programme

Whether you're new to caring or have been caring for while, your experiences are probably vast and varied. You're the expert; you understand the things carers deal with and you are best placed to share this knowledge with other carers.

The programme was created by carers who found that by coming together with other carers in a confidential and relaxed environment, experiences and knowledge could be shared to help each other with some (or all) of the following:

- Identify and realise the steps needed to reach your goals
- Increase knowledge and understanding of your rights and the confidence to use them
- Understand the systems you interact with and other services available to you
- Increase knowledge and skills to manage your health and wellbeing

Counselling

Counselling is not a magic solution but it can help you to gain a deeper understanding of what you are going through and hopefully make a positive difference to your life and to the lives of those around you. The main benefit of counselling is that it gives you a safe space set apart from everyday life to talk things through with someone who is removed from the issues.

We offer up to 12 sessions for carers. Working with your counsellor on a regular basis, you can talk about things that are affecting you and your caring role. This can help you explore other ways in which you may be able to deal with any issues or situations.



Self-directed Support Service (*Dundee & Angus*)

Self-directed Support (SDS) enables people, carers and families to make informed choices about what their social care support is and how it is delivered. People who are eligible for support for their health and social care can direct their own support through a choice of 4 options including a *Direct Payment*. Our Self-directed Support Service can help you decide which option is best for you. The team supports both carers and disabled people across Dundee and Angus.

Payroll Service

We also provide a payroll service to support people who receive funding to employ personal assistants. Our payroll service can process your payroll, calculate statutory deductions, annual leave and deal with HMRC and other agencies on your behalf. For those who require additional support, our Third Party Money Management service can operate the bank account for you and complete your monitoring returns for the funder (Fees payable).

Visit www.directpayments.org for more information.

Get Involved

One of our values involves keeping carers and disabled people at the centre of every thing we do and that's why it's important to us that we make sure that you have opportunities to get involved in lots of different ways. This could be as a volunteer, helping out at events, groups or sharing your skills, or by helping to shape carer policies and legislation through Carers Voice, Young Carers Voice and Carers Blethers groups. Maybe you have a flair for fundraising or have a skill you could pass on to other carers? If you'd like to find out more about involvement opportunities within the centre just get in touch with us.

Volunteering

Our volunteers support the work of the Centre on an ongoing basis and they add enormous value to the work we do. They help with fundraising, assisting with and running support groups, peer mentoring, driving the minibus for our walking group and young peoples' activities, along with helping in the office with admin and taking photographs at many of our events that can be used for publicity. Contact us to find out more about volunteering opportunities.

"Being part of groups, volunteering, and meeting new friends has made a huge difference to my life as a carer."

(Adult Carer/Volunteer)



Courses & learning

We offer a range of learning opportunities for carers and professionals including regular training courses and a variety of online learning resources. This enables carers to gain practical skills and knowledge about their caring role or learn something new for their own development. Training courses are also open to members of the paid workforce who support carers. Visit www.carersofdundee.org for more information.



Accreditation

We support carers to gain accreditation and recognised qualifications for learning they have undertaken in a variety of places. This can be based on your experience as a carer, projects you've worked on, or any education, volunteering or professional experience you may have.

Contact Us

Dundee Carers Centre
Seagate House
132 - 134 Seagate
Dundee, DD1 2HB
Tel: 01382 200422

centre@dundeecarerscentre.org.uk

www.dundeecarerscentre.org.uk

Charity no. SC024115. Company no. SC160754



Scottish Government
gov.scot