

## Who are carers?

*A carer is someone who, without payment, provides help and support to a relative, friend or neighbour who can't manage without their help. This could be due to age, physical or mental illness, addiction or disability.*

**Most of us will be a carer at some time in our life and almost certainly none of us will be ready for it!**

**Being an unpaid carer is probably one of the most rewarding things you'll ever do but it can also be expensive, exhausting and worrying... so it's good to know that there's an organisation in Fife that will help you.**

### **How can Fife Carers Centre help you? We give help with...**

- Information, ideas and tips – on all sorts of things to do with your caring role, including working on a Carers Support Plan.
- Information sessions and learning groups to help build your knowledge and confidence.

- Applying for Welfare Benefits and grants to support you and the person you care for.
- Access to Stress reducing activities to give you some time to yourself and help you relax.
- Referrals to other organisations that can help with your situation.
- Contact with other carers – in sociable learning situations to help you share your experiences and learn from each other.
- Advocacy worker who helps carers to think about how they will negotiate difficult circumstances and to plan their way ahead
- Befrienders who will help to support carers who have become isolated as a result of their caring role.
- Voluntary roles for people who want to support carers in Fife
- Most importantly we give carers the chance to talk one to one with someone who understands how tough things can be – someone you can talk openly and honestly with about how you feel and know you'll be supported and helped without being judged.

## Checklist for carers

- Have you completed a Carers Support Plan?
- Have you had contact with Social Work services?
- Are you getting help and support to care?
- Have you had a Welfare Benefits check for yourself and the person you care for?
- Have you checked out whether you are eligible for any concessions on transport or facilities?
- Have you found out if you qualify for a council tax reduction?
- Is your caring role a problem in relation to your employment – have you spoken to someone about this?
- Have you thought about planning for the future or planning for emergencies?

**Fife Carers Centre can help you with all of these.**

Please complete the following if you would like a Fife Carers Centre support worker to contact you to find out how we can help you. We'll add your name to our mailing list so that you will get our free newsletter and other useful information.

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Phone Number \_\_\_\_\_

I look after my \_\_\_\_\_

Where did you pick up this leaflet?  
\_\_\_\_\_

If you would like us to confirm to your GP that you are a carer please tell us your:

GP Name \_\_\_\_\_

GP Practice \_\_\_\_\_

Your Date of Birth \_\_\_\_\_

Just pop this completed section into an envelope and send it to us at:

Freepost RRLT TZHJ RTTB  
Fife Carers Centre  
157 Commercial Street  
Kirkcaldy  
KY1 2NS

(No Stamp is needed)

Information received will be stored on our database and not divulged to any other parties without your permission.

## How to get hold of us:

- By phone: 01592 205472
- By email: [centre@fifecarers.co.uk](mailto:centre@fifecarers.co.uk)
- On the Web: [www.fifecarerscentre.org](http://www.fifecarerscentre.org)

**Fife Carers Centre**  
**157 Commercial Street**  
**Kirkcaldy**  
**KY1 2NS**

**Covid -19 restrictions may be in place so please call the centre first rather than drop in.**

## Our opening times are:

<b>Monday</b>	<b>9.30 am - 4.30pm</b>
<b>Tuesday</b>	<b>10 am - 4.30pm</b>
<b>Wednesday</b>	<b>9.30am - 4.30pm</b>
<b>Thursday</b>	<b>9.30am - 4.30pm</b>
<b>Friday</b>	<b>9.30am - 4pm</b>

Fife Carers Centre is a company limited by guarantee with charitable status.  
Company No. 282309  
Scottish Charity No. SCO29466  
Fife Carers Centre is an independent voluntary organisation funded by Fife's Health & Social Care Partnership.

**Fife's Health & Social Care Partnership**



**Supporting unpaid carers throughout Fife**



**If you are caring for a family member or friend we can help you with information and support – just call us to make an appointment or drop in to see us.**