

Getting it right for you

We recognise that every caring situation is different and every carer is different. You may be caring for a:

- son or daughter
- brother or sister
- relative
- friend
- neighbour

There is a wide range of reasons why they may not be able to care for themselves. They might:

- have a physical or learning disability
- misuse alcohol or drugs
- have mental health problems
- have a long-term illness

We will work with you to help you prioritise your needs as a carer and help to reduce your caring role as much as possible. We can then help you to access the advice, information and support to best meet the needs of you and your family.

About Quarriers

Quarriers is a Scottish charity providing practical support and care for children, adults and families at any stage in their lives.

We challenge inequality of opportunity and choice to bring about positive change in people's lives.

Getting in touch

Quarriers Parent Carers Support Service

161 Brooms Road
Dumfries DG1 2SH

27 Church Street
Stranraer DG9 7JG

Tel: (01387) 249888

Email: dgparentcarers@quarriers.org.uk

www.quarriers.org.uk



Dumfries & Galloway Parent Carers Support Service

For parent carers of children under 18 affected by disability, physical or mental health issues, or complex support needs.



What we offer

- **Support to work out what help you need**
If you are struggling and know you need support but don't know what would make a difference, we can help.
- **Range of contact methods**
You can contact us online, or we can meet you in your local community, and we are also at the end of a phone if you want to let off steam but don't want to worry other family members or friends.



- **Advice and information**
We provide advice and information on a wide range of resources and community supports that could help you and your family.
- **Peer support**
We can work with you on a one-to-one basis or as part of a group. We also run events where you can meet other carers and speak to people in similar situations.
- **Training and development**
We offer a range of individual and group training opportunities for carers to build your knowledge, skills and confidence. The learning opportunities we offer are based on what carers tell us they need.
- **Support to have a life outwith caring**
We will support you to balance your caring role with your own needs.

Support for the whole family

Our unique service looks at the effect caring has on the whole family. By taking time to discuss your situation and understanding each person's needs, we can identify solutions which will benefit everyone.

Our commitments to you

- **SUPPORT** your HOPES
- **LISTEN** to your NEEDS
- **DISCOVER** your CHOICES
- **WORK** towards your DREAMS
- **VALUING** you for YOU

