

Volunteering - Join Us

Our volunteers support our office team, at Carer's meetings, on the Board, helping on information stalls and at events.

Newsletters - Sign Up

Every quarter we issue each member a Newsletter with all the latest Carer information. This also gets issued to schools, GPs, employers and our partners.

Carer Awareness & Carer Champions

We deliver sessions to health and social care partners in South Lanarkshire to help them recognise and signpost Carers to the available supports and services they may be eligible for.

Campaigning

Help us be the Voice of Carers by campaigning for Carers Rights, and raise awareness of Carer Issues. HELP US, Influence changes which affect Carers and those they care for.



Contact Us

Tweet: @slcarers

Phone: 01698 285 163

Email: info@slcn.co.uk

Website: www.slcn.co.uk

Facebook: www.facebook.com/slcarers

Events

We host Information Fayres, Fun days and our AGM every year bringing our services out to our Carers with the support of our partners.

Carers Meetings

16 meetings each year across South Lanarkshire. Meetings give Carer's Carers the opportunity to hear any new information, learn about changes to Carers rights, hear from many local support organisations and raise and discuss any issues that concern them.

Information & Signposting



Our team are on hand to offer their knowledge and skills to support you as you maintain your caring role. We have information stalls and guest speakers. Come along and get all the latest updates that will help you to get the right services.

Carers

South Lanarkshire Carers Network



Our Aims:

-  Hidden Carers are identified
-  Carers are recognised as equal partners in the provision of care
-  Carers are supported and empowered to manage their caring role
-  Carers are free from disadvantage and discrimination related to their caring role
-  Carers are fully engaged in the planning of services
-  Carers' issues are recognised and addressed

The VOICE of South Lanarkshire Carers

We encourage Carers to have a voice to raise Carer issues and get them heard so that decisions are made in Carers best interests. We will work with Carers supporting them to shape services through campaigns and promoting Carer needs and issues.

You are a Carer if you provide (or intend to provide) care for another person. You can be caring for any number of hours, it does not need to be regular or substantial.

What Makes A Carer? You Do...



I help my Mum with lots of cooking and cleaning at home because she is busy looking after my sister who is not very well.

On Wednesdays I go shopping for my neighbour as she no longer gets out and about and I don't want her to be without.



I pop into my friend's house every night on the way home from work to check she's taken her medication and had something to eat, she's not always that motivated.

I carry my wife up and down the stairs as she can't get up and down them any more.



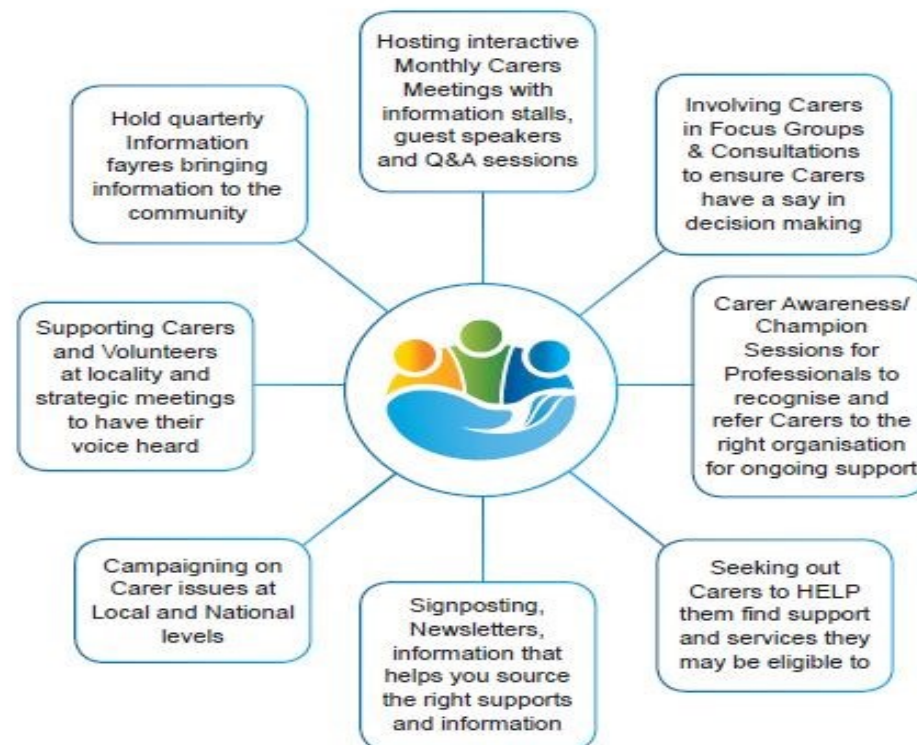
Each morning I wash and dress my husband as he is no longer able to manage alone. I'm still his wife but I care for him as well.

Now my aunt is frail and elderly I help out with the housework she was good to me when I was a child and I like to help her out and let her remain at home keeping her independence.



What We Do (Working in Partnership)

Building Carer friendly communities...



We seek out information that will help Carers know and understand their rights helping them find the right support at the right time.

We seek opportunities to influence and improve services which impact on unpaid Carers. We work in partnership with other organisations helping Carers find the right supports and services at the time they need it.

