



“We have always been there for each other”

I'm a friend and a carer. Are you?

Do you provide (or intend to provide) care for someone close to you?

Lanarkshire Carers Centre provides a range of information, advice and support services to help you in your caring role.

**Adult Carer Support Planning | Practical and Emotional Support
Carer Support Groups | Carer Training Opportunities
Young Adult Carers | Short Breaks For Carers
Black and Minority Ethnic Carer Support
Care Talk Service | Carer Registration Card
Pampering Services | Legal Clinics | Foot Clinics
Keep Well Health Checks | Carer Activities and Events**

Lanarkshire Carers Centre



For more information, get in touch with us

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North Lanarkshire: 01236 755550

www.lanarkshirecarerscentre.org.uk

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