

HOW CAN WE HELP?

Through the services we provide here at Inverclyde Carers Centre, we offer a range of services to carers.

**Information & Advice:**

We can help you find the appropriate services that you might need.

**A Listening Ear:**

We offer a welcoming and relaxed atmosphere where you can talk confidentially to one of our staff. Maybe they could help you with what to do next, or it can be someone to share your concerns with.

**Respite / Short Break:**

We can help you find someone to look after the person you care for. This can let you spend time at the centre to attend stress management treatments, beauty therapy or whatever you choose. Please just ask us for details.

GETTING IN TOUCH



**Inverclyde Carers Centre**  
68 - 70 Cathcart Street, Greenock, PA15 1DD  
Tel: 01475 733180 Fax: 01475 733181  
Email: [inverclydecca@quarriers.org.uk](mailto:inverclydecca@quarriers.org.uk)

Our office hours are:  
Monday - Friday 9.30 am - 3.30 pm



Inverclyde Carers Centre is a partnership between Inverclyde Carers Council, Inverclyde Council and The Princess Royal Trust for Carers. The project is managed by Quarriers.



Photography by Tom Muir



Providing Support to Carers in Inverclyde



## Do you look after someone who could not manage without you?

Maybe they rely on you because of illness, their age, a disability or addiction issues and you don't know where to turn.

It could be your mum or dad, a child or young person. Even a relative, friend or neighbour.

If your answer is yes, then you are a carer and we can help support you.

## Here's what some of the people who use the centre say about us.

"Since I have come to the centre, everything seems clearer."

"The hardest thing was admitting that I needed help. Through the work of the centre, there is always a helping hand and a listening ear."

"Things like the beauty treatment means time for me, and that's really important."

## Our Aim:

The main focus of the services we provide here at Inverclyde Carers Centre is to help support carers. We try to do this by providing services designed specifically to help them in their caring role. Many carers don't recognise that they too need support.

## What Could We Do For You?

The team is based in Greenock, Inverclyde. You will find a map and our contact details on the back page of this leaflet.

If you think we could help you, please get in touch. We are here to listen.

