



GLASGOW  
EAST END COMMUNITY  
CARERS

# ARE YOU LOOKING AFTER SOMEONE?



# HERE FOR YOU WHEN YOU NEED HELP AND SUPPORT

Glasgow East End Community Carers has been supporting unpaid carers for more than 25 years. Our Carers Hub offers a range of specialist supports to improve quality of life for carers, their families and the person they care for.



A carer is someone who looks after a partner, relative or friend who cannot manage alone due to illness, frailty, addiction or disability or additional support need.

The person you care for may have one or more conditions including dementia, stroke, mental health issues, learning or physical disability. They may be a child

with complex needs, genetic condition, autism or any other disability.

You may or may not live with the person you look after.

## HOW CARING FOR SOMEONE AFFECTS YOU

Caring for family and friends is a natural part of life and can be rewarding. However, we understand that it can also be emotionally and physically demanding.

Carers often put the needs of the person they look after before their own.

We recognise that every carer is an individual with their own unique set of circumstances. We will work with you to provide support that prioritises your needs and improves your health and wellbeing.

We understand that some carers have a short-term caring role whilst others may care for someone over many years.

As your needs and the needs of the person you look after change, so the advice, skills and supports you need are likely to change. We are here to offer ongoing support to help you manage as you transition through each stage of your journey.



## OUR SUPPORT

- ♥ Information & Advice
- ♥ Benefits, Grants & Form-filling
- ♥ Training & Workshops
- ♥ Peer Support
- ♥ Health & Wellbeing
- ♥ Autism Family Project
- ♥ Parent Carer Support
- ♥ Older Carer Service
- ♥ Social Events & Outings
- ♥ Weekly Drop-in Café
- ♥ Emotional Support
- ♥ Play-Sense Play Group
- ♥ Sensory Room



## WHAT OUR CARERS SAY

*"Without the Hub I wouldn't be here. I was depressed and lonely. I talk about 'my carers' family' now. If you've got a problem or worry, there's always a member of staff who will sit and listen."*

*"Can't begin to explain how much better it feels to have support. Felt so lonely before coming here to people who understand."*

*"I was feeling very isolated before finding the Carers Hub. Since I started attending, I have had amazing support and been able to make friends who are in a similar situation. A huge thank you for providing a safe space for adults and children."*

*"Since coming here my life has changed – we're all one family. Now I'm in a much better place and receiving the ongoing support I need."*

*"The Hub has given me a purpose and routine and the impetus to get up and be active. It helps to be connected and valued. Staff are all empathetic and alert to identifying my own worries and fears."*

*"The Carers Hub helped me and my mother when we were at a really low point in our lives. We benefited hugely from the services and support they offer. It's a confidential and caring environment and the staff do a great job for the community."*



## FOR FURTHER INFORMATION PLEASE CONTACT:

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Glasgow East End Community Carers is committed to equality and inclusion.

[www.eastend-carers.co.uk](http://www.eastend-carers.co.uk)

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