

Are you looking after someone?

**If so, you could be a carer.
You are not alone.**

There is help and support available for you and the person you look after.

Practical information



Training



A listening ear



Money advice



Short breaks from caring



 Carers Information Line **0141 353 6504**

 www.nhsggc.org.uk/carers

 supportandinformation@ggc.scot.nhs.uk

Local Carer Services

Renfrewshire Carers Centre

Embroidery Mill ,
Abbeymill Business Centre, Paisley PA1 1TJ

 0141 887 3643

 enquiries@renfrewshirecarers.org.uk

 www.renfrewshirecarers.org.uk

Inverclyde Carers Centre

68-70 Cathcart St, Greenock PA15 1DD


 01475 735180

 enquiries@inverclydecarerscentre.org.uk

 www.inverclydecarerscentre.org.uk

East Renfrewshire Carers

The Gatehouse, Eastwood Park,
Rouken Glen Road, Giffnock G46 6UG

 0141 638 4888


 enquiries@eastrenfrewshirecarers.co.uk

 www.eastrenfrewshirecarers.co.uk

Carers Link East Dunbartonshire


Milngavie Enterprise Centre
Ellangowan Road, Milngavie G62 8PH

 0141 955 2131 or 0800 975 2131

 enquiry@carerslink.org.uk

 www.carerslink.org.uk

Glasgow City Carer Services

 0141 353 6504

 info@glasgowcarersinformation.org.uk

 www.glasgow.gov.uk/carers

Carers of West Dunbartonshire

84 Dumbarton Road, Clydebank G81 1UG

 0141 941 1550

 clydebankcc@carerswd.org

 www.carerswd.org