

## What help is available?

### Want help but too embarrassed to ask?

Maybe this is because no one knows you are a Carer. Perhaps you look after someone who drinks too much, or you may suspect they have mental health problems. We run a confidential helpline where we offer a friendly listening ear, as well as advice, information and support.



### Want to find out more about Formal Carers' Assessments?

If you have a regular and substantial caring role, you have the legal right to request a formal Carers' assessment. This is an opportunity for you and a member of our team to jointly assess your needs quite separately from the person you care for.

“ I feel that my assessment helped me put things into perspective. I felt comfortable and at ease in discussing my situation and now feel more confident in putting things in motion. The future looks more positive and I feel more able to continue caring. ”

## About Quarriers

Quarriers is a Scottish charity providing practical support and care for children, adults and families at any stage in their lives. We challenge inequality of opportunity and choice to bring about positive change in people's lives.

## Getting in touch

Quarriers Carer Support Service  
44 High Street, Elgin, IV30 1BU

T: 01343 556 031  
F: 01343 559 548  
E: [carersmoray@quarriers.org.uk](mailto:carersmoray@quarriers.org.uk)

Confidential Helpline:  
01343 555031 / 07896 967207

We can meet you in our offices or in your own home. We deliver services in the more rural communities via the Mobile Information Bus and we run a wide range of events and groups in all the major towns in Moray. See local press for details.

Our offices are open Monday to Friday 9am-5pm. Outside of these times, you can arrange an appointment with us.

[www.quarrierscarersservice.org.uk](http://www.quarrierscarersservice.org.uk)

Registered and Head Office:  
Quarriers, Quarriers Village, Bridge of Weir PA11 3SX  
Tel: 01505 616000/612224 Fax: 01505 613906

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# Quarriers



## Quarriers Carer Support Service (Moray)

Do you look after a family member, friend or neighbour unable to care for him/herself?

Are you unpaid, young or old?

YOU are a CARER and we can help.

## Help that's right for you

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We recognise that every caring situation is different and every Carer is different. You may be caring for a:

- parent
- son or daughter
- brother or sister
- husband, wife or partner
- relative
- friend
- neighbour

There is a wide range of reasons why they may not be able to care for themselves. Perhaps they:

- have a physical or mental disability
- misuse alcohol or drugs
- are frail or elderly
- have mental health problems
- have a long illness

Our job is to firstly take the time to listen and help you prioritise your needs as a Carer.

We can then help you to access the advice, information and support which best meets your needs.



## How we can help

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### Finding it all too much?

If you are struggling and know you need help, but don't know what would really make a difference, we can help. We are also at the end of a phone if you want to let off steam but don't want to worry other family members or friends.

“ I feel more able to cope because Quarriers staff allowed me to talk through my problems. ”

### Want to meet other like-minded Carers?

Our Care and Share groups offer Carers the opportunity to meet in relaxed surroundings, share experiences and offer each other advice and support.

“ I really enjoyed the activities and meeting other Carers. It just takes your mind off your caring role for a while. ”

### Need advice and information?

Perhaps you want some information on other local services, benefit entitlements or information on a specific medical condition. We provide a wide range of advice and information and we also connect with specialist agencies to ensure that all queries are answered as fully as possible.

“ It never occurred to me that I was a Carer and might be entitled to benefits. As a result of the support from Quarriers, my son now receives disability living allowance and I get Carer's allowance. ”

## What could we do for you?

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### Want to develop skills or confidence to help you in your caring role?

We offer a wide range of free learning opportunities throughout Moray based on what Carers tell us they need. Our programme is continually changing based on Carer feedback and is advertised regularly in public places and in the local press.

### Counselling and support

We offer a free counselling service for adult Carers. This includes one-to-one appointments, as well as family, group and couples counselling.

### Are you aged under 18 years?

Our Young Carer Support Workers understand the particular challenges young people face when caring for a family member or friend. Their job is to look at ways to reduce the burden and to ensure young Carers can access the same opportunities as all other young people in their local community.

