**Are You a Carer?**

***Did You Know?***

 there are an estimated 750,000 unpaid

 Carers in Scotland

 1 in 8 adults are unpaid Carers

 there are approximately 34,000 unpaid

 Carers in South Lanarkshire

 caring can be a 24 hour lifestyle with little or no break from caring

 many unpaid Carers often feel isolated,

 frustrated and exhausted

 an estimated 1-5 unpaid Carers have never had a break from caring

 an estimated 2-3 unpaid Carers say their own health has suffered

 an estimated 4-5 unpaid Carers have

 experienced financial problems

**South Lanarkshire**

**Carers Network**

**Limited**

A Carer is someone who looks after family, partners or friends in need of help because they are ill, frail or have a disability. The care they provide is unpaid.

Our Network was formed in August 1998 by unpaid Carers to promote the interests of unpaid Carers in South Lanarkshire

**Our Aims**

 identify unpaid Carers

 to further develop and maintain a

 Network for unpaid Carers in South

 Lanarkshire

 to unite unpaid Carers by providing

 opportunities for meetings and

 discussions

 to influence and improve the provision of services which affect unpaid Carers

 to raise the profile of unpaid Carers, their expertise, their skills and needs

 to increase choice and control for

unpaid Carers in South Lanarkshire

**Our Meetings**

Everyone is welcome to attend our meetings which are held:

**every 1st Wednesday of the month**

(10.30am—12.30pm)

at Blantyre Miners Welfare Community

Resource Centre, 3 Calder St., G72 0AU

tel: 01698 285163