

FIFE CARERS CENTRE

**GLENROTHES INFORMATION DROP-IN
SESSIONS FOR FAMILY AND UNPAID CARERS
EVERY TUESDAY FROM 2PM - 4PM**

The CISWO, 390 South St, Glenrothes

**IF YOU ARE LOOKING AFTER A FRIEND OR FAMILY MEMBER
BECAUSE THEY ARE ILL, DISABLED, OR FRAIL THEN YOU ARE
PROBABLY A CARER, AND THERE IS HELP FOR YOU!**

DROP IN FOR AN INFORMAL CHAT AND A CUPPA!

WE CAN HELP YOU WITH...

- APPLYING FOR WELFARE BENEFITS AND GRANTS
- INFORMATION TO HELP WITH YOUR CARING ROLE
- BEFRIENDING FOR CARERS
- ADVOCACY FOR CARERS
- HELP WITH PROBLEM SOLVING, TIPS AND IDEAS TO EASE YOUR CARING ROLE
- REFERRALS TO OTHER ORGANISATIONS
- CONTACT WITH OTHER CARERS
- SOMEONE TO TALK TO WHEN YOU NEED SOMEONE WHO UNDERSTANDS

FOR MORE INFO ON FIFE CARERS CENTRE VISIT

www.fifecarerscentre.org

FIFE CARERS CENTRE IS A COMPANY LIMITED BY GUARANTEE WITH CHARITABLE STATUS

COMPANY NO. 282309

SCOTTISH CHARITY NO. SCO2946