



This service is a pilot, provided by the Princess Royal Trust in partnership with Marie Curie Cancer Care as part of the Marie Curie Delivering Choice Programme. This programme aims to support patients with life-limiting illnesses across Tayside in making the choice over their place of care.

Angus Carers Centre
60 High Street
Arbroath
DD11 1AW

Tel: 01241 439157
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Website: www.anguscarers.org.uk

Princess Royal Trust for Carers
Angus Carers
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Arbroath
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Delivering
Choice Programme



Are you a parent, partner, son, daughter or friend who is looking after someone with a life-limiting condition such as cancer, heart failure or Parkinsons?

Angus Carers Centre knows what it's like to be a carer, and we're here to offer you the support and help you may need.

Caring for someone with a life-limiting illness can be stressful, isolating and emotional. Angus Carers Centre now has a worker dedicated to supporting carers who is experienced in palliative care and has also been in a caring role.

If you think this service might be helpful to you, please complete the tear off section and return to Angus Carers Centre (no need for a stamp). We will give you a call to discuss how we might be able to support you.

Our support worker helps people who are caring for someone with a life-limiting illness by supporting them throughout their caring role and when the caring role ends

We can help you by providing:

- Regular support during and after your caring role.
- Information about the support that's available for the person your are caring for.
- Information about the benefits and welfare rights that are available for you and the person you're caring for.
- Therapies that may help you manage stress.
- Information on training in areas relevant to your caring situation. e.g. how to move a person safely, dealing with loss.
- Support groups in your area.
- Information on how to access respite.
- Free leisure pass for local authority leisure centre.
- Social activities that may interest you.

Return Slip

Name:

Address:

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..... Postcode:

Telephone:

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