



Organisations who may help carers and young carers

Young Carers City and Shire (North/South)

01224 212021
mary.drever@vsa.org.uk

Gordon Rural Actions – Young Carers

01466 793676
youngcarers@gordonrural.org.uk

VSA Carers Centre Aberdeen

01224 646677
carers.info@vsa.org.uk

Peterhead, Fraserburgh and Turriff (North Aberdeenshire)

01779 490894
north.aberdeenshire.carers@vsa.org.uk

Inverurie, Huntly and Ellon (Central Aberdeenshire)

01651 873953
aberdeenshire.carers@vsa.org.uk

Stonehaven and Aboyne (South Aberdeenshire)

01569766714
office.stonehaven@vsa.org.uk

Quarriers Carers Support (Moray)

01343 556031
carersmoray@quarriers.org.uk

Orkney Carer Support

01856 870500
orkneycarer@tiscali.co.uk

Shetland Carer Support

01595 743923
vas@shetland.org

Carers Direct – call free 0808 820 02 02

Grampian Police – 0845 600 5700

Web support

www.nhsinform.co.uk
www.carersscotland.org
www.carers.org
www.nhsgrampian.org
www.sharedcarescotland.com
www.grampiancaredata.gov.uk
www.careinfoscotland.co.uk



This publication is also available in large print and on computer disk. Other formats and languages can be supplied on request. Please call Equality and Diversity on 01224 551116 or 552245 or email grampian@nhs.net
Ask for publication CGD 100229

Do you look after someone?

If you do, then you are a carer and this leaflet may be helpful to you



Aberdeenshire COUNCIL



Do you look after someone?

If you provide unpaid help and support to a relative, partner, friend or neighbour who is in need of help because they are ill, frail, have a disability, mental illness or have a substance misuse then you are a carer and this leaflet may be of help to you.

Carers can be of any age, gender or ethnic background.

Getting the right information and support could help you in your care giving role.

NHS Grampian will support you in your caring role by:

- Recognising and listening to you as a person providing care.
- Providing the opportunity to discuss your concerns about the person's illness and how it is affecting you.
- Informing you of services and support available in your area.

Carers information points

Aberdeen Royal Infirmary and Royal Cornhill Hospital have an information point where carers of any age can go for free confidential support. Information can also be provided about:

- Welfare and benefit entitlements.
- Sourcing breaks and respite care.
- Access to support groups.
- Access to training opportunities.
- Advice on local support for carers.

Aberdeen Royal Infirmary – Carers Information Point

01224 551578

nhsg.carers@nhs.net

Royal Cornhill Hospital – VSA Carers Support

01224 557868

carers.cornhill@vsa.org.uk

healthpoint/healthline

NHS Grampian healthpoints and healthline offer free and confidential health advice on practical ways to improve your health, access to support groups and organisations, how to access NHS information and information about health conditions.

healthpoints can be found at:

- Aberdeen Royal Infirmary, Concourse.
- Aberdeen Indoor Market (In Shops).
- Dr Gray's Hospital, Elgin.
- The Hotspot, 1-3 Kirk Street, Peterhead.

For your nearest healthpoint please call the free healthline on **0500 20 20 30** (Monday - Friday 9am - 5pm).

Your local council

They may provide services to help the person you look after such as personal care and specialist equipment.

They can also help you to get a break from your caring tasks such as short breaks and respite.

You may be entitled to a Carers Assessment that looks at what your needs are as a carer. Your local council's social work department can give you more information.

Aberdeen City Council

01224 765220

www.aberdeencity.gov.uk

Aberdeenshire Council

0845 840 0070

www.aberdeenshire.gov.uk

Moray Council

01343 543451

www.moray.gov.uk

Orkney Council

01856 873535

www.orkney.gov.uk

Shetland Council

01595 693535

www.shetland.gov.uk

Advocacy

Advocacy is about helping you to speak up for yourself, to make sure that your views and opinions are heard and understood. If you find it hard, or you are unable to

speak for yourself then you may find an 'Advocate' who can help you.

Advocacy Service Aberdeen

01224 332314

asa@advocacy.org.uk

Advocacy Service North East

01467 651604

advocacyne@btconnect.com

Advocacy Service North East (Moray)

01343 559649

advocacymoray@btconnect.com

