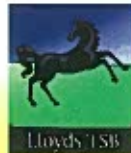


If you are interested
in becoming a volunteer
or would like to access any
of the Centre services please contact:

Katie Ball

Katie Ball
Renfrewshire Carers Centre
Unit 55 Embroidery Mill
Abbey Mill Business Centre
Paisley
PA1 1TJ
0141 887 3643
Email:
katie@renfrewshirecarers.org.uk
margaret@renfrewshirecarers.org.uk
Charity No: SC036966

Funded by:



The Princess Royal Trust
for Carers

VOLUNTEER PROJECT FOR CARERS IN RENFREWSHIRE

ARE YOU A CARER ?

You are if you look after a family member
whether it be a husband, wife, partner,
mum, dad, child, brother, sister, or friend
who may be ill, disabled, elderly or frail.

THE VOLUNTEER PROJECT OFFERS CARERS

Befriending

- * Volunteers can befriend Carers/Cared for
- * People with physical or learning difficulties
- * Children/Young Adults
- * Older People
- * Companionship and relieve isolation by befriending
- * Visit the person in their own home

Telephone Services

- * Provide support through a telephone contact service
- * Offer support through a Telephone Helpline Service

Group Support

- * ADHD Group. Young Carers Groups. Carers Group.
- * Parents Support Group.

Primary Care

- * Help to identify hidden Carers
- * Support Carers through befriending

VOLUNTARY OPPORTUNITIES AVAILABLE

- * One to one befriending
- * Support Carers/Young People within a group setting
- * Give Carers a break by befriending the person the are caring for
- * Telephone Contact
- * Out of Hours Helpline
- * Advocacy
- * Volunteering opportunities within GP practices

WHAT CAN VOLUNTARY WORK OFFER YOU?

- * Help other people
- * Learn new skills and gain self-confidence
- * Access to training courses
- * Socialise with other volunteers
- * Become involved in the local community
- * Have fun & make new friends