

# RENFREWSHIRE CARERS CENTRE Carers Advocacy Project

## Renfrewshire Carers Centre

We are a registered charity that provides a range of high quality services and support to unpaid carers living in Renfrewshire. These include information and advice on a wide range of different topics in many different forms. Carers training, advocacy, respite, volunteering, young carers project and support groups.



The Princess Royal Trust  
Renfrewshire Carers Centre

### Advocacy Project

Unit 55, Embroidery Mill  
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### Opening Hours

9.00am – 4.30pm, Monday to Thursday

9.00am – noon, Friday



## Offering a voice to carers in Renfrewshire



# RENFREWSHIRE CARERS CENTRE

## Carers Advocacy Project

### What is Advocacy?

Advocacy means supporting someone to express their views about their situation. Carers often find that they spend so much time in their caring role that they do not have any time left for themselves.

Often carers can find it difficult to have their voice heard by others and this can leave them in a situation where their needs are not taken into account.

An advocate can assist by being an extra voice for carers or provide extra support that enables carers to speak out for themselves.

***Advocacy enables people to be heard...***



### Who can receive this service?

Any carer over 18 living in the Renfrewshire area. The service is free to all carers. You are a carer 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.

### What do we do?

The first thing an advocate will do is listen to you. Advocates are not there to tell you what to do, they will support you to express your views about your situation and provide information to help you make informed decisions.

#### An advocate can:

- Work alongside you in exploring options and finding the best possible outcome to your situation.
- An advocate will respect your rights and wishes at all times and will only speak on your behalf with your permission.

### How can Advocacy help?

- Attend meetings/reviews.
- Help write letters or make telephone calls on your behalf.
- Help to access social work and other carer support services.
- Support with housing issues.
- Support with the transition from home to long term care.
- Help with education issues (from nursery through to higher education).
- Help to access legal advice.

### How can you access the service?

By telephoning, emailing or by calling into the Carer Centre (contact details on the back page). We will then be pleased to arrange to meet at a time and location that is most convenient for you.