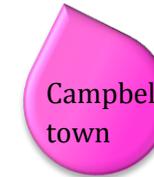


Dochas Carers Centre



Scottish Charity SC 029821



Support & Guidance

Information Days

Carers Training

Carers Support

Counselling Skills Service

Drop in, Days out & Therapy

Short Breaks

Please see inside for details of our services

50 Campbell Street Lochgilphead PA31 8JU

T. 01546 600 022 (centre)

T. 01546 605 261 (counselling skills service)

enquiries@dochasfund.org.uk www.dochasfund.org.uk

Opening hours

Mon – Wed 9.00 – 5.00 pm

Thu – Fri 9.00 – 4.00 pm

Dochas Diary 2014

9-15th June – Carers Week

10th June – Trip to Portavadie

17th September –

Carers Conference at

Stonefield Castle

28th November – Carers

Rights Day

December –

Christmas Lunches across

MAKI

January 2015 – Trip to

Panto in Glasgow (tbc)

Lochgilphead

Tuesday - Info Sessions

or Carers Training

1st Wednesday -

Monthly Support group lunch

Thursday - Weekly Drop in

Other areas - Monthly group

Ardishaig - 1st Monday

Ardfern - 1st Tuesday

Campbeltown - 1st Friday

Islay - last Thursday

Jura - last Wednesday

Tarbert - last Tuesday

Yes, I want to support the work of Dochas Carers Centre

Name _____ Address _____

_____ Postcode _____ Here is my donation of £ _____

I enclose a cheque/postal order made payable to The Dochas Fund

Gift Aid It Make your gift worth 25% more at no extra cost!

I am a UK taxpayer and want the Dochas Centre to claim back the tax on all my gifts made in the last four years and all future gifts until further notice. I confirm I have paid and will pay an amount of Income Tax and/or Capital Gains Tax for each tax year that is at least equal to the amount of tax that all the charities that I donate to will reclaim on my gifts for that tax year. I also understand that taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim tax on every £1 that I give.

Do you look after a relative, partner or friend who needs support because of age, physical or learning disability or illness including mental ill health?

The Dochas Carers Centre is here to support you by providing information and guidance. You can call in person, phone us, request a home visit or make an appointment to speak with one of our staff.

WHAT GOES ON INSIDE DOCHAS?

Information and guidance

Did you know?

This is the most important thing Dochas can offer carers. Knowing what to ask for, when and how, means that you and person you care for can access what is available.

Information Days/Carers Training

Have you heard? How do I?

These comprise of short afternoon sessions with a number of specialists in health, community services or government initiatives advising us about the latest news. If you want something specific just let us know. This is about you.

Carers support – Can we help?

This is the core activity of Dochas to support carers. We often meet in groups, but we spend a lot of time with individual carers to provide a listening ear and practical support. You are not alone.

Carers Assessment

We have a member of staff who will undertake and complete assessments for carers. If you would like this, please contact us.

Drop in, Days out and therapy Laughter is the best medicine

We have a weekly drop in every Thursday with home baking and massage delivered by volunteers from the Red Cross. Our days out and other activities have all come from carers' suggestions

Events

Carers Week in June includes our day trip to Portavadie. Carers Information Day is held in November. We organise a variety of events for carers to enjoy and feel loved after.

**CREATIVE
breaks**

Short Breaks – Time for you

Funding from the Scottish Government is available to provide carers with a tailor-made break. These can range from going for a massage to a trip away to visit friends or family. It's entirely up to you.



Outreach – you don't have to live in Lochgilphead (MAKI)

We cover Mid Argyll, Kintyre and the Isles and our outreach worker travels round Tarbert, Campbeltown and the islands of Islay, Jura and Gigha to offer support to carers. Contact Maggie at the Dochas Centre for more information or visit our website to learn more.

Counselling Skills Service

We have a team of 7 Counselling Skills Workers who are available to support carers who are caring for those with long-term or terminal conditions. It includes a bereavement service to support carers in their loss. We also provide a listening ear for people who are recently bereaved. Please phone 01546 605 261 (COSCA registered)

Volunteers Wanted

Can you help us? We need volunteers to help with work both at the Dochas Centre and the locations of our groups in Islay, Jura, Gigha, Tarbert and Campbeltown. If you can help us in any way, please contact Maggie McLaren, Centre Manager at 01546 600 022. Visit www.dochasfund.org.uk to learn more about the Dochas Carers Centre