

A very warm **WELCOME** to Quarriers Carer Support Service (Moray).

We are currently updating our website, please bear with us during the changes.

There are over 12,000 unpaid Carers in Moray and 1 in 5 of us will be a Carer at some stage in our lives looking after a friend, neighbour or relative who, without this help, would not manage to live independently.

There is a wide range of reasons why the person being cared for cannot look after themselves.

- Perhaps they have a physical or learning disability
- Misuse alcohol or drugs
- Are frail or elderly
- Have mental health problems
- Or have a long term illness

Every caring situation and every Carer is different with each one susceptible to the various stresses and strains associated with most caring roles. Looking after someone can be an isolating and debilitating experience and that is why we are here to help you access the advice, information and support which best meets your needs to cope with your caring responsibilities whether you are young or old.

We **WILL** take the time to listen and help you prioritise **YOUR** needs as a Carer.

This website is full of information about how we can help.

Have a look and then get in touch - **we're looking forward to meeting you.**

Please see below for current and upcoming events.

Quarriers Carer Support

## Community Link Volun wanted for Lifelinks in

- **Want to do something that makes a difference and doesn't require too much commitment?**
- **Want to develop skills which may be useful in your everyday life?**

Quarriers has just piloted an exciting new initiative called **Lifelinks** for families looking after a loved one who has dementia.

Delivered over three half-day sessions, **Lifelinks** focuses on helping families to continue to lead full and active lives in their local community.



# Do you **support** someone with **mental health issues?**



Here for you - so don't feel isolated  
Join us for our first meeting of 2015



## Mental Health Peer Support

Monday 26th January at 12.15—  
2pm

Quarriers Office, 44 High Street,  
Elgin IV30 1BU

Free refreshments available

