

Stirling Carers Centre

How can Stirling Carers Centre help?

Caring can be rewarding but it can also be stressful, tiring and isolating. Carers may need someone to talk to about their caring role and they may need practical support and advice.

Stirling Carers Centre is here to provide all Carers, irrespective of the condition of the person they care for, with the support they need to continue their caring role.

We provide:

- Information
- A listening ear
- Advocacy
- Advice on Carers rights and entitlements
- Advice on welfare benefits
- Contact with other Carers
- Volunteering opportunities
- Support for Young Carers

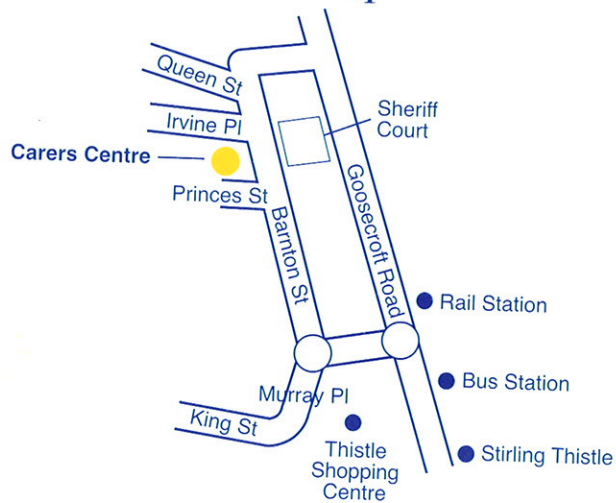
our services are free, impartial
and confidential to ALL carers in
Stirling Council Area

Stirling Carers Centre

is located in the heart of Stirling and is open:

Monday - Friday

10am-4pm



Stirling Carers Centre

65-69 Barnton Street

Stirling FK8 1HH

tel: 01786 447003

Fax: 01786 474143

Email: centre@stirling.carers.net

www.carers.org/stirling