

### 132 reasons to come and have a conversation with Lanarkshire Carers



### #FeedbackFriday 66 I'm so glad you got in touch with me, I don't know what I would have done without your help. Lanarkshire Carers Information, advice and support











### #FeedbackFriday

### 66

I would just like to say how grateful I am for the information and advice I've received from Lanarkshire Carers.

Often my caring role makes me feel lonely and I forget my own identity.



### #FeedbackFriday



Lanarkshire Carers is an excellent resource that I didn't even know was available.

It is a support that I know I can access when required. But most importantly I do not feel alone.



### #FeedbackFriday



I am so grateful for the support which gave me the information and courage to see things through.

Lanarkshire Carers is a wonderful and valuable service.



### #FeedbackFriday



Every time I speak to Lanarkshire Carers, I have felt comfortable and genuinely cared about.



### #FeedbackFriday



When I first spoke to Lanarkshire Carers I was completely overwhelmed. With their help, guidance and support I feel more confident.

I'm happier in myself and I have that little spring in my step and it's all down to Lanarkshire Carers. I know there is help out there or just someone to listen.



### #FeedbackFriday



Thank you for making me see I'm important too.

This has allowed me to feel better and also continue my caring role.















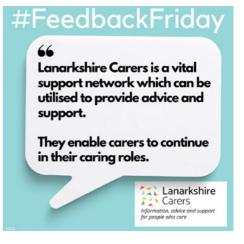
## #FeedbackFriday 66 I really want to thank you for being so kind and caring, you are all wonderful. Lanarkshire Carers Information, notice and support for people who care











### #FeedbackFriday 66 The training and support I have accessed at Lanarkshire Carers has been invaluable. Lanarkshire Carers have been a lifeline. Lanarkshire Carers have











### #FeedbackFriday 66 The staff at Lanarkshire Carers were excellent and helped me greatly with information and advice during a time when I needed support.











## #FeedbackFriday 66 Without Lanarkshire Carers I would be stressed out and would not be able to continue my caring role. Lanarkshire Carers Information, white and support



### #FeedbackFriday



It helps so much that I can pick up the phone and be able to talk to someone who actually cares about me.

I don't know what I would have done without Lanarkshire Carers.



### #FeedbackFriday



Lanarkshire Carers have been very helpful and supportive. This has helped reduce a lot of my stress.



### #FeedbackFriday



Lanarkshire Carers have made me feel much more valued as a person; not just as a carer.

They helped me to understand that I was a person who matters to others and given the right support, I am able to live a successful and happy life.



### #FeedbackFriday



Friendly, non-judgemental and knowledgeable, Lanarkshire Carers are easy to contact.

There are lots of services available, and helpful signposting to other resources and networks.

I don't know what I would do without them.



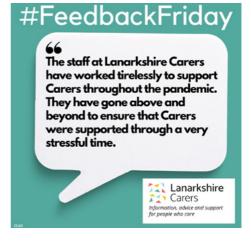
## #FeedbackFriday 66 The services I have accessed have been for my own well-being and information and I found them interesting, informative and helpful. I particularly enjoyed the yoga classes. I thought they created space for me to relax and refresh myself. Lanarkshire Carers Lanarkshire Carers Lanarkshire Carers



# #FeedbackFriday 66 The staff at Lanarkshire Carers are fantastic. They are friendly, informative and always willing to help. They are caring and always make you feel comfortable when you call. Lanarkshire Carers Information, white and support for people who care







### #FeedbackFriday

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Lanarkshire Carers has helped me feel more valued as a person. They have supported me to pursue interests outside my caring role which has made me realise that I am important too. Thank you.



### #FeedbackFriday

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The staff at Lanarkshire Carers listen to me well and have guided me through a variety of challenging situations.

This service is very important to me and I value it so much.



### #FeedbackFriday

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I can't thank Lanarkshire Carers enough for the wonderful service that they provide.

The support that I have received has been life changing.



### #FeedbackFriday



Honestly I have no words to describe how grateful our wee family are for all the help and support that we have received from Lanarkshire Carers.

Giving thanks will never be enough and we will never forget this.



### #FeedbackFriday

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I can't thank the staff at Lanarkshire Carers enough for all the support that we have had over the years.

We could not have done it without your help. Thank you.



### #FeedbackFriday



The staff at Lanarkshire Carers are always really helpful and provide me with all the information that I need.

I am very grateful to you and it just makes such a difference to chat to someone who understands.



### #FeedbackFriday 66 Lanarkshire Carers have been there for me whenever I need them and have been a great support network. I particularly enjoy participating in the training courses that are available they have really helped me to focus and take breaks away from my caring role.

Lanarkshire Carers

Information, advice and support



### #FeedbackFriday 66 Lanarkshire Carers is my lifeline. It is comforting to know that I am not alone. The courses available are great and I find them beneficial. Also, the staff are so approachable and they understand my needs as a carer. Lanarkshire Carers Information, askice and support for people whice are







### #FeedbackFriday

66

Lanarkshire Carers supported me when I felt quite low and alone. The staff have encouraged me to realise that I am not a failure.

They are always there for me and never let me down. Thank you.



### #FeedbackFriday



The training courses I attended on Autism have helped both myself and my 3 grandchildren who are Autistic. The support and content of the courses gave me a better insight into how Autistic people think and the best way to communicate with them.

I now feel closer to my grandchildren and they feel happy and secure with me. All thanks to the support that Lanarkshire Carers has provided me.



### #FeedbackFriday



The service provided by Lanarkshire Carers has helped me massively just by giving them a call and receiving support when it's needed.

Taking part in the training programme is such a great boost for my self-worth as I'm happy to have something to look forward to. This makes it easier in my everyday caring role as my husband is happier too seeing me with a smile on my face.



### #FeedbackFriday



I wouldn't be where I am today if it wasn't for the supportive staff at Lanarkshire Carers.



### #FeedbackFriday



Thank you so much for your valuable time and information.

It's very comforting knowing that I can have advice and support at any time I need it.



### #FeedbackFriday



I wanted to say a big thank you to Lanarkshire Carers for providing autism specific training courses because these have helped me tremendously.

I would never have known my rights as a parent carer of a possibly autistic child, had I not joined the autism training.

There really is no other place of support to turn to except Lanarkshire Carers.



### #FeedbackFriday 66 I appreciate the in-depth knowledge, support and assistance that I have been given. This has empowered me to make better decisions. I am touched beyond words.











## #FeedbackFriday 66 I received amazing support and can see a light at the end of the tunnel now. Thank you for everything. I honestly think I'd have broken down again if it wasn't for you. Lanarkshire Carers Information, oddice and support











### #FeedbackFriday 66 I came away feeling much better than I have been feeling lately. It was good to talk and share how I feel, especially as the staff made me feel very comfortable. Lanarkshire Carers

Information, advice and support for people who care











## #FeedbackFriday 66 Thank you very much for being there and taking the time to listen, offer support and kindness. I greatly appreciate it. Lanarkshire Carers Information, advice and support











### #FeedbackFriday 66 It's been an absolute lifesaver having your support. I really don't know what I would have done without you! Lanarkshire Carers Information, outsite and support







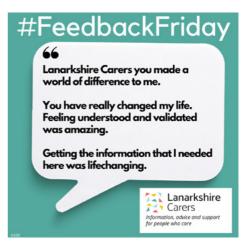














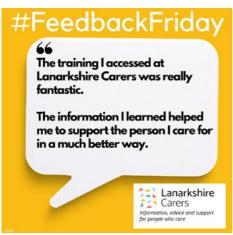


## #FeedbackFriday 66 Thank you Lanarkshire Carers for the support you have given me. The information I received was helpful and focused on my needs - a true sign of someone who listens. Lanarkshire Carers Information, white and support











### #FeedbackFriday 66 Thank you Lanarkshire Carers for your support and for being so empathetic and kind to me.











### #FeedbackFriday 66 It's really great to have someone who listens to me. I was surprised and overwhelmed by your support which I never knew existed before today. Lanarkshire Carers

Information, advice and support











### #FeedbackFriday

66

Lanarkshire Carers, I cannot express my appreciation enough for your work.

It is so good to know there is someone who will answer my call.



### #FeedbackFriday



The training course was excellent and the instructors were knowledgeable and helpful.

Thanks for providing such great courses!



### #FeedbackFriday



l can't recommend Lanarkshire Carers enough!

I was feeling so low and had no motivation to do anything, you have helped me a great deal.



### #FeedbackFriday



Lanarkshire Carers your support has helped me so much and empowered me to continue in my caring role.



### #FeedbackFriday



I didn't realise anyone would help and take the time to talk to me, it was nice to talk about what I need, as I am used to just getting on with everything myself.

You have been so friendly and supportive, I appreciate it.



### #FeedbackFriday



I have nothing negative to say about my experience with Lanarkshire Carers.

You have been friendly, welcoming, warm, compassionate, supportive, informative, accessible, proactive, positive ... I could go on!

A wonderful, life changing service!



### #FeedbackFriday 66 I'm very grateful for your support.

You have taken a lot of stress away from me and I'm very hopeful things will get better for us.

I'm glad I reached out to you.



### #FeedbackFriday

### 66

Lanarkshire Carers you have been amazing with all of your help and support.

You made me feel less hopeless about my situation.

You are such a lifeline.



### #FeedbackFriday



Lanarkshire Carers my conversation with you today has made all the difference.

I feel my life is much brighter at the moment.



### #FeedbackFriday



Lanarkshire Carers you have been so patient, informative and very kind to me.

Just like a ray of sunshine to be honest and you made my day.



### #FeedbackFriday



I felt that no one understood my frustrations and reasons for feeling so low until I finally spoke with Lanarkshire Carers.

I always feel you are listening and focusing on me. I just want to thank you all.



### #FeedbackFriday



I very much appreciate the conversation with you and the support you have given me.

I've started to have some hope that life will get a little bit better for us.





### Centres

### **Lanarkshire Carers Centre:** Hamilton

Ground Floor Left, Princes Gate 60 Castle Street Hamilton ML3 6BU

### Lanarkshire Carers Centre: Airdrie

Airdrie Locality Support Service 92 Hallcraig Street Airdrie ML6 6AW



South Lanarkshire: 01698 428090



North Lanarkshire: 01236 755550



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