

132 reasons to come and have a conversation with Lanarkshire Carers



#FeedbackFriday

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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
for people who care

0001

#FeedbackFriday

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It was the first time someone said I was important too. I hadn't thought about it that way before.

You made me realise that I mattered, it helped so much and I had a little cry if I'm honest.

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Information, advice and support
for people who care

0002

#FeedbackFriday

“

Thanks so much for your time today. It was the most supportive and productive call I have had.

It's given me a wee lift after speaking to you yesterday. I think I feel less defeated and alone and my difficulties validated.

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for people who care

0003

#FeedbackFriday

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Just having someone who is there to talk to and guide me has just meant so much to me knowing I am not alone and have support when I needed it.

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for people who care

0004

#FeedbackFriday

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There is a wide range of support through Lanarkshire Carers.

I am so grateful for their help over the years I have been a member. They are a shining light in times of distress.

 **Lanarkshire Carers**
Information, advice and support
for people who care

0005

#FeedbackFriday

“

Lanarkshire Carers is an incredible service which supports carers who are in need of help.

Thank you so much for your excellent staff and all the support received.

 **Lanarkshire Carers**
Information, advice and support
for people who care

0006

#FeedbackFriday

“

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.

 Lanarkshire Carers
Information, advice and support
for people who care

0007

#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.

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Information, advice and support
for people who care

0008

#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.

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Information, advice and support
for people who care

0009

#FeedbackFriday

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

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Information, advice and support
for people who care

0010

#FeedbackFriday

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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.

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Information, advice and support
for people who care

0011

#FeedbackFriday

“

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

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

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Information, advice and support
for people who care

0012

#FeedbackFriday

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I wanted to let you know that the help and support I have received has been life-changing.

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Information, advice and support
for people who care

0013

#FeedbackFriday

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Over the years I have been a member; Lanarkshire Carers have been a great source of support, comfort and generosity during some trying times.

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Information, advice and support
for people who care

0014

#FeedbackFriday

“

This is an incredible service which helps carers who are in need of support.

Thank you so much for your excellent staff and all the help I received.

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Information, advice and support
for people who care

0015

#FeedbackFriday

“

You have put that spring back in my step. I know there is support out there and Lanarkshire Carers can help me.

Thank you for giving me a little boost.

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for people who care

0016

#FeedbackFriday

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I highly recommend Lanarkshire Carers for both practical and emotional support.

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Information, advice and support
for people who care

0017

#FeedbackFriday

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I always feel uplifted, positive, motivated and feel supported when I talk to you. It's very much appreciated.

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Information, advice and support
for people who care

0018

#FeedbackFriday

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I really want to thank you for being so kind and caring, you are all wonderful.

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Information, advice and support
for people who care

0019

#FeedbackFriday

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Lanarkshire Carers helped me when no one else would.

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for people who care

0020

#FeedbackFriday

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I don't think you realise just having you as a support network has really lifted me today.

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Information, advice and support
for people who care

0021

#FeedbackFriday

“

Thank you for providing me with lots of useful information.

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

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Information, advice and support
for people who care

0022

#FeedbackFriday

“

Lanarkshire Carers have been a great support network for me.

Knowing I am not alone, gives me hope for the future.

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Information, advice and support
for people who care

0023

#FeedbackFriday

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Lanarkshire Carers is a vital support network which can be utilised to provide advice and support.

They enable carers to continue in their caring roles.

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Information, advice and support
for people who care

0024

#FeedbackFriday

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The training and support I have accessed at Lanarkshire Carers has been invaluable.

Lanarkshire Carers have been a lifeline.

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Information, advice and support
for people who care

0026

#FeedbackFriday

“

I am extremely grateful to Lanarkshire Carers for the great support I have received.

 **Lanarkshire Carers**
Information, advice and support
for people who care

0026

#FeedbackFriday

“

I just want to say thank you to Lanarkshire Carers for being so supportive and for always being there to help and listen.

Thank you for all that you all do.

 **Lanarkshire Carers**
Information, advice and support
for people who care

0027

#FeedbackFriday

“

I just want to say thank you to Lanarkshire Carers for being so supportive and for always being there to help and listen.

Thank you for all that you all do.

 **Lanarkshire Carers**
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for people who care

0028

#FeedbackFriday

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Amazing support and reassurance that I am not alone.

 **Lanarkshire Carers**
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for people who care

0029

#FeedbackFriday

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Any request for some support and advice is always dealt with efficiently.

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Information, advice and support
for people who care

0030

#FeedbackFriday

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

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Information, advice and support
for people who care

0031

#FeedbackFriday

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It's great to know that an expert organisation is there to talk to and to offer support in many different ways.

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Information, advice and support
for people who care

0032

#FeedbackFriday

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When I first reached out to Lanarkshire Carers I felt quite low and alone. After their call, I felt as though I mattered as a person and I'm not just a carer.

Lanarkshire Carers helped me to understand that there's nothing wrong in asking for help.

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Information, advice and support
for people who care

0033

#FeedbackFriday

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Your support has really made a huge difference to me.

Thank you.

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Information, advice and support
for people who care

0034

#FeedbackFriday

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I don't know what I would have done without the help and support I received from Lanarkshire Carers.

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Information, advice and support
for people who care

0035

#FeedbackFriday

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I am very grateful to Lanarkshire Carers and it just makes such a difference to talk to someone who understands.

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Information, advice and support
for people who care

0036

#FeedbackFriday

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Without Lanarkshire Carers I would be stressed out and would not be able to continue my caring role.

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for people who care

0037

#FeedbackFriday

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Lanarkshire Carers have given me information to support me in my caring role. They were fantastic and always listen to me.

I have also accessed a few of the Carers Connected sessions and find the sessions are really interesting.

Keep up the good work you do and thank you.

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for people who care

0038

#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.

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Information, advice and support
for people who care

0039

#FeedbackFriday

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

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Information, advice and support
for people who care

0040

#FeedbackFriday

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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.

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Information, advice and support
for people who care

0041

#FeedbackFriday

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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.

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for people who care

0042

#FeedbackFriday

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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.

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0043

#FeedbackFriday

“

I can't thank Lanarkshire Carers enough.

They have helped me immensely.

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Information, advice and support for people who care

0043

#FeedbackFriday

“

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.

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Information, advice and support for people who care

0045

#FeedbackFriday

“

The training that Lanarkshire Carers have provided has been fantastic.

It has boosted my confidence and self esteem and made me feel like I can cope.

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Information, advice and support for people who care

0045

#FeedbackFriday

“

Whilst life as a carer will never be perfect, it's good to know that Lanarkshire Carers are always there for me when I need advice, support or even just a chat.

Lanarkshire Carers have been my rock.

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Information, advice and support for people who care

0047

#FeedbackFriday

“

The staff at Lanarkshire Carers have worked tirelessly to support Carers throughout the pandemic. They have gone above and beyond to ensure that Carers were supported through a very stressful time.

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0048

#FeedbackFriday

“
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.

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Information, advice and support for people who care

0000

#FeedbackFriday

“
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.

 Lanarkshire Carers
Information, advice and support for people who care

0000

#FeedbackFriday

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

The support that I have received has been life changing.

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Information, advice and support for people who care

0001

#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.

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0002

#FeedbackFriday

“
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.

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0003

#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.

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0004

#FeedbackFriday

“

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.

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Information, advice and support
for people who care

0265

#FeedbackFriday

“

Lanarkshire Carers are always there for me. It was so important to have that constant support to fall back on, and gentle advice, when needed.

The help I have received from the staff has made me feel appreciated and deserving when times were difficult. Thank you.

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Information, advice and support
for people who care

0265

#FeedbackFriday

“

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.

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Information, advice and support
for people who care

0267

#FeedbackFriday

“

From the first contact that I had with Lanarkshire Carers, the advice and support that I received was friendly, clear and concise.

I was put at ease and made to feel that I could contact them at any time.

The staff at Lanarkshire Carers understand how challenging it can be caring for someone who has dementia and I will not hesitate to ask for support in the future.

Thank you so much.

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Information, advice and support
for people who care

0265

#FeedbackFriday

“

The staff at Lanarkshire Carers reassure me that I am not alone. They listen empathetically to my situation and offer great advice and information.

I was signposted to other relevant organisations that were very useful to me and I was reassured that I could contact Lanarkshire Carers at any point if I needed to.

I am most grateful for all the help that I have received.

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Information, advice and support
for people who care

0269

#FeedbackFriday

“

I would be lost without the support that I have received from Lanarkshire Carers.

The training courses that I have accessed have helped me learn a lot as a carer and has taught me to put myself first which has improved my general wellbeing.

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Information, advice and support
for people who care

0260

#FeedbackFriday

“

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.

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Information, advice and support
for people who care

0003

#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.

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for people who care

0002

#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.

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Information, advice and support
for people who care

0001

#FeedbackFriday

“

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

 Lanarkshire Carers
Information, advice and support
for people who care

0004

#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.

 Lanarkshire Carers
Information, advice and support
for people who care

0005

#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.

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Information, advice and support
for people who care

0006

#FeedbackFriday

“

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.

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Information, advice and support
for people who care

0007

#FeedbackFriday

“

I can't thank Lanarkshire Carers enough for everything they have done for me over the years.

I don't think I would have been able to continue my caring role if it wasn't for the support that I have received.

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for people who care

0008

#FeedbackFriday

“

Thank you Lanarkshire Carers for all the information and advice you have given me.

The excellent support offered to carers is life-changing and I am extremely grateful.

Thank You so much for your help.

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Information, advice and support
for people who care

0009

#FeedbackFriday

“

Lanarkshire Carers helped me to access information and advice whilst offering fantastic support along the way.

Great service and staff.

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Information, advice and support
for people who care

0010

#FeedbackFriday

“

I have only recently found out about Lanarkshire Carers and it was great to get so much information and advice.

Just to know that there will be support there if I need it is great and will be good for my mental health.

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Information, advice and support
for people who care

0011

#FeedbackFriday

“

It makes such a difference to know there is someone who cares about me as I sometimes forget about my own needs.

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Information, advice and support
for people who care

0012

#FeedbackFriday

“

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, advice and support for people who care

0079

#FeedbackFriday

“

I know that I can phone Lanarkshire Carers at any time for advice and the staff will always give me an honest answer and information that will help me.

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Information, advice and support for people who care

0079

#FeedbackFriday

“

Lanarkshire Carers has provided me with invaluable knowledge in the short time that we have been in contact.

The staff have been a great support and a very reliable source of information for me.

I will continue to contact them, I really value the support I have been provided with.

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0079

#FeedbackFriday

“

Lanarkshire Carers provides me with someone to talk to who understands my caring role and my emotions. I'm not able to talk to anyone else in this way.

The emotional support that I receive helps me to feel less stressed.

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Information, advice and support for people who care

0079

#FeedbackFriday

“

I feel supported and appreciated as a carer, it's good to know that Lanarkshire Carers is there to listen and support me.

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Information, advice and support for people who care

0079

#FeedbackFriday

“

Thank you for everything you do for me.

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

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Information, advice and support for people who care

0079

#FeedbackFriday

“

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.

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0079

#FeedbackFriday

“

Thank you for not making me feel like I am imposing and I know that you will always listen, support me and treat me with respect.

I always feel so much better after calling Lanarkshire Carers.

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0080

#FeedbackFriday

“

I just wanted to say a huge thanks to Lanarkshire Carers for all the help and kindness and support you've given me over the past couple of years.

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Information, advice and support
for people who care

0081

#FeedbackFriday

“

I just felt so alone and wanted to start building a support network around me.

I'm so glad to have Lanarkshire Carers supporting me. I don't feel so alone now. Thank you.

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for people who care

0082

#FeedbackFriday

“

Thank you Lanarkshire Carers so much for your help.

I really appreciate it and I am grateful for all the support you have given to me.

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Information, advice and support
for people who care

0083

#FeedbackFriday

“

Lanarkshire Carers were fantastic when I was at a really low point.

I felt so anxious and you were more than happy to listen and support me.

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for people who care

0084

#FeedbackFriday

“

Thank you very much for being there and taking the time to listen, offer support and kindness.

I greatly appreciate it.

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for people who care

0287

#FeedbackFriday

“

Lanarkshire Carers you made a huge difference to me and took away some of the stress I have.

Thank you.

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Information, advice and support
for people who care

0288

#FeedbackFriday

“

I really do appreciate all your help, understanding and empathy, which made a really hard and worrying time a lot easier.

You went above and beyond and listened to me patiently which really meant so much.

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Information, advice and support
for people who care

0287

#FeedbackFriday

“

I would like to thank Lanarkshire Carers for your generosity and kindness.

I am very grateful, it has changed everything for me.

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Information, advice and support
for people who care

0288

#FeedbackFriday

“

Thank you Lanarkshire Carers for the support I received.

Nothing was a bother, you offered me help straight away and you made me feel so much better!

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Information, advice and support
for people who care

0289

#FeedbackFriday

“

I can't thank Lanarkshire Carers enough for the support I was given, it has really helped.

I've been attending your training courses and it has helped ease my anxiety.

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Information, advice and support
for people who care

0290

#FeedbackFriday

“

It's been an absolute lifesaver having your support.

I really don't know what I would have done without you!

 **Lanarkshire Carers**
Information, advice and support for people who care

0203

#FeedbackFriday

“

Thank you Lanarkshire Carers for the time you spent with me when I was at my lowest point. I felt supported and listened to.

You were so understanding and helpful.

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Information, advice and support for people who care

0203

#FeedbackFriday

“

Thanks so much for your time.

It is very reassuring to know that Lanarkshire Carers is there for me.

 **Lanarkshire Carers**
Information, advice and support for people who care

0204

#FeedbackFriday

“

I am so grateful for the opportunity to access your support which helped me when I needed it the most.

 **Lanarkshire Carers**
Information, advice and support for people who care

0204

#FeedbackFriday

“

I can't thank you enough for your help and all of the support that you have given me over the years.

 **Lanarkshire Carers**
Information, advice and support for people who care

0205

#FeedbackFriday

“

I don't like to ask for help but now I am so grateful for your support. It has made a world of difference to me.

 **Lanarkshire Carers**
Information, advice and support for people who care

0205

#FeedbackFriday

“

Lanarkshire Carers you have gone above and beyond to support me.

Thank You.

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for people who care

0300

#FeedbackFriday

“

It has been a really difficult time for me so I really appreciate your support.

Thank you from the bottom of my heart.

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Information, advice and support
for people who care

0300

#FeedbackFriday

“

My experience with Lanarkshire Carers was amazing.

I feel like a new person and now I know where I can get support.

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for people who care

0300

#FeedbackFriday

“

Lanarkshire Carers you made a world of difference to me.

You have really changed my life. Feeling understood and validated was amazing.

Getting the information that I needed here was lifechanging.

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Information, advice and support
for people who care

0300

#FeedbackFriday

“

I can't thank you enough, you have made me see that I am important too and I can and I should have my own self-care time.

You understood what I needed.

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0300

#FeedbackFriday

“

You helped me to get back on my feet.

I can't thank you enough for the support I was given.

 **Lanarkshire Carers**
Information, advice and support
for people who care

0300

#FeedbackFriday

“

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.

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Information, advice and support for people who care

0109

#FeedbackFriday

“

I just wanted to thank you for your support.

This has brightened my day!

You are so lovely, and absolute lifesavers!

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0110

#FeedbackFriday

“

I would like to thank everyone at Lanarkshire Carers for all the work you do.

Your support is vital and it's a great resource that really helps people to transform their lives and promotes wellbeing.

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Information, advice and support for people who care

0115

#FeedbackFriday

“

Lanarkshire Carers you were so supportive and informative to help me going forward.

I feel isolated most of the time but you make me feel welcomed and accepted in your lovely space.

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Information, advice and support for people who care

0116

#FeedbackFriday

“

The training I accessed at Lanarkshire Carers was really fantastic.

The information I learned helped me to support the person I care for in a much better way.

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Information, advice and support for people who care

0117

#FeedbackFriday

“

I want to thank you from the bottom of my heart for your wonderful support.

It is an amazing service you are providing. More people need to know about it. It is a godsend to me.

You really are wonderful!

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Information, advice and support for people who care

0118

#FeedbackFriday

“

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

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Information, advice and support
for people who care

0109

#FeedbackFriday

“

Your support from start to finish has been 100% and I can't believe how kind you were.

I never once felt embarrassed or less of a person for asking for your help.

That's a talent when people make you feel good about yourself.

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Information, advice and support
for people who care

0110

#FeedbackFriday

“

You pulled off a miracle for me this week.

You are absolutely amazing!

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Information, advice and support
for people who care

0111

#FeedbackFriday

“

I would like to thank Lanarkshire Carers for your support.

You don't know how much you have changed my life. I can't begin to thank you enough.

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Information, advice and support
for people who care

0112

#FeedbackFriday

“

My experience with Lanarkshire Carers was amazing.

You dealt with my enquiry so quickly. I couldn't have asked for a better service.

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Information, advice and support
for people who care

0113

#FeedbackFriday

“

The autism course I attended was fantastic.

There was lots of information regarding sensory aspects and this has enabled me to support the person I care for so much better.

The course has provided me with lots of ideas.

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#FeedbackFriday

“

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.

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0116

#FeedbackFriday

“

Lanarkshire Carers, you have saved my life!

I was in such a bad place and I feel like I am finally living again.

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#FeedbackFriday

“

Your support has made a huge difference to us while we are going through one of the toughest times we have ever experienced.

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#FeedbackFriday

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The Carer Counselling service has helped me to feel better.

I realised that I shouldn't bottle everything up and I can be open and honest about how I am feeling.

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#FeedbackFriday

“

I want to pass on my gratitude to Lanarkshire Carers for supporting me in such an empathetic way.

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#FeedbackFriday

“

I have no words to thank you enough for your support and compassion.

You have given me hope that I am not alone.

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#FeedbackFriday

“

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.

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0123

#FeedbackFriday

“

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

Thanks for providing such great courses!

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0123

#FeedbackFriday

“

I 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.

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#FeedbackFriday

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

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#FeedbackFriday

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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.

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#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!

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0125

#FeedbackFriday

“

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.

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#FeedbackFriday

“

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.

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#FeedbackFriday

“

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

I feel my life is much brighter at the moment.

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#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.

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#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.

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#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.

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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

 info@lanarkshirecarers.org.uk

 lanarkshirecarers.org.uk



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