

**Crossroads (Lewis)**

Tel. 01851 705422. Email: [crossroads.lewis1@btinternet.com](mailto:crossroads.lewis1@btinternet.com) Web: [www.crossroadslewis.co.uk](http://www.crossroadslewis.co.uk)

**Pointers Young Carers Group**

Tel: 01851 822713. E-mail: [pointers@cne-siar.gov.uk](mailto:pointers@cne-siar.gov.uk)  
Web: [www.kooth.com](http://www.kooth.com)  
Facebook: Western Isles Youth Services

**Tagsa Uibhist**

Tel. 01870 603881 (Care). Email: [info@tagsa.co.uk](mailto:info@tagsa.co.uk) Web: [www.tagsa.co.uk/](http://www.tagsa.co.uk/)

**Western Isles Association for Mental Health (WIAMH)/Catch 23**

Tel. 01851 704964. Email: [info@wiamh.org](mailto:info@wiamh.org)  
Web: [www.wiamh.org](http://www.wiamh.org)

**Western Isles Community Care Forum**

Telephone: 01859 502588. Email: [info@wiccf.co.uk](mailto:info@wiccf.co.uk) Web: [www.wiccf.co.uk](http://www.wiccf.co.uk)

**Western Isles Sensory Centre**

Tel. 01851 701787. Web: [www.sightaction.org.uk](http://www.sightaction.org.uk)

## National support lines

**Scottish Families Affected by Alcohol & Drugs Helpline:** 0808 101 011

**Macmillan Cancer Support Line:** 0808 808 0000

**Breathing Space:** 0800 838587

Web: [www.breathingspace.scot/how-we-can-help/need-to-talk/](http://www.breathingspace.scot/how-we-can-help/need-to-talk/)

**Alzheimer Scotland - Action on Dementia:** 0808 808 3000. Web: [www.alzscot.org](http://www.alzscot.org)

**Care Information Scotland:** 0800 011 3200  
Web: [www.careinfoscotland.scot](http://www.careinfoscotland.scot)

**Carers UK Carers' Line:** 0808 808 7777  
Web: [www.carersuk.org](http://www.carersuk.org)

**MS Helpline:** 0808 800 8000

[www.mssociety.org.uk/care-and-support/ms-helpline](http://www.mssociety.org.uk/care-and-support/ms-helpline)

**Rethink Mental Illness:** 0808 801 0525

Web: [www.rethink.org](http://www.rethink.org)

**Carers Trust:** 0300 772 7701

Web: [carers.org/our-work-in-scotland](http://carers.org/our-work-in-scotland)

**Counselling Directory:** 0844 8030 240

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

## Web support

[www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk)

[www.cne-siar.gov.uk](http://www.cne-siar.gov.uk)

[www.nhsinform.scot/campaigns/support-for-unpaid-carers](http://www.nhsinform.scot/campaigns/support-for-unpaid-carers)

[www.nhsinform.scot/scotlands-service-directory](http://www.nhsinform.scot/scotlands-service-directory)

<https://wellbeinghub.scot/resources>

[www.carers.org](http://www.carers.org)

[www.sharedcarescotland.org.uk](http://www.sharedcarescotland.org.uk)

<https://youngscot.net/youngcarers>

## We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website [www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk) or share your story at - [www.careopinion.org.uk](http://www.careopinion.org.uk) or tel. 0800 122 31 35
- tel. 01851 704704 (ext 2236) or 0797 770 8701 Monday-Friday 10am-4pm (answerphone available).

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**Disclaimer**

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar  
NHS Western Isles

# Are you a carer?



Information and advice for carers  
in the Outer Hebrides

## Are you a carer?

If you provide unpaid help and support to a relative, partner, friend or neighbour who is in need of help because they are ill, frail, have a disability, mental illness or have a substance misuse, then you are a carer and this leaflet may be of help to you.

Carers can be of any age, gender or ethnic background. Getting the right information and support could help you in your care giving role.

## How NHS Western Isles can support you

We can support you in your caring role by:

- recognising and listening to you as a person providing care
- providing the opportunity to discuss your concerns about the person's illness and how it is affecting you
- informing you of services and support available in your area
- recognising your rights to be involved in the planning of discharge from hospital of the person you care for.

We can also signpost you to where you can find information on:

- welfare and benefit entitlements
- sourcing breaks and respite care
- access to support groups
- access to training opportunities
- advice on local support for carers.

## Local support services

### Health Improvement & Wellbeing

The Health Promotion Department offers free and confidential health advice on:

- practical ways to improve your health
- access to support groups and organisations,
- access to information about health conditions and self-management.

For more details please call 01851 762017 (Monday to Friday, 9am to 5pm).

### Health & Social Care

The Integrated Joint Board through health and social care may provide services to help the person you look after, such as personal care and specialist equipment.

They can also help you to get a break from your caring tasks, such as short breaks and respite. You may be entitled to a Carers' Assessment that looks at what your needs are as a carer. These can be accessed via:

- your own GP practice or Community Nursing team
- hospital healthcare staff following hospital admission
- Occupational Therapy - tel. 01851 704704
- Social Work Services - tel. 01851 600501 or visit: [www.cne-siar.gov.uk](http://www.cne-siar.gov.uk)

Additional information can also be found on the NHS Western Isles website via: [www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk)

### Register as a carer

Let your GP know that you are a carer and ask if this could be registered on your medical record. All GP practices will have a carer registration form.

As a carer you are entitled to a free flu vaccination (on occasion there may be access to additional vaccinations for carers) and your surgery may also offer the following:

- some flexibility with appointment times, for

both yourself and/or the person you care for to accommodate your caring situation

- agreement to share information about the condition of the person you care for (with their consent)

Many carers are inclined to ignore symptoms because they cannot contemplate becoming ill themselves when they have caring responsibilities. It is important that you look after your own health and accept any treatment that you need as, ultimately, you cannot look after someone else without first looking after yourself.

So be prepared to share with your GP how much caring you are doing and any health concerns

## Additional support

### Advocacy Western Isles

Tel. (01851) 701755

E-mail: [office@advocacywi.co.uk](mailto:office@advocacywi.co.uk)

### Alzheimer Scotland Dementia Resource Centre

Tel. 01851 702123. Email: [Lewis@Alzscot.org](mailto:Lewis@Alzscot.org)

Web: [www.alzscot.org](http://www.alzscot.org)

### Caraidean Uibhist

Tel. 01870 603233. Web: [www.caraideanuibhist.org](http://www.caraideanuibhist.org)

### Cobhair Bharraigh

Tel. 01871 810906. Email: [cobhairbharraigh@btconnect.com](mailto:cobhairbharraigh@btconnect.com) Web: [www.isleofbarra.com/cobhairbharraigh](http://www.isleofbarra.com/cobhairbharraigh)

### Crossroads (Harris)

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