

## Carers' Clinic

This service is available for carers in need of one to one support to help them cope better with their caring role.

The clinic aims to improve the health and wellbeing of referred carers by providing 6 week sessions with the Reflexologist at The Broomhouse Centre.

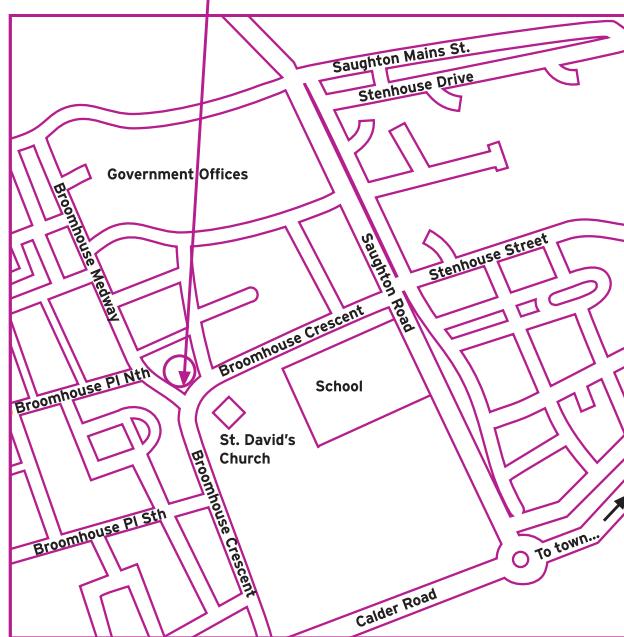
Health checks, a listening ear and coping strategies will all be part of the service.



## Find out more

Full information about the Adult Carers' Support Service is available from The Broomhouse Centre.

### We are here



#### Bus routes from Princes Street

LRT - 2, 3, 22, 25, 33, 35

First - 27, 28

Free parking nearby



#### Broomhouse Adults Carers' Support Service

The Broomhouse Centre  
79-89 Broomhouse Crescent  
Edinburgh, EH11 3RH

**Tel:** 0131 455 7731

**Email:** [adultcarers@broomhousecentre.org.uk](mailto:adultcarers@broomhousecentre.org.uk)

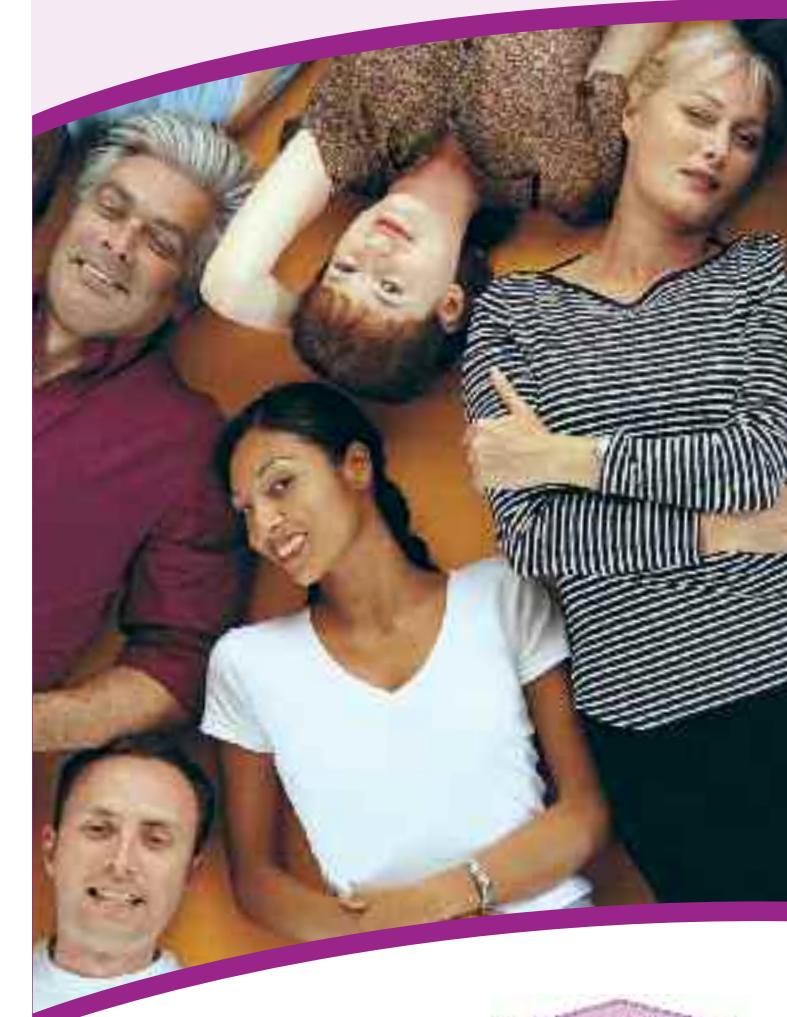
**Web:** [www.broomhousecentre.org.uk](http://www.broomhousecentre.org.uk)

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## Broomhouse

### Adult Carers' Support Service

South West Edinburgh



**The Broomhouse Centre**

**Tel.** 0131 455 7731

## What we can offer

Many carers feel that they are socially isolated and in need of some support, whether it's information, someone to talk to, or a break from caring.

### We will:

- Offer a monthly carers programme
- Work to improve your health and wellbeing
- Help you access benefits
- Help you deal with any challenges faced as a carer
- Offer one to one support as well as peer support groups
- Offer the opportunity to be referred to the carers clinic



## Support Groups

By running support groups during the day and evening we hope to give carers the opportunity to come along and meet other people who may be in a similar situation.

Carers often find that they share the same problems and through discussion they gain valuable advice from each other.

We invite everyone who attends to suggest topics or activities that they would like to be covered. This can be information about dementia, medication, benefits, relaxation therapies, coping strategies and any other relevant issues.

### When we meet:

Last Wednesday evening of every month  
**from 6.30pm - 8.30pm**

Leaving a legacy to  
The Broomhouse Centre  
ensures that we can still be here  
in years to come.



## Taking a break

The Broomhouse Centre aims to raise funds annually to take a group of carers away for a weekend break.

This is to allow them time for themselves, to relax and to enjoy company of others, and most of all the chance to unwind from every day stress of caring.

Feel free to give Donna a call or drop in to the Centre on a Tuesday or Wednesday before 4pm