

Time	Speaker	Audio
00.01 – 00.04	Aileen Barclay	Anyone can become a carer, at any stage of their life.
00.05 00.12	Aileen Barclay	So looking after your own health is essential if you want to get the most out of life and have the strength to continue to care
00.12 – 00.22	Aileen Barclay	What we offer is a range of activities, as well as information, signposting to other services, and one to one emotional support
00.23 – 00.27	Carer	It's a place that you can just drop in on your own as well, and meet people, then you start meeting all the people here
00.28 – 00.32	Carer	And as far as I know, you can then start having a social life with these people that's got the same situations as yourself
00.35 – 00.42	Aileen Barclay	Some of the things that people have asked for and we've organised include yoga groups, singing groups
00.43 – 00.46	Aileen Barclay	We have a wonderful therapist that comes in and gives pampering sessions
00.47 – 00.55	Aileen Barclay	So it really is about taking time out from the caring duties and coming in and looking after their health, but with their wellbeing
00.55 – 00.57	Aileen Barclay	And being around and being social is part of that
00.58 – 01.04	Carer	Oh yes, we chat about nonsense every week *laughing*
01.07 – 01.14	Aileen Barclay	In terms of community support, we have a carers cafe that runs every Wednesday and we have a men's group
01.14 – 01.17	Aileen Barclay	So there's a number of different opportunities for carers
01.18 – 01.21	Aileen Barclay	And all carers are different, so whatever suits them best, is entirely up to them
01.22 – 01.26	Carer	It has really helped me in many many ways, and I always recommend it to people
01.26 – 01.32	Carer	If I know somebody is looking somebody and not getting the help that they deserve, I tell them to come here
01.32 – 01.35	Carer	Because the staff here put you in the right direction
01.37 – 01.44	Aileen Barclay	Come in and see us please, come in and see us anytime. Sometimes it takes a lot for people to walk through that door because they don't think they're a carer.
01.46 – 01.50	Aileen Barclay	Please come in, tell us what we can do to help and we'll find a way through that.

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