



Connecting Carers

Service name:	Connecting Carers
Address:	5 Tulloch Street
Town:	Dingwall
Postcode:	IV15 9JY
Telephone number:	01463 723560
Website:	www.connectingcarers.org.uk
Health board area:	Highland
Local authority area:	Highland
Alcohol and Drug Partnership (ADP) area:	Highland
Type of service:	Voluntary
Nature of service:	Community Based
Referrals:	Any Agency, Self Referral, GP, Health Professional, Social Work
Client access (please select all that apply):	Under 16s, 16-18, 18+, Non-gender specific, Couples, Women with children, Couples with children, Men with children

Service Access

Opening days and times:	Monday: 10.00am - 4pm Tuesday: 10.00am - 4pm Wednesday: 10.00am - 4pm Thursday: 10.00am - 4pm Friday: 10.00am - 4pm Saturday: Closed Sunday: Closed
Service access:	No Appointment Required, Home Visits, Contact Address Required
Telephone helpline:	01463 723560
Advice and information:	Yes

Family services

Family services:	Yes
Family services options:	Parent/child support, Carer support groups, Respite for carers - as part of the service, Respite for carers - by referral

Mental health service

Mental health: does your service provide mental health support and advice?	Yes
Mental health support options:	As part of the service
Mental health support option types:	Depression, Anxiety/Phobic disorder, Physical Abuse, Sexual Abuse, Self Harming, Eating

Disorders, Bipolar Disorder, Psychosis,
Personality disorder

Rehabilitation and other services

Rehabilitation and other services provided:

Advocacy, Drop-in sessions, Education and Training, Education and training (by referral), Engage Volunteers, Engage peer volunteers, Talks/training, Stalls at exhibitions/seminars

Needle exchange:

No

Connecting Carers aims to: • improve recognition, support and services for anyone living with the challenges of caring for someone in the Highlands • support carers to be key partners in the planning and delivery of health and social care • empower carer to manage their caring role and have a life outside caring, through Carers Support Plans • keep carers informed through the Network Bulletin and a range of other channels. We can help carers find what they need through information, signposting, grants for short breaks, drop-in groups, training and craft sessions.

Further information