Being a carer is probably one of the most rewarding things you’ll ever do but it can also be expensive, exhausting and worrying… so it’s good to know that there is an organisation in Fife that will help you.

Fife Carers Centre gives unpaid carers in Fife help with:

- Information to help with your caring role and the means to use it
- Applying for Welfare Benefits and grants
- Befriending for carers
- Advocacy for carers
- Help with problem solving, ideas and tips to ease the caring role
- Referrals to other organisations that can help
- Contact with other Carers
- Somewhere to call when you need to talk to someone who understands.

Scottish Charity number SC029466
Company No 282309

Fife Carers Centre

If you look after someone, without payment, who is ill, disabled or frail then you are a carer.

If you are a carer or you know a carer who could do with some help then call Fife Carers Centre on 01592 205472 or find us on our website www.fifecarerscentre.org