

How can we help?

Through Inverclyde Carers Centre, we offer a range of services to carers.

Information and Advice: we can help you find the appropriate services that you might need.

A listening ear: we offer a welcoming and relaxed atmosphere where you can talk confidentially to one of our staff. Maybe they could help you with what to do next, or just be someone to share your concerns with.

Respite/Short break: we can help you find someone to look after the person you care for. This can let you spend time at the centre to attend stress management treatments, beauty therapy or whatever you choose. Please just ask us for details.

If you think we could help you, please get in touch. You don't need to wait until you are in crisis. We are here to listen.

Getting in touch

You'll find us here:



Inverclyde Carers Centre
68-70 Cathcart Street, Greenock, PA15 1DD

Our office hours are:

9.30am - 3.30 pm Monday to Friday

Tel: 01475 735 180

Fax: 01475 735 181

Email: inverclydecc@quarriers.org.uk



Quarriers provides care and support for:

- adults and children with a disability
- children and families
- young people
- homeless young people
- people with epilepsy
- carers

Registered and Head Office: Quarriers, Quarriers Village, Bridge of Weir PA11 3SX

Tel: 01505 616000/612224 Fax: 01505 613906 www.quarriers.org.uk

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The Princess Royal Trust
Inverclyde Carers Centre



Providing support to
carers in Inverclyde

Quarriers
Caring and support for positive living

Do you look after someone who could not manage without you?

Maybe they rely on you because of illness, their age, a disability or addiction and you don't know where to turn.

It could be your mum or dad, a child or young person. Even a relative, friend or neighbour.

If your answer is yes, then you are a carer and we can help support you.

Here's what some of the people who use the centre say about us.

“Since I have come to the centre, everything seems clearer.”

“The hardest thing was admitting that I needed help. Through the work of the centre, there is always a helping hand a listening ear.”

“Things like the beauty treatment means time for me, and that's really important.”

Our aim

Our main aim at Inverclyde Carers Centre is to help support carers. We try to do this by providing services designed specifically to help them in their caring role. Many carers don't recognise that they too need support.

What could we do for you?

The team is based in Greenock, Inverclyde. You'll find a map and our contact details on the back page of this leaflet.

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