



South Lanarkshire Carers Network

If you are a carer please let our Receptionist know.

A Carer is anyone who, unpaid, looks after a friend or family member who can't cope alone due to illness, disability, a mental health problem or an addiction.

Anyone can become a Carer. Carers come from all walks of life, all cultures and can be any age. Many people don't recognise themselves as carers and are missing out on vital supports and services they may be eligible to.

The Network Partnership and Engagement Team are Pauline, Jade and Richard. Our Lead Practice contact is Pauline McIntosh.

Pauline can be contacted at (Email) pauline.mcintosh@slcn.co.uk

South Lanarkshire Carer Network

65 Bothwell Road Hamilton ML3 6DW

Telephone 01698 285163

To access a full range of services available to our Carer Community please select the link below

www.slcn.co.uk

Pauline works with our practice Avondale Medical Centre, training, supporting and informing us how to best look after Carers.

South Lanarkshire Carers Network www.slcn.co.uk

Email:- info@slcn.co.uk

Website:- www.slcn.co.uk

Like us on Facebook:- www.facebook.com/slcarers

Twitter:- [@slcarers](https://twitter.com/slcarers)

Call the office on:- 01698 285 163

