

Mission Statement

The Borders Carers Centre are the independent expert charity supporting adult carers in the Scottish Borders.

Via the Adult Carers Support Plan, carers are recognised, enabled and sustained in their caring role, as well as supported to have a life outside caring.



The Borders Carers Centre

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Me First

Dementia carers
counselling service





Shona Dickey

Hello, my name is Shona and I am a counselling therapist who has been providing one to one sessions to carers at The Borders Carers Centre for almost two years now.

Although my core training is in Cognitive Behaviour Therapy (CBT) I also draw upon other approaches within the CBT 'family' such as Acceptance and Commitment Therapy (ACT) and Compassion-Focused Therapy (CFT) enabling me to tailor our sessions to suit you, as a unique individual.

I value cultivating a genuine therapeutic relationship and will provide a non-judgemental, empathic space for us to create this relationship together.

I will support you in sharing, exploring and working through the painful experiences and challenges troubling you. Through this process we will identify areas of 'stuckness' and work together to help you heal whilst finding ways to facilitate you in moving in more meaningful and valued directions in order to lead a more fulfilling life.

I am qualified to work with a number of issues such as low self-esteem, anxiety, depression, OCD, life stresses, eating disorders, PTSD among many more. If you feel counselling is something you might like to try, please let your Carer Liaison Worker know and I will call you for a brief consultation before we proceed.

Shona Dickey is bound by the Codes of Ethics and Practice of the BACP

Free counselling service

The recent pandemic has been a very challenging time for everyone. Many have witnessed declines in their loved ones health due to isolation, lack of socialisation, loss or changes to care packages as well as changes to routines.

This has had a significant impact on the health and wellbeing of carers.

The Borders Carers Centre has secured funding to allow us to offer an 18 month project of free counselling to carers caring for people living with dementia to help improve mental health and build resilience.



There is currently very reduced access to respite opportunities, therefore it is hoped that access to sessions of Cognitive Behaviour Therapy (CBT) based counselling will enable carers to develop and maintain coping strategies, enhancing psychological well-being and providing them with some of the necessary tools to meet the ongoing challenges.

Me First

Carers spend a lot of time thinking about someone else. Counselling offers a safe and supported space to focus on your own needs, and share your thoughts and feelings.

Carer quotes:

'My feelings of self-worth have improved'

'I have true awareness of the change in my feelings'

'I am now able to change the way I think about situations'

To refer

Please speak to your Carers Liaison Worker if you are already registered with the Carers Centre.

If you are not registered, please contact us at admin@borderscarers.co.uk or call us on 01896 752431

