



If you care for your partner, child, neighbour or a friend this may mean that you are a carer therefore you can get advice, support and information from a VSA Carer Support & Development Worker who can offer training, counselling life coaching, complimentary therapies & Support Groups giving the carer a feeling of being listened to which instils confidence and self worth. Some carers can feel isolated due to the nature of their caring role and might benefit from talking to other carers who understand each others situation and can support and advise one another as well as keeping up to date with current events.

VSA Carers Service is delighted to announce that we have again received funding through the Scottish Government's Short Breaks Fund, carers may be interested in making an application. Carers have benefited from the fund by helping to pay for a holiday, alternative therapies or go to places of interest.

Funding has been secured by the Princess Royal Trust For Carers where a grant of up to £500 to support the purchase of a service or essential household equipment that will have a long term impact on the carers quality of life.

To discuss any of the above and many other services we provide please contact Tracey Harrison, Carer Support & Development worker for VSA Carer Services.

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