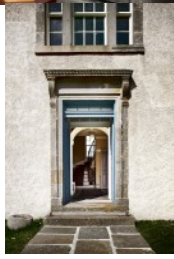


We have some exciting news to add to our menu of possible shortbreak ideas. A short break at the stunning local Belmont House holiday accommodation can now be arranged so why not have a night or two in Edwardian splendour. Belmont House sleeps ten so you could even team up with friends or family. We also hope to arrange a residential for carers in the new year. For further information on possible stay options call Jo Jack on 01595 743923



In the summer months we can arrange a boat trip on the Wootton Lass around Scalloway harbour.



Short
breaks fund

CROSSROADS
Caring
for Carers
SHETLAND

NHS
Shetland



VAS

Carers Centre Shortbreaks

Market House, 14 Market Street, Lerwick

Are you looking after
someone?

01595 743923



Are you looking after someone?

Caring for someone can happen very suddenly, sometimes overnight or you may find yourself doing more and more over many months and years. Although rewarding, looking after someone can affect your

physical and emotional wellbeing and impact on you financially and socially. A carer is generally defined as a person of any age who provides **unpaid** help and support to a relative, friend or neighbour who cannot manage to live independently without the carer's help.

Short Breaks for Carers

The Carers' Link Group has been fortunate enough to secure funding from Short breaks Scotland. This will in turn allow us to offer carers in Shetland the chance to benefit from a short break from your caring role.

We aim to work in partnership with Crossroads to allow carers to also access carer cover for the time that they are receiving their short break.

Below is a menu of possible ideas but we are open to your suggestions. Relaxation therapy, reflexology, aromatherapy, indian head massage, reiki, swim, sauna or gym sessions, arts or crafts, cinema Pass, outward bound session, drama trampolining, climbing wall or horse riding

if you have your own idea of what you would find most beneficial let us know and we will try to accommodate it subject to funding.



The Link Group appreciates that Shetland's geographical spread can make access difficult at times. A small transport budget has therefore been built in to this project to help carers with travel arrangements.

Making your request is easy

1. Call Jo Jack at VAS to obtain an application form and Jo will discuss the different options available to you. 01595 743923
2. All we ask then is that you register with the confidential VAS carers database. This enables us to record that you are a carer and send you any new carer information.
3. Once VAS has received your completed application form they will either book your short break choice or send out a cheque.

After your short break

1. After your short break we will ask you to complete either a telephone, email or written short break feedback sheet which enables us to monitor the success and take-up of the project and make improvements where necessary.
2. If you requested a financial amount to purchase your own short break then you **must** remember to keep receipts for anything purchased and copies of these **must** go to Jo at VAS to keep the project accounts correct.