

## **Voluntary Action Shetland | Short Break Menu**

Our short break menu is only intended as a starting point for ideas, and we will try to help with any suggestions put forward by carers. This will be subject to funding.

### **Ideas for Your Short Break**

Relaxation Therapy

Reflexology

Aromatherapy

Indian Head Massage

Reiki

Swim Session

Gym Session

Sauna Session

Arts and Crafts Session

Cinema Pass

Outward Bound Session

Trampolining

Climbing Wall

Drama Club

Horse Riding

## **Exciting New Ideas Available**

### **Belmont House**

We now offer a night or two at the stunning, local [Belmont House](#) holiday accommodation, where you can enjoy a relaxing and tantalising time in Edwardian splendour.

Belmont House sleeps ten so you could even team up with friends or family.

### **Boat Trip**

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

### **Trip to the Mainland**

We have also assisted carers with travel costs to obtain a short break to the mainland.

**For further information, please contact Jo Jack at Voluntary Action Shetland on 01595 743923, or complete the online form.**