

# Carer's Week 2019



**During Carers Week 2019 we will be visiting all 10 health centres so that we are available locally should you wish to find out more about how we can support you in your caring role.**

If you are looking after someone and need access to support, information and advice why not come along and meet us?

- **Lerwick Health Centre, Mon 10<sup>th</sup> June, 10 am - 12 pm**
- **Brae Health Centre, Tues 11<sup>th</sup> June, 2 - 4 pm**
- **Scalloway Health Centre, Tues 11<sup>th</sup> June, 10 am - 12 pm**
- **Whalsay Health Centre, Tues 11<sup>th</sup> June, 10.30 am - 12.30 pm**
- **Bixter Health Centre, Wed 12<sup>th</sup> June, 10 am - 12 pm**
- **Hillswick Health Centre, Wed 12<sup>th</sup> June, 10 am - 12 pm**
- **Unst Health Centre, Thurs 13<sup>th</sup> June, 1.30 - 3.30 pm**
- **Yell Health Centre, Thurs 13<sup>th</sup> June, 10 am - 12 pm**
- **Walls Health Centre, Thurs 13<sup>th</sup> June, 3.30 - 5.30 pm**
- **Levenwick Health Centre, Fri 14<sup>th</sup> June, 10 am - 12 pm**

We will also be offering information and advice regarding self-directed support, specifically direct payments (this is not exclusively for carers). Come along we would love to see you.

If you can't make it along but would like to speak to us please give us a call on 01595 743923 or email [carers@shetland.org](mailto:carers@shetland.org)



Citizens Advice Bureau are also offering outreach drop in sessions at the following locations:

**Yell Health Centre, Tues 11th June, 10am-1pm**

**Walls Health Centre, Thurs 13th June, 9.30am-12.30pm**