



7-13 June 2021

# Shetland Carers

*Quotes from Carers...*





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“I want to thank you all sincerely. I’ve struggled to see myself as a carer but when I think about all the extra things I have to do due to my daughters condition and how it impacts our family I realise that I am. I really appreciate the grant. I feel that it’s such a special treat for me and I will treasure it.”



“We used the grant towards a gym membership. We signed up at the end of November and it has been a life saviour for me! We go 3-4 times a week for respite and has helped my mental health hugely!”





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“I have bought my headphones and they are really helping me to relax and feel a bit less stressed. I am so happy with this lovely treat, so thank you.”



“The massage sessions have been brilliant and all my children benefit from me being better and a more relaxed mum. Thank you for your help.”



“The Short Break was great and we felt a sense of relief to be away from our situation for just one night. Really appreciated the grant as it encouraged and enabled us to do something we would not have normally done.”



“Getting to run clears my mind and makes the day better. My son benefitted in that I was less stressed after running and a happier carer.”



“This break allowed some time for myself. It identified where I was holding tension, eased my discomfort and educated me on how to move more efficiently and correctly.

The easing of discomfort has resulted in me being more tolerant and less stressed.”





“My weekly yoga sessions can help me with having a calmer mind, which in turn gives me an improved attitude to deal with situations that arise at home.”



“This grant has given me the confidence to push myself physically, while also getting a break from my caring role. It has allowed me to purchase a bike and helmet, which we as a family could not justify paying out financially, especially under this current economic climate. The short breaks grant is an excellent opportunity for carers to have some 'me' time, without feeling guilty.”



“It was lovely to be able to buy plants for my garden. This gave me time out to myself and will give me something to enjoy in the future as they grow.”



“It is good to know that you are supported and the short break demonstrates that. Also, snorkelling is a real getaway and I can do it repeatedly.

The environment underwater is a whole new world and being able to spend time there is just like going on holiday.”





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“Thank you for the money to spend on books, it gave me a boost and hours of reading.”



“I felt the all weather suit and being able to get out, gave me breathing space away from everyone. Space to clear my head and start afresh.

I just really appreciate it. Thank you so much.”



“We go on the treadmill for at least one hour a day and it has made a difference to our health and wellbeing as it’s not easy for us to get out.

I just want to thank you for the grant as it helped us purchase the treadmill.”





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## Shetland Carers

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