



We're supporting
Carers Week!



Carers Week

5-11 June 2023

May 2023

This year, Carers Week runs from 5th – 11th June 2023. The theme is 'Recognising and supporting carers in the community.'

During Carers Week 2023, Shetland Carers is inviting health and care services, schools, employers and businesses across the community to recognise the vital contribution made by unpaid carers in Shetland. During the week, Shetland Carers would like to invite carers who are currently registered with them to take a short break from their caring role.

Throughout the week

Monday 5th June – Sunday 11th June – We would like to invite you to take part in our 'A Moment for Me' competition. All you need to do to be entered into our prize draw to win a dining voucher for Brudolff Hotels is send us a photo or picture showing what you have done for yourself this week. How have you taken a moment out/a moment for yourself? We can't wait to see your pictures!

You don't have to be in the photo unless you wish to - **(please be aware that the winning photo, chosen at random, will be displayed on our Facebook page, so by sending us a photo to use, you are agreeing to the photo being used in this way).**

Photos can be posted in to Shetland Carers at 14 Market Street, Lerwick, Shetland (remember to include your name) or emailed to carers@shetland.org or sent via private message on our Facebook page. <https://www.facebook.com/ShetlandCarers/>

We'd love to see how you enjoy taking a moment for yourself. This could be anything from having a cuppa, baking or cooking, swimming, walking, gardening, knitting, reading, whatever!

The competition closes on Sunday 11th June at 9pm. A winner will then be chosen at random, and the winning photo will be displayed on our Facebook page on Monday 12th June. Good luck!

Tuesday 6th June – Sunday 11th June - 'Cuppa and Cake' available FREE for carers and a companion at Fjara café, Lerwick. **This can be for 'sit-in' or takeaway.**

You should let Fjara staff know that you wish to use the offer from Shetland Carers for Carers Week before you order, and you will be asked to provide your contact details as well. The offer is open to new carers too – and Shetland Carers will contact you afterwards with further information about our service.

Tuesday 6th June 10.30am – 11.30am – Rebel Fitness session at Gilbertson Park Games Hall. The session will include Rebel Circuits, Soulsa and Sh1ft M1nd – all designed for you to have a fun workout to brilliant music! Please wear appropriate sportswear and trainers. **Please note spaces are strictly limited for this session, and must be booked** - email carers@shetland.org or telephone 01595 743980.

Wednesday 7th June 2.00pm – Guided Meditation session to reduce stress, with Diane Taylor of Shetland Resolve. As this session is pre-recorded you can access it later if you need to, at a time that suits you. The link for the session will be posted on our Facebook page as well as our website: www.shetlandcarers.org

Thursday 8th June 11.30am – 12.30pm – Himalayan Sound Therapy session with Anjani Devi from Holistic Yoga Shetland at Staneyhill Hall. All you need to do is cosy up (lay down or use a chair) and listen to the wonderful sounds created by genuine Himalayan singing bowls, giant symphonic gong, elemental chimes and Indian harmonium accompanied by Sanskrit mantra. These powerful vibrations are exceptionally good for releasing any stress or tension held in the body, allowing the deepest level of relaxation, leaving you rested and feeling restored.

Please bring a yoga mat (there will be some spare ones), a blanket to keep warm, a cushion for your head (and for underneath your knees if that's something that would feel good) and something lightweight to cover your eyes with (scarf, eye mask etc.).

PLEASE NOTE - This therapy isn't suitable for anyone using a pacemaker, who has epilepsy or is in their first trimester of pregnancy.

Please note spaces are strictly limited for this session, and must be booked - email carers@shetland.org or telephone 01595 743980.

Friday 9th June 2.00pm – 4.00pm – Pottery painting session at Aa Fired Up. **Please note spaces are strictly limited for this session, and must be booked** - email carers@shetland.org or telephone 01595 743980.

For further information on Shetland Carers and how we may be able to help you in your caring role, please email: carers@shetland.org or telephone: 01595 743980.