

# Are you caring for someone?

*Shetland Carers want to support you to manage your caring role and have a life alongside caring. We provide information and advice, signposting to other organisations, support groups, help with Emergency Planning and short breaks.*



Shetland Carers

## Carers Week Events



### Throughout Carers Week - 5th June - 11th June 2023

**'A Moment for Me' competition** - send in a photo to be entered into our draw to win a dining voucher for Brudolff Hotels!

**'Cuppa and Cake' available FREE for carers and a companion at Fjara café, from Tuesday 6th - Sunday 11th June**

~

**Tuesday 6th June 2023, 10.30am - 11.30am**

Rebel Fitness taster session at Gilbertson Park Games Hall

**Wednesday 7th June 2023, 2.00pm**

Guided Meditation session to reduce stress, with Diane Taylor

**Thursday 8th June 2023, 11.30am - 12.30pm**

Himalayan Sound Therapy session at Staneyhill Hall, with Anjani Devi from Holistic Yoga Shetland

**Friday 9th June 2023, 2.00pm - 4.00pm**

Pottery painting session at Aa Fired Up

[www.shetlandcarers.org](http://www.shetlandcarers.org)

Tel: 01595 743980



Shetland Carers



@ShetlandCarers



shetlandcarers

**We're supporting  
Carers Week!**



Carers Week

5-11 June 2023