



*"Supporting and empowering unpaid carers in Shetland to manage their caring role and have a life alongside caring"*

## Our Funders



SHETLAND  
ISLANDS COUNCIL



# Autumn Newsletter

September 2023

## Time to Live Short Break grant scheme



We still have funding left within our Short Break grant scheme, 'TIME TO LIVE', to provide grants to carers who are caring for someone of any age.

Our funding is from both Shetland Charitable Trust, and Scottish Government

Short Breaks Funding, which is administered through Shared Care Scotland. Young Carers can also apply.

We want to encourage carers, and the people they care for, to have a 'break', i.e. some time out from their regular caring routines. We want you to use the money to do something that you enjoy, that will give you something to look forward to and that will help promote good health and wellbeing.

Here are some examples of how carers have spent their grant in this new grant period:

- \*towards a holiday on the mainland*
- \*baking equipment*
- \*massage sessions*
- \*arts and crafts*
- \*SRT More4Life subscription*
- \*meals out*
- \*local overnight stay with meal*
- \*horse riding lessons*
- \*treadmill*
- \*books*
- \*material for sewing*
- \*new bike*
- \*gardening products, seeds and plants*

Short breaks will be subject to funding. Currently, we are offering a grant up to a maximum of £250 per carer towards your chosen short break. This could be towards the cost of a holiday, activity, hobby or therapy etc.

If you would like to apply for a Time to Live Short Break grant then please email [carers@shetland.org](mailto:carers@shetland.org) or telephone Amanda Brown on 01595 743923 to let us know you are interested in applying for a Short Break. We will then email you a link to take you to the online application form.

Please note this is now a NEW application form template we are using which should make it easier for carers to access via any device they are using. There is also the option to save your form and return to it later, before submitting.

For more info:

<https://www.shetlandcarers.org/support/breaks/short>

Shared Care Scotland often share stories of how carers throughout Scotland have used their Time to Live grants. *Names have been changed to protect identities:*

*Jolene is a young carer who looks after her Mum (single parent), who has a mental health condition. Jolene is unable to go out in the evening when her Mum takes her medication and is unable to drive. She also misses out on attending activities due to financial restraints.*

*The grant enabled Jolene to take a day trip with her friends to a Spa for a relaxation session. She also enjoyed trips to the cinema with her friends and a trip to the hairdresser for a treat. The grant helped with transport costs and activity costs, which are usually a barrier to Jolene being able to attend activities with her peers. Jolene's relationships with her friends are strengthened by her attendance at these outings.*

*David cares for his wife, who has a long-term condition. He used his grant for relaxation and counselling sessions as well as swimming sessions. He learned techniques to manage stress which he could then use at home.*

*Swimming provided exercise and time to relax and free his mind from worry. David says looking after his mental health has made him more prepared to deal with the additional stresses of being a carer.*

*Patricia cares for her husband, who has a long-term condition and can't be left alone for the risk of falling. Patricia is quite isolated in that she does not leave the house very often or entrust others to help.*

*She used her grant to purchase painting materials which is her main hobby now. This allowed her to have some space as she*

*is always with her husband but it meant she was also close by.*

*As well as having relaxing time for herself, Patricia was able to sell some of her paintings which enabled her to purchase 2 Riser chairs for her husband along with a Glide Board to allow him to move easier to and from his wheelchair. Patricia was delighted as her Occupational Therapy Service could not provide any of these for them.*

For more stories, please check out Shared Care Scotland's Facebook page or visit:

<https://www.sharedcarescotland.org.uk/>

## Respitality Scheme



Our Respitality Scheme is NOW OPEN with a variety of breaks on offer for carers. We have also had two new recent donors to the Respitality Scheme - Aa Fired Up and Shetland Jewellery, which is super news!

Current breaks available include arts and crafts voucher/sessions, dining vouchers, overnight stays with dinner and/or breakfast included, self-catering stays, a reflexology session and motorbike runs with Steve Henry!

Shetland Carers would like to thank all donors for being part of the Scheme and for their kind and generous donations of breaks, which can be awarded to carers who apply to the Scheme.

Amanda Brown, Admin Support, has been busy presenting certificates recently to some of our current donors – Busta House Hotel, Brudolff Hotels Ltd and Fjara Café Bar.



If you are interested in applying for a Respite break or for more information about the Scheme in general, please visit:

<https://www.shetlandcarers.org/support/breaks/respitality>

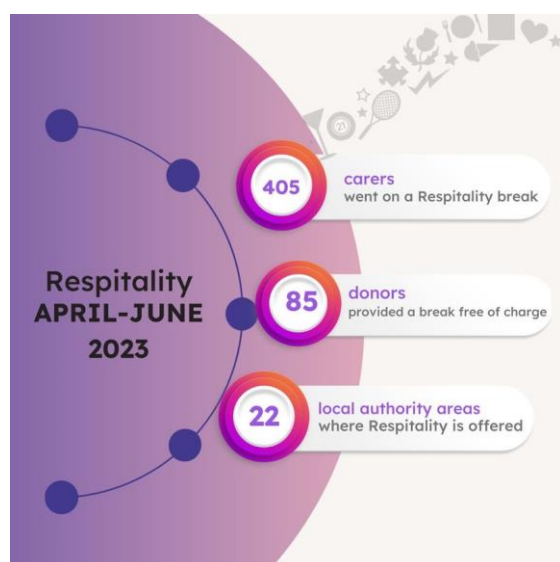
***A break from your caring routine can make a big difference to how you feel.***

Here is a snapshot of how Respite has performed in Scotland, from April to June 2023:

*\*405 carers went on a break*

*\*85 donors provided a break free of charge*

*\*22 local authority areas offer Respite*



For the most recent quarterly Respite report, please visit:

<https://mailchi.mp/aa9d5f89d102/the-respitality-reporter-13558024>

## Emergency Planning

Having an Emergency Plan in place can help reduce some of the worry about what will happen if you can't care because of your own health. The @ENABLEScotland

toolkit helps you think through the 'who, what, why' in easy steps:

<https://www.enable.org.uk/about-us/reports-and-resources/emergency-planning-toolkit>

We can support you to prepare a plan or you can do one yourself from our online resources. For more information please visit:

<https://www.shetlandcarers.org/info/documents/emergency-planning>



## Update from Laura...



Hello! I am Laura Russell, and I am the Children and Families Support Worker here at Shetland Carers. I run all the groups Shetland Carers has at the moment.

I have added a description of each group below so please do give them a read. All of our groups have space for new people, so if you are interested in finding out more about any of them, just get in touch.



I work for Shetland Carers on a Monday and Friday and email is probably the best way to get me – [laura.russell3@shetland.org](mailto:laura.russell3@shetland.org)

#### Parent Group -

This group do time out activities, four times a year to give Parent Carers a break from their caring role. It is aimed at Parent Carers who have a child or children with an additional need (diagnosed or undiagnosed).

This group is great for informal peer support from other parents who may be facing similar challenges. There is no pressure to share anything. You can also ask for individual support from Laura on the contact details below.

If you would like to attend, please contact Laura on [laura.russell3@shetland.org](mailto:laura.russell3@shetland.org) or 01595 743909.

#### Friday Group –

This group meets at Mareel every fortnight in term time, from 2.30pm-4pm. It is aimed at young people in Secondary School who find it difficult to meet and communicate with others.

It is an informal group where there are different activities available e.g. board games etc. Young people who wish to attend must be able to travel to/from this group independently. If the young person has a PA, they should attend with them.

If you would like to attend, please contact Laura on [laura.russell3@shetland.org](mailto:laura.russell3@shetland.org) or 01595 743909 who will check that you meet our criteria.

#### Sibling Group –

We run a monthly group on a Saturday morning from 10.45am-12.45pm for young people who have a sibling with an Additional Support Need or possibly carrying out a small caring role for a parent. We do extra sessions in the school holidays as we know these are helpful to families.

This group allows the young person to have time away from their sibling to recharge and play with their peers. We do lots of fun activities and snack is provided!

If you would like to attend, please contact Laura on [laura.russell3@shetland.org](mailto:laura.russell3@shetland.org) or 01595 743909.

#### Family Day –

These sessions are usually offered in the school holidays and are for the whole family to come to.

It is difficult to find sessions that siblings with and without needs can attend together. For these sessions, everyone can come and play! Parents are asked to stay as well and this allows time for parents to have a chat with each other and the support worker. We always have a quiet room booked for the same times.

If you would like to attend, please contact Laura on [laura.russell3@shetland.org](mailto:laura.russell3@shetland.org) or 01595 743909 who will check that you meet our criteria.

### Lego Group –

Lego Group is a fun way to come together to build social skills as well as get to play with Lego!

These sessions usually happen in blocks of three or four sessions so that there is time to develop different skills. It is all done through play, so the young people will not even know they are working on their turn taking, communication skills or making friends!

For more information, or if you would like your child/children to attend, please contact Laura on [laura.russell3@shetland.org](mailto:laura.russell3@shetland.org) or 01595 743909.

### Help Available Locally



There are many local organisations who can provide support to you in your caring role, and who can provide services for your cared for person.

Shetland Carers website has a directory with information about local organisations. These include Ability Shetland, Alzheimer's Scotland Shetland branch, Citizens Advice Bureau, Clan in the Community, Learning Disability Nurse, Mind Your Head, Shetland Care Attendant Scheme, Shetland Community Connections and many others.

<https://www.shetlandcarers.org/directory/local-help>

### Ability Shetland activities

Please see posters below for sports and activities with Ability Shetland, or contact [charis.scott3@shetland.org](mailto:charis.scott3@shetland.org) or telephone 01595 743929 for more information:

**ASN SENSORY SESSION**  
ISLESBURGH COMMUNITY CENTRE

WED 23RD & 30TH AUGUST  
WED 13TH & 20TH SEPTEMBER  
WED 11TH, 18TH & 25TH OCTOBER

6.30PM - 7.30PM - £4.50

Come along for an hour of sensory fun!  
We have the lights, music & flashing tamborines!  
You will dance along to music you love!  
Simple to follow routines. Seated or standing,  
the choice is yours!  
If you want some fun, we want to see you!

**ALL WELCOME!**

REBEL FITNESS

**ALL ABILITY RUGBY**

*A game for everyone!*

FOR PRIMARY AND SECONDARY SCHOOL AGED CHILDREN. ALL ABILITIES ARE WELCOME.

WEDNESDAY 5PM-6PM  
30th Aug  
13th Sept  
27th Sept

@Clickimin Main Hall

For more information contact [charis.scott3@shetland.org](mailto:charis.scott3@shetland.org)

Ability Shetland

# SHETLAND

## BASKETBALL



**FRIDAY**  
17.30-18.30  
@Clickimin Main Hall

18TH AUG  
1ST SEPT  
15TH SEPT  
29TH SEPT

**WHEELCHAIR AND RUNNING BASKETBALL**  
BASKETBALL WHEELCHAIRS PROVIDED

OPEN TO ANYONE AGED 14+  
NO EXPERIENCE NEEDED

For more information please contact  
charis.scott3@shetland.org or  
01595 743 929.

Ability Shetland Shetland Charitable Trust sportscotland

Please contact [charis.scott3@shetland.org](mailto:charis.scott3@shetland.org) to pre-register. Open to all ages and abilities.




# SHETLAND BOCCIA

## COMPETITION 2023

**2PM-4PM** **SUNDAY 15TH OF OCTOBER**

**CLICKIMIN MAIN HALL**  
Open to all ages and abilities.  
Registration opens at 1.45pm.  
Pre-register by contacting [charis.scott3@shetland.org](mailto:charis.scott3@shetland.org)

Ability Shetland sportscotland Shetland Charitable Trust Sustainability

Shetland Boccia Club continues to train Friday 4.30pm-5.30pm at Clickimin Leisure Complex.



All are welcome to join Shetland Boccia Club sessions.

Open to all ages and abilities. No prior experience needed.

No cost to participate.

**WHERE?**  
@Clickimin Main Hall

**CONTACT**  
Contact [charis.scott3@shetland.org](mailto:charis.scott3@shetland.org) for more information.

**WHEN?**  
Friday 4.30pm-5.30pm on these dates:  
**August**  
18th, 25th  
**September**  
1st, 8th, 15th, 22nd, 29th  
**October**  
6th

Shetland Charitable Trust Ability Shetland sportscotland

## M.V. Wootton Lass



*Sight-seeing and fishing trips year round subject to weather.*

Shetland Boccia Competition 2023 is back this year on Sunday 15th of October 2pm-4pm. Registration is now open.

Ability Shetland have a boat based in the Lerwick Marina that is able to accommodate wheelchairs and those with mobility issues. They also have a hoist at the marina for wheelchair users.



Short sight-seeing or fishing trips around the harbour are available to organisations, families, or individuals. The boat is available all year round subject to weather.

There is no cost to use their boat, but donations to their charity are always welcome.

Anyone needing hoisted onto the boat must bring their own sling. They can only accommodate one wheelchair user on the boat at one time due to deck space on the boat. The boat can accommodate a maximum of five people - four people if one of the participants is a wheelchair user.

**If you would like more information about The Wootton Lass or would like to accompany passengers as a volunteer, please contact a trustee on 07895406005.**

## Shetland Library

Did you know our friends at Shetland Library can help people to access **Talking Newspapers**? This is one of the many services on offer!

The Shetland Times and The New Shetlander are recorded by volunteers as 'talking newspapers' for the visually impaired.

**Lunchtime Learning** is available on Thursdays 1 – 2pm.

Adult Learning and Community Work staff will be in the Library's Activity Room to help you with:


- Benefits check
- Using the internet
- Literacy and learning

Just go along.

<https://www.shetland.gov.uk/libraries/using-library>

A new **book group** 'Never Judge a Book by its Movie' has started, and meets on the first Monday of the month 6.30 – 7.30pm.

To enquire about joining, call the Library on 01595 743868. Please note, places are limited.



**NEVER JUDGE A BOOK**  
*By its Movie*

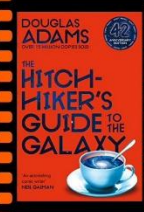
Monday Book Group discussing books and their movie adaptations

**FIRST MONDAY OF THE MONTH**  
**6.30 PM - 7.30 PM**

Starts Monday 4 September

Discussing **The Hitchhiker's Guide to the Galaxy** by Douglas Adams

Please sign-up at the Library - places are limited



Lower Hillhead, Lerwick, ZE1 0EL | [www.shetland.gov.uk/libraries](http://www.shetland.gov.uk/libraries) | Tel: 01595 743868

## Shetland Foodbank



Shetland Foodbank is located at:

20a St Magnus Street  
Lerwick  
Shetland  
ZE1 0JT



Contact them for opening times and more information:

Telephone: 01595 741263

Email: [info@shetland.foodbank.org.uk](mailto:info@shetland.foodbank.org.uk)

Their foodbank works using a referral system. In order to get help from their foodbank, you should be sent to them by a local support agency.

## Compass Centre



"We provide free, inclusive, and confidential support and information to anyone, of any gender (age 13+), in Shetland affected by any form of sexual violence. This includes survivors, as well as family, friends, and supporters."

[contact@compasscentre.org](mailto:contact@compasscentre.org)  
01595 747 174 Mon - Thurs 9am-1.30pm

Shetland RapeCrisis provide support and information to anyone, over 13, in Shetland who has been affected by any form of sexual violence. This includes survivors, as well as family, friends and supporters.

Mon – Thurs 9am – 1.30pm

Tel: 01595 747174

Email: [contact@compasscentre.org](mailto:contact@compasscentre.org)

## Shetland Women's Aid



If you need some support to rediscover your strength, some advice about your relationship, or want to share some concerns about someone you love – Shetland Women's Aid are here to help.

You can call them on 01595 692070 or email [office@shetlandwa.org](mailto:office@shetlandwa.org). In an emergency please phone 999.

**Calling all knitters!**  
(Beginners welcome too!)

**Worry Monster project**

Come along and join us to knit some Worry Monsters that will bring comfort and reassurance to the young folk supported by Women's Aid during the most challenging times.



By joining in this project you can make a HUGE difference to the lives of children affected by domestic abuse and family breakdown in Shetland.



**Wednesday mornings**  
**10.30am—12.30pm**  
**Islesburgh Community Centre Drama Room**  
(2nd floor, but there is a lift)



Donations of wool and toy stuffing will be gratefully received!

Email [denise.nicolson@shetland.gov.uk](mailto:denise.nicolson@shetland.gov.uk) if you want more information.  
Thank you!

An Adult Learning project in partnership with Shetland Women's Aid

If anyone is interested in taking part in the Worry Monster project, please go along to Islesburgh Community Centre Drama Room on Wednesday mornings 10.30am – 12.30pm. The room is on the 2<sup>nd</sup> floor but there is a lift available.

This is to join in a project to knit some worry monsters that will bring comfort and reassurance to the young folk supported by Women's Aid during the most challenging times. Children affected by domestic abuse and family breakdown in Shetland.

Donations of wool and toy stuffing will be gratefully received.

## Relationships Scotland Shetland

Please see below information regarding two new projects which have started at Relationships Scotland Shetland.

Parenting Apart - run on a monthly basis via Zoom. For all parents who have separated and would like to explore the best way to parent while living apart. This programme is open to all parents and step parents.

Tel: 01595 743859 or email [relationshipsscotland@shetland.org](mailto:relationshipsscotland@shetland.org)



A Parenting Apart Information Session is an opportunity for you to find out how you and your children can move forward positively. You will gain insight into what you and your family are going through and how to handle the transition to living apart in a way that's best for everyone.

Parenting apart sessions run every month via Zoom in small groups, sessions are:

- ⇒ Confidential
- ⇒ Informative
- ⇒ Supportive

**Contact us**  
To Book your space or for more information  
[relationshipsscotland@shetland.org](mailto:relationshipsscotland@shetland.org)  
01595 743859



Market House  
14 Market Street  
Lerwick  
Shetland ZE1 0JP



Scottish Charity Number  
SCO 28899

In the Middle peer support. Their new programme aims to support young people aged 14-18 who have experienced family separation.

They will offer young people a supported and safe environment to explore thoughts and feelings around recent or past

separations. Sessions will run weekly for 8 weeks. Fridays at 3pm.



### In the Middle



#### Peer Support Group

For young people 14-18 who have experienced family separation

A space to

- Talk
- Learn
- Support
- Enjoy

Friday 1st September

3pm - 5pm

for 8 weeks

Market House



Contact us to book a space on  
[relationshipsscotland@shetland.org](mailto:relationshipsscotland@shetland.org)

## Living Well Hubs

There are 3 Living Well Hubs in Shetland, one in Brae (Monday and Friday), one in Scalloway (Wednesday mornings) at the youth and community centre - and one at the Speldiburn in Bressay (Wednesday afternoon)

The hubs are a place folk can call along for a chat, whether that be about local groups/activities, or looking for support but not sure what may be available.

They are hopeful they would be able to assist, whether that is referring on to a service, linking someone with a voluntary/community group - or just having a listening ear is sometimes enough.

Please feel free to pop along, have a chat, browse the selection of leaflets and see what the hub is all about.

For more information:

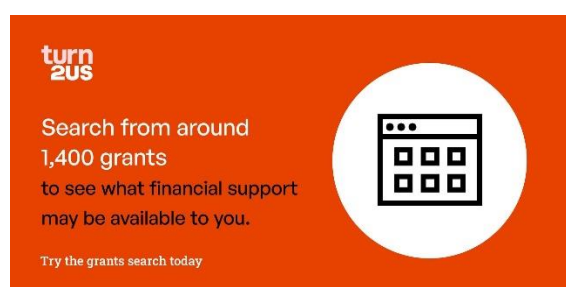
<https://www.shetland.gov.uk/health-wellbeing/living-well-hub>

If you have any questions please do not hesitate to get in touch with them:

Email: [livingwellhub@shetland.gov.uk](mailto:livingwellhub@shetland.gov.uk)

Telephone: 01595 744120

## Carers UK



Caring can put a huge strain on your finances.

If you're struggling to afford the basics, check the Turn2us Grants Search tool to see if you're eligible for financial support:

<https://grants-search.turn2us.org.uk>

See their information on other support schemes:

<https://www.carersuk.org/help-and-advice/financial-support/benefits-if-you-are-disabled-ill-or-injured/grants-and-schemes/>

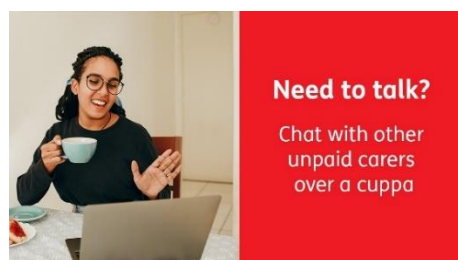
Looking for detailed information on caring issues?

Carers UK factsheets cover social care assessments, disability and carer welfare benefits, hospital discharge and much more.

Find their factsheets on their website:

<https://www.carersuk.org/help-and-advice/guides-and-tools/our-factsheets>

## Carers Scotland Care for a Cuppa



Carers Scotland run regular online Care for a Cuppa and other learning sessions, where you can meet other carers in Scotland, have a chat and get things off your chest in a supportive environment.

Sign up for free at:

<https://www.carersuk.org/cuppa>

## Shetland Islands Citizens Advice Bureau

Would you like to feel more resilient in emergency situations such as a power cut or getting snowed in?

Increased resilience during emergencies is one of the benefits of having a Home Emergency Plan in place. Below are some further benefits which the team at Shetland CAB came up with:

- \*Help you feel more organised and prepared in an emergency situation – therefore reducing stress
- \*Increase your personal resilience in an emergency situation
- \*Reduce the harm that unexpected events can cause you and your family
- \*Ensure that you get any extra help you might need



\*Put you in a good position to help those around you

For more information or to create your own Home Emergency Plan, go to:

<https://www.ssen.co.uk/power-cuts-emergencies/>

Do you have a Travel Emergency Kit ready and in your vehicle?

The team at Shetland Islands Citizens Advice Bureau are currently promoting Emergency Plans to help local community members prepare for unexpected emergencies like the snow and power cuts we had across the Isles last year.

One way that we can be prepared for such emergencies, is to have a Travel Emergency Kit with us in our cars, vans, etc. Items such as emergency contact numbers, first aid kit, jump leads, blankets, reflective clothing, ice-scraper and non-perishable food may be things you decide to put in yours.

For information on Travel Emergency Kits, go to:

<https://www.ssen.co.uk/power-cuts-emergencies/>

## Lead Scotland

Do you need help with your digital skills?

My Lead is an online learning platform that allows Lead Scotland to share their wealth of knowledge with others. You can sign up to one of their courses and learn at your own pace from the comfort of your own home.

To have a look and sign up:

<https://my.lead.org.uk>

## Covid Vaccine

The national autumn/winter vaccination programme for flu and Covid is now underway in Shetland, with the main programme running until mid-December.

People in Shetland who are eligible for flu and/or Covid vaccinations may be contacted by letter or via telephone or potentially, text or email if they have opted in for this service. Later in the programme, people will be able to use the booking portal to book and change appointments. There is also an option to phone the national helpline or the local vaccination team.

As there is no longer a vaccination centre at Gilbertson Park Games Hall, clinics will run in a variety of health care settings along with schools and care homes.

Individuals who cannot travel to a clinic will be given their vaccinations at home.

For the full press release, please visit:

<https://tinyurl.com/335vy8bb>

## Enquire

The logo for Enquire, featuring the word "ENQUIRE" in a bold, purple, sans-serif font. The letter 'Q' is stylized with a circular arrow around it.

Enquire - Scottish advice service for additional support for learning, have a helpline for Parents who may need advice.

Enquire are based in Scotland. They have a helpline and a webchat. The link below takes you to the page which shows the helpline's opening hours:

<https://www.enquire.org.uk/contact/>

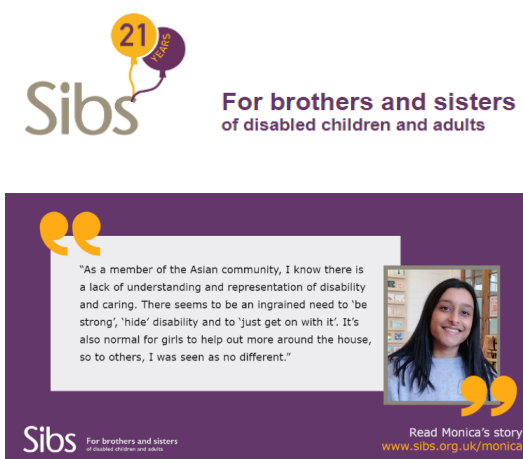
Enquire are currently looking for some parents and carers of young people with additional support needs to provide feedback on their website and information provision.

You may have engaged with Enquire recently, in the past, or are new to their website - all experience is welcome!

Find out more and register to participate:

<https://www.surveymonkey.co.uk/r/75MWYPC>

## Sibs



"I've been a sibling carer for my non-verbal autistic and epileptic twin brother my entire life. Yet, I only labelled myself a 'carer' at the age of 23, just two years ago. Being validated as a carer is everything. It's essential to understanding yourself. So many of us don't recognise we're carers and that's problematic. Carers can come in many different forms and you can even be a carer from a distance."

Read more about Monica's experiences as a sibling carer, including why she started her Instagram page @carerswithdreams at:

<https://www.sibs.org.uk/Monica>

## Autism Understanding Scotland



Autism Understanding Scotland deliver brilliant webinars – keep an eye on their Facebook page to see what is on offer:

<https://www.facebook.com/AUScotland>

Their website is:

<https://www.autismunderstanding.scot/>

## Mind to Mind



Mind to Mind is a dedicated NHS Inform website to help people who may be facing challenges with their mental wellbeing. It is for adults 18+. Visit:

<https://www.nhsinform.scot/mindtomind>



## What's On...

If anyone needs support they should contact Shetland Carers Support Team.

Sibling Group had a brilliant summer! We didn't let the weather stop us at all, and managed to fit in an ice cream on nearly every session. We had a trip Bain's beach in Lerwick for some sea glass and shell hunting (and met a lovely dog!), a wet trip to the Clickimin Broch, a trip to the play park in King Harald Street and hot chocolate at Aa Fired Up. Our next session dates and activities are available on <https://www.shetlandcarers.org/meetings/sibling-sessions> You can contact Laura on 01595 743909 or [laura.russell3@shetland.org](mailto:laura.russell3@shetland.org) to find out more about the group and how to book.

We also had a great Family Day with bouncy castles and soft play at the West Mainland Leisure Centre in the summer holidays. This was really well received by everyone who came and was a good chance for families to catch up with each other. Further Family Day sessions will be announced on <https://www.shetlandcarers.org/meetings> Contact Laura on 01595 743909 or [laura.russell3@shetland.org](mailto:laura.russell3@shetland.org) for more information.

Parent Group is open to any parent who has a child with an additional support need, and we meet four times a year to do a time out activity and get peer support. Our next sessions will be announced on <https://www.shetlandcarers.org/meetings> Contact Laura on 01595 743909 or [laura.russell3@shetland.org](mailto:laura.russell3@shetland.org) for more information.

Friday Group is open to young people in secondary school who have social communication difficulties. Contact Laura on 01595 743909 or [laura.russell3@shetland.org](mailto:laura.russell3@shetland.org) for more information.


We had a couple of Lego Play sessions over the summer where the young people were set different challenges e.g. make a Tall Ship/musical instrument/fairy tale castle/spaceship. Our next Lego Group sessions are on <https://www.shetlandcarers.org/meetings/lego-group> and there is a Lego Play session in the October school holidays. Contact Laura on 01595 743909 or [laura.russell3@shetland.org](mailto:laura.russell3@shetland.org) for more information and to book.



**You can contact us:**


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

 [carers@shetland.org](mailto:carers@shetland.org)

 Laura Mackenzie: 01595 743980 (Adult Carers Support Worker)

**(Due back from Maternity Leave in January 2024)**

 Laura Russell: 01595 743909 (Children and Families Support Worker)

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