

Calling ALL Carers in Cove

If you provide unpaid support to family or friends who could not manage without your help due to illness, frailty, disability, mental ill health or a substance misuse problem then YOU are a carer.

VSA Carers Service has made it a priority to support Carers in their own community and now has a worker, Shona Cormack, covering South Aberdeen and the Cove Bay area.

One of the carers who has previously received support from VSA Carers Services wrote...

“The support and advice I have had from other carers has been invaluable. I have also received information from Carers Services about benefits and services to help. I get the newsletter and have attended some of the courses for carers. All of these have been very helpful. I would encourage other carers to get in touch – get the first phone call done, it will open so many doors.”

If you would like more information you can contact Shona through:

VSA Carers Services, 38 Castle Street, Aberdeen AB11 5YU.

Telephone: 01224 212021/ 07894 614878

Email: carers.info@vsa.org.uk / shona.cormack@vsa.org.uk

