



Carers Connect

**The Vinery Café
(Duff House Gardens, Low Street, Banff, AB45 1AS)**

.....

VSA's Aberdeenshire Carer's Service are delighted to introduce **Carers Connect** - a **free** session for Carers to have a cuppa and a chat with one of our highly skilled Carer Advisors for information and advice, including...

- Registering as an Adult Carer
- Carers Rights
- Carer Support Plans
- Emergency Plans
- Hospital Discharge
- Signposting and peer support

Starts January 2025

No appointment required - sessions will run from 3:00pm to 4:00pm on the last Monday of every month.



Contact our team
today who would
be happy to help
with any questions...

01224 727670
carers.shire
@vsa.org.uk