



VSA Aberdeenshire Carers Service

**We are proudly supporting Carers Week 2025,
Caring About Equality**

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. This year's theme is **Caring About Equality**.

If you provide unpaid support to a relative, friend or neighbour who could not manage to live independently without your support, then **you** are a carer.

**To view just some of the events taking place across Aberdeenshire
during Carers Week, see reverse or contact our team today.**

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Date	Venue	Event
Monday 9th June 1:00pm - 3.30pm	Inverurie Garden Centre Oldmeldrum Road, Inverurie AB51 0TP	Our team will be there to promote resources available to help with health and mental wellbeing: • Self-care resources • Carers trust toolkit • Mind your mind leaflets • National wellbeing hub – free apps and courses • NHS live well – exercise and movement
Tuesday 10th June 10:30am - 12noon	Maud Resource Centre, Deer Road, Maud AB42 4EG	Are you an unpaid carer? To find out what help, support and advice is available, pop along to our Information drop-in event
Tuesday 10th June 1:00pm - 3.30pm	Stonehaven Town Hall, Allardice Street, Stonehaven AB39 2BU	Come have a chat with us! Services attending... • Tommy Thomson Carer Practitioner – Aberdeenshire Council • Heather Knowles Chief Officer – Citizens Advice • Pillar Kincardine Mental health service (TBC) • Advocacy North-East (TBC)
Wednesday 11th June 10:00am - 12noon	BanCar Hotel, Lonmay AB43 8RL	Sound Bath Session Refreshments will be provided. Booking is essential by contacting Kaye Taylor on kaye.taylor@vsa.org.uk or 07386 661362

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 Join our Facebook group - search "VSA Aberdeenshire Carers"