

## 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](mailto:carers.info@vsa.org.uk) / [shona.cormack@vsa.org.uk](mailto:shona.cormack@vsa.org.uk)**

