



NEWS FROM VSA Carers' Services

Issued By VSA Communications Team

Carers Celebrated During National Awareness Week

11 – 17 June 2007

A national week recognising the valuable work carried out by unpaid carers will kick-off on Monday 11 June. VSA's Carers' Centre in Aberdeen will be joining in with activities and information sessions planned for carers until the end of the week on the 17 June.

Photo/interview opportunities

- 11 – 17 June, Case studies available to help promote the lives of carers
- 9 June, 1030am to 1230am, Stress Buster Day for carers, VSA Carers' Centre, Belmont Street, Aberdeen
- 12 June, 12noon to 2pm Launch of Writing Project, VSA Carers' Centre, Belmont Street, Aberdeen
- 16 June, 11am to 2pm Local launch of NHS Grampian Carer Information Strategy, VSA Carers' Centre, Belmont Street, Aberdeen

The awareness week themed "my life as a carer" will see the launch of both NHS Grampian's Carers Information Strategy and a new Writing Project for carers. The Writing Project launching on Tuesday 12 June at VSA Carers' Centre, Belmont Street, Aberdeen will see carers being supported to take some time to themselves. Carers will have the chance to work on a one-to one basis in a group or electronically and can decide themselves what they would like to try - autobiographical writing, poetry, plays or blogging.

The project is supported by VSA Carers' Centre, Robert Gordon University and Alison Tavendale, a published writer. Alison said "All carers are welcome to take part in this exciting new project, be they new or old hands. I hope that writing creates some space for carers themselves and points out that people often find writing therapeutic."

The project aims to provide a unique source of data showing how carers' lead their lives. The writing is also capable of promoting carer experience to the wider public and increasing awareness among policy makers and health and social care about carers' lives and needs.

Professor Rosemary Chesson, Chair of the Carers Research Partnership, RGU said "Its great seeing this project get off the ground. We want to evaluate the impact of the writer and see if the project achieves it aims. We hope also that through carers' writing, professionals and the public may become more aware of the reality of carers' lives and needs."

VSA Carers' Centre, the largest of VSA's projects aimed at carers, is also having a Stress Buster Day for carers on the 9 June from 10.30am until 2.00pm. The session will offer carers the chance to come along and try out complimentary therapies such as reflexology or Indian head massage. An appointment system will be in operation from 10.30 to 12.30 and from 12.30 onwards people are invited to drop-in. Carers are invited to call Lesley Gray on 01224 646677 to book an appointment.

All therapies will be free to carers.

Ends

Jodie Dawson
Communications Manager
VSA (formerly Voluntary Service Aberdeen)
38 Castle Street Aberdeen
01224 358645
07872 840148
Jodie.dawson@vsa.org.uk
www.vsa.org.uk

Notes to editor:

1. In Aberdeen and Grampian there are over 50,000 carers, the youngest being a child of four years old. VSA's Carers' Services are situated throughout Aberdeen and Aberdeenshire, and provide advice, guidance and an understanding ear on a variety of issues to carers living in the area. More information on VSA's Carers' service can be found at www.vsa.org.uk

2. Visit www.rgu.ac.uk/carers/ for information on the Carers Research Partnership and www.carersweek.org to find out more about Carers' Week 2007.