



NEWS FROM VSA

Incorporating Aberdeen Children's Society, AgeCare Aberdeen, Easter Anguston Farm, Linn Moor School, Richmondhill House and the St Aubin's Project.

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VSA to benefit from Inca Trail Trek

Sandra Williams of Bucksburn is set to trek across Peru to raise money for social care charity VSA's Young Carers Project. Forty-one year old Sandra will be joining a sponsored trek along the Inca Trail in June this year and will be spending the next few months improving her fitness and raising sponsorship to support young carers in the city.

Having walked the Great Wall of China for charity in 2005, Sandra has already had a taste of adventure. She started that trip by staying at the fabulous Hilton Hotel in Beijing and then next day found herself in Army Barracks at the foot of the famous Wall!

Sandra said, "I had to rough it in China and I expect it will be much the same in Peru. It's a tough itinerary with much of the walking and climbing at over 3,500 metres, but I'm really looking forward to the challenge. I'm delighted to be sponsoring a local charity, especially one which supports children who do such a lot to care for a family member. I hope that individuals and companies will support me generously so that I can raise loads of cash for some of Aberdeen's young carers to go on holiday in July."

PHOTO ATTACHED shows
Sandra Williams all set to kick start her fundraising with a collection around local pubs.

A young carer is a child or young person carrying out significant caring tasks and assuming a level of responsibility for another person which would normally be taken by an adult. There are 2,200 identified children in the Grampian area who are in a caring role, helping their families in many different ways such as shopping, giving medicine, housework,

keeping a watchful eye on someone, helping with personal care and providing emotional support. The Young Carers Centre gives them the opportunity to attend activities and meet other young people in a similar situation.

The VSA Young Carers Centre is one of a number of carers centres and projects throughout the North-East of Scotland which provide support and advice to anyone who looks after family, partners and friends in need of help because they are ill, frail or have a disability. For more information about VSA's Carers' Services, or to make a donation, please visit our website at www.vsa.org.uk or phone the VSA Aberdeen Carers Centre on (01224) 646677.

Ends.

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