"I first came into contact with VSA Carers Resource Service at a function at Aberdeen Beach Ballroom, here I was able to talk to a Carer Advisor with regards to my caring situation.

I have cared for my wife for 20 years and had never thought of seeking assistance, however through discussions with the VSA Carers Service it was identified that I could get help and support that might be of benefit to my situation.

I am currently following up on useful and relevant leads to support my caring role. One of these is the Short Breaks Funding, which I applied for and was awarded some funding.

However, my application was slightly unique and different. I did not really want a short break away from my wife, but what I did need was to regain some of my former fitness to help with my recent desire to run and fundraise in support of Charities.

I have run for Marie Curie, Clan Cancer Support, Stroke Association and also Mud Madness…Just for fun!!

My caring role had meant that I had not paid attention to keeping my fitness levels up. I wanted to make a positive change.

I did a lot of research to come up with a solution that suited my needs:

- Training facility had to be local
- Training had to be done early in the morning so that I could be home by 8:30am to be there for my wife when she was getting up for the day
- The training had to not only improve my physical fitness but also positively stimulate my mental wellbeing and energy levels
- The training had to provide well researched dietary advice
- The training had also to provide the basis for future physical conditioning that I could continue at home when not attending the Gym

I did come up with a solution that ticked all the boxes. This lay in the form of Martin Paul Fitness Centre in Dyce. Here I was introduced to David Campbell an experienced Personal Trainer. He assessed my needs and developed a training and nutrition programme which I am following and already seeing the positive benefits….and I am enjoying it.

My wife and family remarked positively on the beneficial outcome of the use of the Short Breaks Fund. I hope my story will encourage others to apply for the Short Breaks Fund."

This story was submitted to us by Scott Brebber and we are grateful to him for sharing his experience with us. There is still funding available through the Short Breaks fund and if you would like more information on how to apply for funding please contact us on 01224 212021 or speak to a Carer Advisor. Details on how to apply are also available on our website www.vsa.org.uk.

Pictures of Scott (above) who ran the Stroke Association Resolution Run in a Personal Best time!! Well done to him on this great achievement.