

## THERAPIES FOR UNPAID CARERS

We offer therapies for unpaid carers in Perth & Kinross. Any carers who are registered with our service will be able to book in for a social therapy. We hold these in 5 different locations across Perth & Kinross:

<b>Perth</b>	11:00 – 15:00	The Gateway, North Methven Street, Perth, PH1 5PP
<b>Aberfeldy</b>	11:00 – 15:00	Aberfeldy Health Centre, Taybridge Road, PH15 2BH
<b>Crieff</b>	10:15 – 14:30	Crieff Learning Centre, 32 James Square, Crieff, PH7 3EY
<b>Kinross</b>	09:30 – 14:30	Loch Leven Community Campus, Muirs, Kinross, PH13 8FQ
<b>Blairgowrie</b>	10:15 – 13:45	Adult Resource Centre, Jessie Street, Blairgowrie PH10 6BT

*Carers can book in for a **45 minute therapy session** and are encouraged to come along early for a cup of tea or coffee and the opportunity to speak to other carers and the on-duty PKAVS Carer Support Worker about any issues they may have. Carers are invited to book the week before the Social Therapy date, by phoning PKAVS on **01738 567076**. Therapies are **free of charge** for unpaid carers however PKAVS will accept donations to help with the sustainability of the project.*

\*Please note that the dates/venues/times of social therapies may be subject to change, up-to-date information can be found at [www.pkavscarershub.org.uk](http://www.pkavscarershub.org.uk)

If there are any carers that would be interested in using these therapy sessions I would encourage them to make a referral to PKAVS Carers Hub and get put in touch with a Carers Support Worker who could help support them in their caring role and give them more information on the services available for carers.

Referral form can be found on our website: <https://www.pkavscarershub.org.uk/Referral-Forms>

In Kinross we run our carers café alongside the therapies. This is open to all carers to pop along and get more information, socialise and ask any questions they may have. Here are the details - <https://www.pkavscarershub.org.uk/Kinross-Carers-Cafe-and-Social-Therapies-event>