



Are you a Carer?

**Market House
14 Market Street
Lerwick**

A charitable company limited by guarantee registered in Scotland No. 165677
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Are you a Carer?

Are you a carer? A carer is anyone who cares, unpaid, for a family member or someone in the household who, due to illness, disability, a mental health problem or an addiction cannot cope without their support.

Carers are welcome to identify themselves to the Voluntary Action Shetland (VAS) Executive Officer and/or Team Leader if they wish to, but are under no obligation to do so.

VAS recognises that employees may have a caring role, and supports this in its leave, TOIL and flexible working policy, which can be viewed with other VAS policies on our website.

<http://www.shetland-communities.org.uk/vas/policies-and-procedures.htm>

If you are, or think you may be, a carer, please feel free to speak to the Carers Support Worker about how they and other organisations can help you.