

## What happens next?

We welcome anyone who would like to make a referral. Please visit us or contact PKAVS Adult Carers Services:

### PKAVS Adult Carers Service

Tel: 01738 567076

Email: [carershadmin@pkavs.org.uk](mailto:carershadmin@pkavs.org.uk)

### PKAVS Carers Hub supports:

Adult Carers  
Young Adult Carers  
Young Carers

Follow us:



@PKAVScarershub.



@PKAVScharity



PKAVS is a charity with a big heart and a long history of giving, helping individuals and families across Perth & Kinross since 1972.

Through its 'one-stop-shop' hubs for Carers, Mental Health & Wellbeing, Minority Communities, Third Sector and Volunteering, PKAVS bring support and connections to those who need it most, whilst strengthening Perth & Kinross's voluntary sector.

It achieves this through:

- One-to-one and group support
- Information, advice, advocacy and training
- Dedicated and professional staff and volunteers

To find out more about PKAVS visit:  
[www.pkavs.org.uk](http://www.pkavs.org.uk)

The Gateway,  
North Methven Street, Perth, PH1 5PP  
Tel: 01738 567076 Email: [admin@pkavs.org.uk](mailto:admin@pkavs.org.uk)

Perth & Kinross Association of Voluntary Service Ltd (PKAVS) is a registered Scottish charity (SC 005561) and a Scottish company limited by guarantee (SC086065).

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## PKAVS Carers Hub Adult Carers



*Do you help look  
after someone?*

PKAVS is the leading charity enhancing lives and connecting communities throughout Perth & Kinross

[www.pkavscarershub.org.uk](http://www.pkavscarershub.org.uk)



## PKAVS Carers Hub

PKAVS Carers Hub supports over 1,000 carers in the Perth & Kinross area who look after family, partners or friends. Through three services PKAVS help carers to be individuals first and carers second, improving the quality of life for many in the local area.

These services are:

- Adult Carers Service
- Young Adult Carers Service
- Young Carer Service

## Who is a Carer?

A carer is a person of any age, who helps to look after someone who is in need of support. This could be due to illness, physical disability, mental health issues or where there is substance misuse in the household.

We work with unpaid carers – People who do not get paid for the caring role they take on (Carers Allowance is not classed as payment).

To find out more please  
visit [www.pkavscarershub.org.uk](http://www.pkavscarershub.org.uk)



## Adult Carers Service

PKAVS Adult Carers Service supports over 800 unpaid carers aged over 25 by helping them to overcome the challenges that being an Adult Carer can sometimes bring.

These challenges can include:  
Exhaustion, Stress, Anxiety, Deteriorating Health (Physical & Mental) and Financial Difficulties.

Our trained staff help with issues and offer support through various services including:

- One-to-one and Emotional Support
- Training and Events on topics such as First Aid, Dealing with Stress and Moving and Handling
- Monthly Carer Support Groups, Therapies and Carer Cafes
- Flexible Respite including Day Services  
Day Services are available 5 days a week in Perth and 3 days a week in Blairgowrie
- Perth & Kinross Carers Voice group  
Unpaid carers have the opportunity to have their voice heard and influence local planning

For more information please contact  
**Marlena Nowaczyk** on **01738 567076** or email  
[CarersVoice@pkavs.org.uk](mailto:CarersVoice@pkavs.org.uk)

## Therapies

PKAVS provide Adult carers with complementary therapies to help them manage stress that is associated with their caring roles.

These sessions take place:

### Perth

Last Friday of the month at the Gateway

### Kinross

First Monday of the month at Loch Leven  
Community Campus

### Blairgowrie

First Tuesday of the month at the Adult Resource  
Centre Jessie Street

### Aberfeldy

Last Wednesday of the month at the Health Centre  
Aberfeldy

### Crieff

Last Tuesday of the month at the Learning Centre  
Lodge Street

## Hospital Link Worker

The Carers Hospital Link Worker can provide information and support to carers of those who are in hospital and assist them in planning how to meet their own needs after the person they care for is discharged from hospital.

To contact the Carers Hospital Link Worker,  
please email [Marie.Morris@pkavs.org.uk](mailto:Marie.Morris@pkavs.org.uk) or call  
**07873 344836**

“My partner would be totally lost without  
the care your dedicated staff provide.”