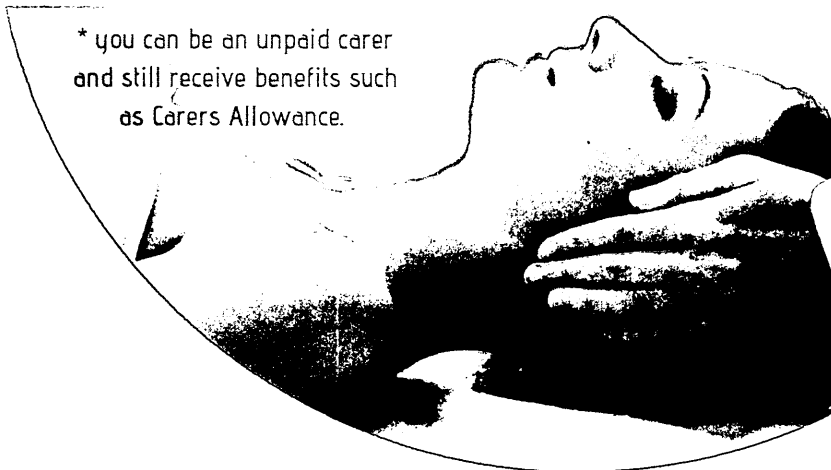


CARERS SOCIAL THERAPIES



* you can be an unpaid carer
and still receive benefits such
as Carers Allowance.



Carers can access Social therapies in a variety of areas throughout Perth & Kinross.

Carers can choose from different therapies, enjoy a 45 minute treatment and have the opportunity to socialise with other carers and speak to a support worker.

Therapies are free of charge however a small donation is always appreciated and helps keep the therapies going.

Bookings open one week before the therapy date. Please call the Carers Hub on 01738 567076 to book an appointment.

Perth (10:30 - 14:00)

Last Friday & First Monday of each month
@ PKAVS, They Gateway, North Methven
Street, Perth, PH1 5PP



Blairgowrie (10:15 - 15:15)

First Tuesday of each month
@ ARC, Jessie Street, Blairgowrie, PH10 6BT



Crieff (10:15 - 15:15)

Last Tuesday of each month
@ Crieff Learning Centre, 32 James Square,
Crieff, PH7 3EY



Aberfeldy (11:00 - 15:00)

Last Wednesday of every second month
starting from Wednesday 29th May
@ Aberfeldy Health Centre, Taybridge Road,
Aberfeldy, PH15 2BH



Pitlochry (11:00 - 15:00)

Last Thursday of every second month
starting from Thursday 25th April
@ Pitlochry Cottage Hospital, Ferry Road,
Pitlochry PH16 5FG



@PKAVSCarersHub



pkavscarershut.org.uk

