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如果你或你的朋友希望得到這文件的其他語言版本或形式

(某些時候，這些文件只會是概要式的翻譯)，請聯絡

Performance & Quality 01738 476894

來替你安排。

Jeżeli chciałbyś lub ktoś chciałby uzyskać kopię owego dokumentu w innym języku niż język angielski lub w innym formacie (istnieje możliwość uzyskania streszczenia owego dokumentu w innym języku niż język angielski), Proszę kontaktować się z Performance & Quality 01738 476894

P ejete-li si Vy, anebo n kdo, koho znáte, kopii této listiny v jiném jazyce anebo jiném formátu (v n kterých p ípadech bude p eložen pouze stru ný obsah listiny) Kontaktujte prosím Performance & Quality 01738 476894 na vy ízení této požadavky.

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Council Text Phone Number 01738 442573

All Council Services can offer a telephone translation facility



PERTH & KINROSS COUNCIL

Housing & Community Care

# Support for Bereaved and Former Carers



The end of your caring responsibilities can be a very difficult and distressing time. It is very important that you look after yourself, and take the time you need to deal with the way you are feeling.

You may feel a whole range of emotions, which can be normal reactions to what has happened.

Some people find it helpful to meet up with others who have been through a similar experience. Even if you don't want to talk about your personal circumstances, it can be useful to spend time with other people who understand what you are going through.

These meetings are held on the first Wednesday of every month between 2.00 pm and 4.00 pm. Different speakers are invited to meetings on topics ranging from complementary therapies to Trading Standards, but if there is anything in particular you would like to find out more about, contact us and ask to speak to our Carers Social Worker who will be happy to discuss topics or invite speakers to future meetings.

You don't need to have been receiving carer support services from the Council to come along. Just get in touch if your caring role has ended and you think that it would be useful to meet up with other people who are in a similar situation.

*"Just talking to everyone and exchanging views was important."*



*"The monthly topics and therapies were very good."*

The Perth and Kinross Bereaved Carers' Group brings bereaved carers together. The group meets for six month cycles from May to October or November to April.

If you think this service may be helpful to you, please contact the Community Care Access Team in the first instance:

Tel 0845 30 111 20

Email [accessteam@pkc.gov.uk](mailto:accessteam@pkc.gov.uk)