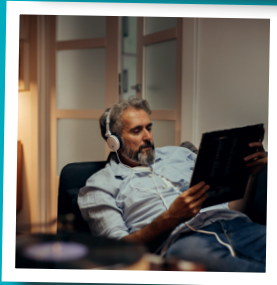




**ABERDEEN CARERS**  
SUPPORT SERVICE

# Time to Live breaks



Are you caring for someone? Did you know that adult and young carers in Aberdeen can access up to £300 for a break from caring? This could be in the form of a holiday or a piece of equipment that helps you have a break from caring.

If you would like to have a chat about this, please call our Respite Bureau on 01224 914035 and we will be happy to help.

“ I can't thank you enough for my break. ”

“ Thank you so very much for this funding opportunity! ”

“ I've had a relaxing day out. ”

Aberdeen Carers Support Service, 37 Albert Street, Aberdeen AB25 1XU  
Tel: 01224 914036 Email: [aberdeencarers@quarriers.org.uk](mailto:aberdeencarers@quarriers.org.uk)  
[carers.quarriers.org.uk/aberdeen-carers](http://carers.quarriers.org.uk/aberdeen-carers)

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