



in Control
Scotland

Unpaid Carers Action Learning Sets *Flexible Budgets* August 2025

Are you an unpaid carer or work with unpaid carers, would you like to make a difference to supporting unpaid carers in your area?

Following on from our Unpaid Carers Action Learning Sets, which we ran in January, February and March 2025, we will be running another three sessions in **August 2025**. At these sessions, we will bring together unpaid carers, people working with carers from service providers and Local Authorities, to explore how carers can use their budgets in a flexible way that is beneficial to them. We will explore the challenges, create fresh ideas and share good practice.

We will also be building on the ideas from the last sessions and looking to see how we can action them

New Participants Welcome

If you were not involved in the Action Learning Sets previously, but would like to find out more please get in touch at: info@in-controlscotland.org.uk

- Taking Breaks from Caring*
- Attending Courses*
- Purchasing Items that Help with Your Caring Role.*

- Our Action Learning Sets will take place on Microsoft Teams on the following dates:**
- Wednesday, 20th August**
10:00 am - 11:30 am
 - Wednesday, 27th August**
10:00 am - 11:30 am
 - Wednesday, 3rd September**
10:00 am - 11:30 am

If you would like to join Brett and June and register for these sessions, contact us at: info@in-controlscotland.org.uk

