

JUNE 2016 CARERS NEWSLETTER

Voluntary Action Shetland Carer Support Service



CARERS WEEK 2016

The theme again this year is Building Friendly Communities where the aim is for local people and services to support carers to look after their loved ones while at the same time recognising that carers are individuals with needs of their own.



Voluntary Action Shetland and Shetland Recreational Trust are pleased to announce a great opportunity for carers.

For Carers Week, we are working with SRT to offer any carers the opportunity to use any of the leisure centres for free during Carers Week which takes place from the 6-12th June 2016.

Being active is great for your physical health and fitness, and evidence shows that it can also improve your mental wellbeing. These are all things that are essential in order for a carer to be able to continue in their caring role.

There are many activities at the leisure centres that you can choose from including swimming, a session in the gym, table tennis, bowls and many more.

If you would like to use the gym during carers week you will need to have an induction, let us know and we can help to organise this. In some cases we could offer group inductions for a group of carers to go along, this may help some people who are feeling a bit nervous.

In order to take advantage of this offer you will need to be registered with VAS Carers support so that we can let the Leisure centres know to let you in for free that week. Please phone Kirsten on 743980 to sign up for your free pass.

Question & Answer Session

The Virtual Carers Centre will be hosting another live on-line Question and Answer Session on Friday 10th June at 11 -12.

This time our guests will be Kate Gabb and Max Barnett from SIC Adult Protection Committee. To join the session visit www.shetlandcarers.org and follow the instructions of what to do next.

JUNE 2016 CARERS NEWSLETTER

VAS Carers Support Service
invite Carers to come along to their



Carers Week Celebration Event

on **Saturday 11th June 2016**

1 - 3pm

Islesburgh Community Centre



Music by Hjaltibonhoga
Tea, coffee & fancies
Information stalls



Treat for carers—choose from
Indian Head Massage, Mini
Manicure or Hand Massage



We are also delighted to be able offer Carers a free
pass to use their leisure centres for
Carers Week 6-12th June 2016!

To access this pass or to book a treat, Carers **MUST**
sign up with Kirsten Harcus on 01595 743980 or
carers@shetland.org



JUNE 2016 CARERS NEWSLETTER



Pledge Wall

Last year our Virtual Carers Website displayed a Pledge Wall where people who work with services which affect carers pledged their ongoing support to carers.

We will be having a new Pledge Wall one again this year so please look to see the support pledged by local service providers at www.shetlandcarers.org

CARERS GROUP UPDATES

Unst and Yell Carers Group

Wed 1st June - Victoria's tea room,
Haroldswick Unst
July - no meeting
Wed 17th August - TBC – Yell

The sessions run from: 12.00 – 14.00 on Yell, 11.45 - 1.45 on Unst and we can organise transport to and from the venues if you require.

Sibling Group

We run a monthly group on a Saturday morning at the Bruce Family Centre from 10.45 -12.45 for young people who have a sibling with Additional Support Needs. The next sessions are **Saturday 28th May** and then **Saturday 25th June**.

For further details please check our website at www.shetlandcarers.org or visit Shetland Carers Facebook page.

Stepping Out

The Stepping Out Together group is aimed at over 60's and carers and is an ideal opportunity for you to come out and meet people. We move around the halls so you can come to your nearest hall or you can come to all of the halls. As well as the chance to sit and chat there is always a quiz and we usually have other visitors along or an activity. We have changed the dates around in June, so here is where you will find us.

Thurs 26th May – Mid Yell Hall
Thurs 16th June – Cullivoe Hall
Thurs 23rd June - Westsandwick Hall

Time: 11.30 – 14.00 .Soup, sandwiches and fancies - cost £3.50 or donation. We would love to see you there!

Ring Karen Hannay on 01595 743923 for more info or if you need a lift.

Wastside Carers Group

The Wastside Carers' Group hold meetings at 7 pm at Wastview Daycare in Walls with the next meeting taking place on **Tuesday 28th June 2016**.

Clint Sentance Telecare Specialist from SIC's Independent Living Centre and Liz Will from Occupational Therapy will be attending this meeting.

All unpaid carers are welcome to this meeting. For further information please call Fiona Sinclair on 01595 809352. The group now have their own facebook page called Westside Carers Group.

JUNE 2016 CARERS NEWSLETTER

FAB GROUP

The "Families affected by" group is a peer support group for families that have been affected by drugs and alcohol. The group say....

Are you affected by someone's misuse of alcohol, drugs or prescription drugs? Are you feeling stressed, exhausted, helpless, isolated, under pressure, at the end of your tether? Are you looking for someone to talk to, and someone to listen?

If so why not come along to the FAB group, who meet every second Tuesday from 5.30-7.00 at Market House. The next meeting is 7th June.

If you want to find out more information before you come along then please phone Karen Hannay 01595 743923.

CARERS FORUM

The Carers Forum is a new group set up to look at Carers strategy and help to develop and prioritise the Carers Action plan. The first session was really successful and carers told their ideas about what was needed for new carers and what would help to make the lives of carers better. It is hoped that this will be a forum for other departments to put policies to as well so that the implications for carers can be discussed here. If you are interested in participating then please contact Karen.

AUTISM NEWS

Listen to Shetland Heartbeat on Autism from BBC Radio Shetland on 6th April

Shetland' Heartbeat looking into autism. Three specialists join Estelle Kelly in the studio to explain how they make a diagnosis. They find out about services that are available in Shetland. Some people living with the condition share their experiences, and Tom Jamieson meets with members of the local support group.

<https://soundcloud.com/bbcradioshetland/shetlands-heartbeat-wednesday-6th-of-april-2016>

Positive Pathways Scotland is a new free training programme for carers of young people with autism (age 5 to 18) Their main aim is to set up a free Behavioural Advice and Intensive Support Service and the good news is that they will be coming up to Shetland on **5th & 12th September** to provide free training events in both the afternoon and evenings, 1;1 behavioural support sessions and they are launching an e-learning website.

The topics include an introduction to positive behaviour support, exploring reasons for behaviours that challenge, sensory differences in autism, communication and understanding, social stories and scripting, strategies for managing difficult times and well being for you and your family member. If you are interested in attending this course then please contact us for an application form.

JUNE 2016 CARERS NEWSLETTER



There is also the chance to participate in a global citizen science project called the International Autism Mapping Project : -

You can find the questionnaire at <http://mappingautism.com/please-join-our-study/> Participating will likely take about 5-10 minutes, it's anonymous, and you can do it from wherever you have internet.

Finally we are hoping to get together parents of children with Autism or Aspergers so that we can find out what they would find useful. The first get together will take place on **31st May** at Market House, Lerwick from 10 -12.

C+ CARD

At a recent meeting of carers we were discussing the C+ card which is an extension of your National entitlement card. It means that if you need a companion to help you when travelling by bus your National Entitlement Card will allow them to travel for free too.

Travelling with a companion can make things much easier. Helping you on and off the bus, carrying shopping or communicating with the driver and it helps to maintain the freedom you get with the National Entitlement Card.

Your companion is entitled to travel for free if you meet one of the following criteria:

- You live in a care/residential home or hospital and are eligible for the higher or middle rate of the care

component of Disability Living Allowance, or Personal Independence Payment or Attendance Allowance

- You receive the higher or middle rate of the care component of Disability Living Allowance
- You receive the standard or enhanced rate of daily living component of Personal Independence Payment
- You receive Attendance Allowance
- You are registered blind
- You receive war pensions constant attendance allowance.
- You will need to provide evidence of the above, to receive the companion entitlement.

In Shetland if you wish to find out more please contact Transport on 01595 744868 or you can call in at North Ness to see them.



Alzheimer's Scotland, Shetland Branch

Bingo hosted by Alzheimer Scotland as part of Dementia Awareness Week. **Tues 1st June 7pm** , Royal British Legion

Details of the local group can be found at

<http://www.shetlandcarers.org/alzheimer-scotland-carers-group>

JUNE 2016 CARERS NEWSLETTER

MOVING & ASSISTING TRAINING

In June Karen Hannay will be undertaking the ROSPA Safer People Handling Training which will enable VAS to provide this training for unpaid carers. This training will help carers to apply a safer approach to moving and handling and reduce the risk of injury to themselves and others. Karen is planning to offer the training in group sessions or to individual carers looking at their circumstances. If you would be interested in doing this training please let us know.

AUDIT SCOTLAND REPORT ON HEALTH AND SOCIAL CARE

Audit Scotland's recent report on changing models of health and social care revealed concerns that a lack of national leadership and clear planning is preventing the wider change urgently needed to adapt to growing pressures.

The Report can be viewed at <http://www.shetlandcarers.org/audit-scotland-report>

Outreach Drop-in Sessions by CAB

Citizens Advice Bureau is offering Outreach Drop-in Sessions at Hillswick Surgery on the following Wednesday's from 9:30am to 1pm : -

25th May, 29th June, 28th July, 21st Sept, and 20th Oct.

You don't need to make an appointment but if you want to book a time please call CAB on (01595) 694696 or Hillswick Surgery on (01806) 503 277.

WIN TOP BOOKS READ BY CARERS

Able Community Care, Live-in Carers travel to work, where they read on the train, the bus or when they stop for a coffee break when driving. Care workers

read to relax in their breaks, before they go to sleep and we would like to know what they are reading. Is it fact or fiction, thrillers or romance?

If you are a carer, from any care provider, if you are a family carer and try to read when you have a few minutes, let us know what you are reading as we are compiling a 'Top 10 Carers Book List' which we will publish so that books that have been enjoyed by carers may be enjoyed by other carers.

All names will go into a hat and a random name picked out will win the top five books from the survey.

Email your reading choices to: info@ablecommunitycare.com

Closing date **30th August 2016.**

Follow us on: Twitter AbleComCare

CONTACT US

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