

June 2018 CARERS NEWSLETTER

Voluntary Action Shetland Carer Support Service



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

The campaign is brought to life by thousands of individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is. This year we're focusing on helping carers get healthy and connected.

At our info sessions at Market House on 13th and 14th June we are offering carers the chance to unwind with an Indian Head Massage from Rozalyn at Sleeping Beauty.

We are also delighted to be working with SRT to offer unpaid carers the opportunity to use any of their leisure centres free for one week beginning the 18th June.

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.

In order to take advantage of this offer you will need to be registered with VAS Carers on 743980 to sign up for your free pass or Indian Head Massage.

Pledge Wall

This year our Virtual Carers Website www.shetlandcarers.org displays a Pledge wall where people and organisations pledge their ongoing support to carers locally.

**Helping carers to get
Healthy and Connected**



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Caring for someone?

VAS Carers Centre invites unpaid Carers to come along to their

Carers Week Information Events

Wednesday 13th June 2018, 6 - 8 pm

Thursday 14th June 2018, 12 - 2 pm

Market House, Lerwick

carers week



Tea, coffee & fancies
Information & Support
Indian Head Massages



We are also delighted to be able to offer Carers a free pass to use their local SRT leisure centre from **18th - 24th June 2018 !**

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

www.shetlandcarers.org



Shetland Carers



@ShetlandCarers

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MENTAL HEALTH AWARENESS



TWO thirds of us experience a mental health problem in our lifetimes, according to the Mental Health Foundation.

And to mark Mental Health Awareness Week, which ran earlier in May, the charity has published their top tips on looking after your mental health.



1. Talk about your feelings

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

2. Keep active

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and look and feel better.

Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.

3. Eat well

Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body.

A diet that's good for your physical health is also good for your mental health.

4. Drink sensibly

We often drink alcohol to change our

mood.

Some people drink to deal with fear or loneliness, but the effect is only temporary.

When the drink wears off, you feel worse because of the way the alcohol has affected your brain and the rest of your body. Drinking is not a good way to manage difficult feelings.

5. Keep in touch

There's nothing better than catching up with someone face to face, but that's not always possible.

You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!

6. Ask for help

None of us are superhuman. We all get tired or overwhelmed sometimes by how we feel or when things don't go to plan.

If things are getting too much for you and you feel you can't cope, ask for help.

Your family or friends may be able to offer practical help or a listening ear.

7. Take a break

A change of scene or a change of pace is good for your mental health.

It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new.

A few minutes can be enough to de-stress you. Give yourself some 'me time'.

8. Do something you're good at

What do you love doing? What activities can you lose yourself in? What did you love doing in the past?

Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem.

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9. Accept who you are

We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else.

Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a

difficult turn.

10. Care for others

Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.



MAKING SENSE OF THE SENSES – A WORKSHOP FOR PARENTS

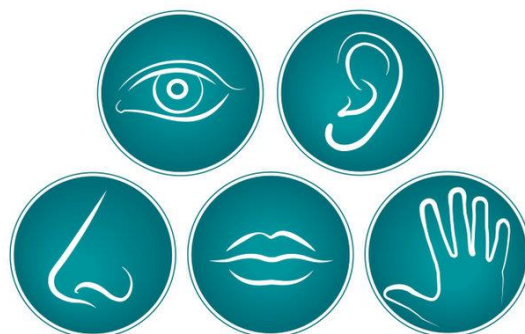
**Monday 20th August, 6pm – 8pm at
Islesburgh Community Centre**

SIC Workforce Development are delighted to let you know that they will have two Occupational Therapists, Lesley Beath & Lindsay Park, from Training2Enable in Shetland during August. Lindsay and Lesley offer training workshops to share the strategies that they have successfully put into place over the years, alongside their knowledge of the issues that affect many children with additional needs. This session will explore sensory difficulties. The trainers use a toolbox approach so by the end of training those attending will understand why issues arise and will also be given the opportunity to think about strategies they might use at home.

By the end of the course learners will be able to:

- Recall the eight senses
- Describe three ways in which the senses affect how we feel and act
- Identify at least four strategies from the making sense toolbox that you will be able to use at home.

If you would like to attend please contact SIC Workforce Development at workforce.developmentteam@shetland.gov.uk. or on 01595 744 587.



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CARERS ACT UPDATE

The Carers (Scotland) Act 2016 which will support carers' health and wellbeing came into force on the **1st of April 2018**. The key provisions are summarised below:

- A duty for local authorities to provide support to carers, based on the carer's identified needs which meet the local eligibility criteria
- A specific adult carer support plan or young carer statement to identify carers' needs and personal outcomes
- A requirement for local authorities to have an information and advice service for carers which provides information and advice on, amongst other things:
 - Emergency and future care planning,
 - Advocacy
 - Income Maximisation
 - Carers' Rights



VAS Carers Support

Contact us to find out what this will mean for you, in terms of:

- Adult Carer Support Plan / Young Carer Statement
- Duty to support carers (Am I eligible?)
- Short Breaks / Respite
- Hospital Discharge

- Carers Charter & Local Carer Strategy
- Emergency Plan in place

The Carers Act also places a new duty on local authorities to publish a Short Break Services Statement by 31 December 2018. These Short Breaks Services Statements will provide information about the short breaks services available for carers and cared-for persons.

SHORT BREAKS GRANTS STILL AVAILABLE



Research shows the importance of carers taking time out from their caring role. VAS still have funds from Shared Care Scotland to distribute to carers to enable them to take a short break from their caring role.

To be eligible the person being cared for must be 21 or older, unless the carer is a young carer (aged 8 – 18) in which case there is no age restriction on the person being cared for.

After your short break all that we ask is that you provide your receipts and complete an Evaluation Form so that we can report back to our funder.

To find out more about applying for a grant contact us or visit our website at www.shetlandcarers.org/need-a-break.

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HAVE YOU SIGNED UP TO RESPITALITY?



Giving carers a break with Scottish hospitality

Another way VAS continue to allocate breaks to carers is through our new Respitality scheme. Recent breaks have included Dinner, Bed and Breakfast stays at Drumquin Guest House, meals at Fjara Café Bar and concert tickets at Clickimin to see comedian John Richardson. We thank our partners for their continued support of local carers.



Drumquin Guest House in Brae

For more information or to sign up to the Scheme please visit our Respitality page on the website or call Kirsten on 743923.

PARKINSON SOCIETY AND MS SOCIETY EXERCISES CLASSES - YASP

Recent research shows that a new exercise approach can slow the progression of Parkinson's symptoms. Parkinson's UK are therefore funding free exercise classes for people with Parkinson's.

Phone Margaret Gear at YASP on 01595 747074 to book a place or to find out

more. Please pass on to friends and family with Parkinson's.

YASP also offer people with MS a 'Core 3' exercise class. The class will be led by Margaret Gear and will cost £4 per session (£3 if booking a block in advance). The class will run on Fridays, 11.00 - 12.00. If you are interested in joining the class phone Margaret on 01595 747074. This class is subsidised by the Shetland group of the MS Society. Huge thanks to their volunteer committee, and to everyone who fund raises for this cause.



Family Fund

Helping disabled children

The Family fund help families across the UK who are raising a disabled or seriously ill child or young person aged 17 or under. This is subject to eligibility criteria.

You can apply to Family Fund if you have evidence of entitlement to one of the following:

- Universal Credit
- Child Tax Credit
- Working Tax Credit
- Income-based
- Jobseeker's Allowance
- Income Support,
- Incapacity Benefit
- Employment Support
- Allowance
- Housing Benefit
- Pension Credit.

For more information, please visit www.familyfund.org.uk

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CARERS GROUPS UPDATE

MARKET HOUSE CARERS MONTHLY DROP IN

On the first Tuesday of each month we will have a drop in at Market House Carers Centre for anyone who wants to come in for a chat with one of our Carer Support Workers. This replaces the monthly carers group which previously met at Fjara cafe bar.

This commences on Tuesday 5th June 2018 from 10.30 - 12.

Come and chat over a cuppa and find out about other avenues of support. No need to call first, feel free to drop along on the day.



WASTSIDE CARERS GROUP

The Wastside Carers' Group hold meetings at Wastview Daycare in Walls and all unpaid carers are welcome to this meeting. For further information and for future meeting dates please call Fiona Sinclair on 01595 809352. The group now have their own facebook page called Wastside Carers Group.

The Wastside Carers Group had an outing to the Shetland Museum and Hay's Dock Café Restaurant in May where they visited the wonderful Hans Holbein portrait 'Lady with Squirrel and Starling' and had lunch

looking out on a misty Bressay Sound. Meetings have stopped for the summer, but will start up again in September; see the Westside Carers Facebook page for details.



Wastside Carers Group recently enjoyed lunch at Hays Dock Café Restaurant

STEPPING OUT

The Stepping Out Together group is aimed at carers and is an ideal opportunity for you to come out and meet people. We move around the halls in Yell 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. Next meeting dates:

7th June – Mid Yell Hall
21 June - Burravoe Hall
5th July – Westsandwick hall

Time: 11.30 - 14.00. Soup, sandwiches and fancies - cost £3.50 or donation. We would love to see you there! For more information or if you need a lift contact Karen on 01595743923

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PARENTS GROUP

We run a parent support group, specifically aimed at parents who have children with social communication difficulties. This group provides advice and training but also offers time out activities.

Over the next few sessions we are proposing to look at Emergency Planning This will be a session to look at what would happen if anything happened to you. We can talk about what sort of things need to be put in place for you individually. We will use the new toolkit which has been developed as part of the carers act so that people can go away with their own unique plan.

We are also hoping to offer a chance for parents to meet with a variety of professionals at a session in June.

The group is very informal led by VAS Carers staff and your child/young person doesn't need to have received a diagnosis to come along. We are happy to meet people beforehand if people want to know more or are anxious about coming along

FAB GROUP

Are you affected by someone's misuse of alcohol, drugs or prescription drugs? Are you feeling stressed, exhausted, helpless? If so, our FAB group (Families Affected By) might be a useful support group for you to attend.

The next meetings are 12th and 26th June at Market House and then the group meet fortnightly. We also now have a Facebook page [Shetland-Families-Affected-By-Alcohol-and-Drugs](#). If you want to find out more information before you come along then please phone Karen.

to a group setting. It would be great to see you there.

SIBLING GROUP

We run a monthly group on a Saturday morning from 10.45 - 12.45 for young people who have a sibling with Additional Support Needs. We also run Family Days with some future dates for both listed below:

3rd July – Family Day at Clickimin 11-1pm (Playzone booked 11.30 – 12.30, meeting room booked for quiet activities from 11-1pm)

20th July – Family Day trip to Mareel - time to be confirmed

25th July – Sibling Day – Sumburgh Head – 11am – 2pm

8th Aug – Sibling day – Scalloway Castle – 11-1pm

15th Aug – Sibling group – beach visit 11-1pm

For more details about the group please contact [Laura](#) or visit www.shetlandcarers.org or our Shetland Carers Facebook page.

CARERS FORUM

We want Carers to be more involved in the services that are offered to carers. The Carers Forum provides carers with a place where they can raise any concerns about the support that they receive in the community, so that their concerns can be relayed to those who are responsible for the planning and delivery of services.

The forum also provides an ideal opportunity for carers from different backgrounds to meet to discuss issues that affect all carers.

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The next meeting is Monday 25th June from 12 – 2pm at Market House. We will

provide lunch, so please let us know if you are coming along.

UNPAID CARERS REPRESENTATIVE ON THE INTEGRATED JOINT BOARD (IJB)

We are delighted to have a new Carers' Representative on the Integration Joint Board – Jim Guyan.



I am Jim Guyan and have taken over the above role from Sue Beer. I have been a carer for the past 8 years and have been interested in trying to promote the work that VAS does for most of that time. We now have in place the Carers (Scotland) Act 2016 and I shall strive to ensure that

the IJB meets its duties in fulfilling the requirements of the Act in supporting carers in Shetland. The Act provides greater support for carers but firstly carers must recognise the fact they are carers and request a Support Plan in the case of

adults or a Young Persons statement in order for the system to work properly. It is up to carers who spread the word to other people they know who care for someone to request these support plans so that they can receive the assistance they may require. I can be contacted by email jim.guyan@shetland.org if anyone requires further information or help.

Sue Beer is now the substitute for both the Carers' and Third Sector Representatives should either be unable to attend Board meetings. Jim and Sue recently attended the Carers Collaborative national group of Scottish IJB carers reps in Glasgow. It's always useful to hear how things are going in other areas and share in good ideas, as well as getting an overview with how carers policy is progressing.



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Outreach drop-in Sessions

at local health centres



June

Day / date	Venue	Time
Wednesday 6 th	Hillswick	9:30am – 12:30pm
Wednesday 6 th	Brae	9:30am – 12:30pm
Friday 8 th	Scalloway	9:30am – 12:30pm
Wednesday 13 th	Bixter	9:30am – 12:30pm
Wednesday 20 th	Whalsay	10:00am – 2:00pm
Friday 22 nd	Levenwick	9:30am – 12:30pm
Tuesday 26 th	Yell	10:00am – 1:00pm
Thursday 28 th	Walls	09:30am – 12:30pm

CONTACT US

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