



**December  
2017**



Giving carers a break with Scottish hospitality



Respality partners receiving their Certificates at the Launch Event

## **NEW RESPALITY SCHEME OFFERING SHORT BREAKS**

VAS recently launched their new Respality Scheme in Shetland offering short breaks to unpaid carers. The hospitality sector gift short breaks which are donated to carers who have signed up with VAS to be part of respality. These can be overnight stays, meals, beauty treatments – whatever gift the business chooses to donate – and the breaks are made available during quieter periods, when it suits the business.

VAS are very excited about this new project and hope this will complement our existing Short Breaks Scheme.

The launch co-incided with national Carers Rights Day on 24<sup>th</sup> November so our event offered carers the opportunity to find out how to get the help and support they are entitled to as well as to hear about the Respality Scheme. Attendees also enjoyed a buffet lunch which followed the presentation of certificates to our Respality Partners.

We have a supply of the new Carers Rights 2018 Guide available on request if anyone would like a copy. These include useful information including lots of advice about where to get help and support, information about finances and your work.

Carers UK research released for Carers Rights Day shows unpaid carers are missing out on vital support, as the public is unable to recognise friends and family who are carers. More than half believe they ‘don’t know’ a single friend or family member, looking after a loved one, despite one in 10 people in the UK being carers. At VAS Carers Centre, we want more people to learn about caring and how they can support their friends, family and colleagues around them.



## **Short Break Fund**

We are now taking applications from carers for our new round of short break grant funding from

Shared Care Scotland. Last year we issued 30 grants totalling £4,350 and this year we have £3,900 to award in grants.

At VAS we see first hand the impact that caring can have and how important it is for carers to receive support and valuable time out for themselves. This could be a trip to see family and friends on the mainland or time to take part in a hobby or relaxation session – anything that awards the carer a break from their caring responsibilities. We hope this break makes Carers feel better supported to sustain their caring role.

Providing short breaks for carers and the people they care for is now widely accepted as vital to sustaining the caring relationship and the health and wellbeing of carers. We can offer up to £150 per carer (on production of invoice or receipt), towards your chosen holiday, activity or therapy.

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. This helps us to monitor the success and take-up of the project and make improvements where necessary.

If you would like to access this grant you can do so online at the Virtual Carers Centre website at [www.shetlandcarers.org](http://www.shetlandcarers.org) or by calling us.

## **THE NEW CARERS ACT – HOW DOES IT AFFECT ME?**

### **What is the new Carers Act?**

It is really important that you are aware of what new changes the Carers (Scotland) Act 2016 are bringing in from 1 April 2018 which will affect all unpaid carers of all ages. These changes may affect you now, in the future, or someone you may know. There is a duty on your local authority to give better support to carers to carry on caring if they want to. It is designed to support carers' health and wellbeing and help make caring more sustainable.

### **What changes might affect me?**

1. The carers assessments will be replaced by Adult Carers Support Plans for adult carers, and Young Carers Statements for young carers still at school.

2. All carers will be entitled to a support plan, you and your support worker (or another appropriate professional) will agree on your needs as a carer and your personal outcomes. There a duty for local authorities to provide support to carers, based on

the carer's identified needs which meet the local eligibility criteria.

3. There is 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 and carers' rights.

We will bring you more information on what this will mean to you in future editions, if you wish to find out then please give us a call.

## **ENGAGING WITH CARERS**

As a carer support worker I am on a number of working groups and get invited to certain meetings to give the voice of the carer. Whilst I meet a few carers on a regular basis and get views and opinions from them, I have realised that on our database we have about more than 250 carers and I really wanted to make sure that I'm giving a voice to all of those carers. So I have realised that I need to reach out more to people and let carers know what meetings I am going to on their behalf, what subjects we are talking about and give people an opportunity to feedback to me on this.

So what I need to know is, how can I find out your opinions on things that matter? There are a few support group meetings that go on and there I get to find out people's opinions, we have a Carers Forum 4 times per year where people can come and meet and we discuss issues, I have started a discussion group on facebook, I have made this a closed group so that only carers who are on our database can go on it and this means you can share your thoughts but it doesn't have to be publicly which can also mean that the person you care for wouldn't see it. I am happy for people to pick up the phone or email in but it would be good to be able to collect views where people could contribute to a discussion with more than one person whether this is face to face or virtually.

Here are the groups I currently take part in, if you think that you have issues that would be useful for any of these groups to know then please let me know : -

Mental health Forum – currently leading a group to try and improve how carers receive information whilst still maintaining the confidentiality of the client.

Carers Strategy Group – VAS chair this group and it has a number of carer organisations who plan how carer services are delivered in Shetland.

CONTACT Karen Hannay on 01595 743923 or email at [karen.hannay@shetland.org](mailto:karen.hannay@shetland.org) or [carers@shetland.org](mailto:carers@shetland.org)



The Lerwick Legion organise a Bingo night every Monday. The Legion has suitable access for wheelchairs via ramp at the front door. The committee would like us to pass on that everyone is more than welcome to come along. The invitation is to all they **do not** need to be a member as somebody would sign them in. It runs nearly every Monday throughout the year.

If you would need help in finding someone to sit with your cared for person then we could help discuss your options. For example Shetland Care Attendant Scheme may be able to assist and this could then provide an opportunity for you to get out and socialise.

## RemoAge

As part of our carers support service we have been involved with the RemoAge project in the North Isles where we have carried out some sessions on how to use ipads. Initially, this was to try and overcome social isolation but it also gave the opportunity to use technology to pilot new ways of working.

One client had been learning how to use her ipad since January and has learned how to make video calls through messenger which she occasionally tries out with her family. In October, she was planning to visit her family on the mainland, whilst her main carer went on holiday. However, she decided she could not face the journey and did not want to go away. Her carer got in touch to see if there was anything we were able to do to support her mum.

In this situation, usually one of two things happens, sometimes the client is offered respite care in one of the local care centres or often the carer does not go on their holiday as they are too worried about the effect on the cared for person. My suggestion was to use the ipad for video calling. VAS and SIC worked in partnership to make calls to the mum every day. She said "I wasn't sure I wanted to do

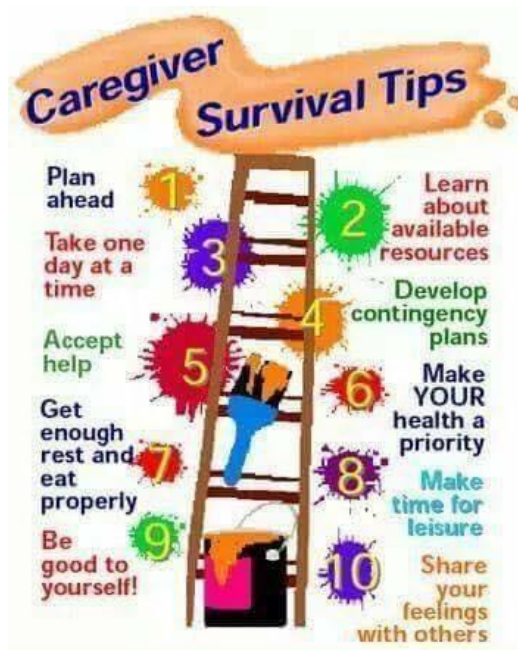
these video calls or how they would help, but I realise it meant that I had a reason to get up and get dressed in the morning, I would speak to someone and as they usually asked me what I would be doing that day I thought about this and then that gave me a focus for the day"

The carer said.... "My mum found it very useful and found she wasn't getting down at all. I thought it was good as I could go away and not fret about her. Definitely a good service and well worth doing. Many thanks again for sorting it, it made my holiday more relaxing."

This meant that the carer was able to go on holiday relaxed and able to recharge her batteries in order to continue her caring role in the future. The client had a practical opportunity to put into place her learning from the RemoAge training sessions which helped with mental well-being whilst her carer was away.

This service was only available through the RemoAge project but we believe that this type of service would be really useful for carers in the future. It could not be considered a statutory service and we would therefore need to look for other ways in which the service could be supported or funded. **If you, as a carer, would find a service such as this useful then please let us know and we can start to build a picture of the types of services carers need to support them.**

## Are you remembering to look after yourself?





Mind your Head and Voluntary Action Shetland (VAS) are working together to support a Wellness Café. They are being supported in this venture by Amanda Tait from Coffee and Keetchin who is offering her premises as a venue for the café.

Mind Your Head and VAS see the Wellness Café as an opportunity to meet new people and start new conversations which is a key factor in promoting good mental wellbeing.

The café will run on the second Thursday of every month from 6.30-8pm and will be open to everyone. Why not drop in we would love to see you!

Thurs 11<sup>th</sup> January, Thurs 8<sup>th</sup> February, Thurs 8<sup>th</sup> March, Thurs 12<sup>th</sup> April

## CARERS GROUP UPDATES

### Carers Christmas Get Together



If you are a carer, please join us for Christmas music, mince pies and a wee quiz on Tuesday 19<sup>th</sup> December from 11-12.30. This will replace the Market House Carers Group which usually takes place on the first Tuesday of the month. This will be a chance for members of any of our carers groups, and also carers who currently do not attend, to get together with VAS and enjoy some Christmas fun!



*Carers and VAS support staff enjoying a chocolate making session at the Islands Larder*

### 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. The next meeting for this will be Saturday 27<sup>th</sup> January –at the Bruce Family Centre. We also missed our annual get together due to the bad weather so we have rearranged this for Saturday 13<sup>th</sup> January 2018 from 2-4pm, again at the Bruce Family Centre. We have Aa Fired up coming along to this, this is an event for all members of the family so please let us know if you will be attending. For further details please check our website at [www.shetlandcarers.org](http://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 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. 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.

Next dates:- 18<sup>th</sup> January – 11.30, Westsandwick Hall, Yell.

### Westside Carers Group

The Westside Carers' Group hold meetings at 7 pm at Wastview Daycare in Walls and all unpaid carers are welcome to this attend. For further information please call Fiona Sinclair on 01595

809 352. The group now have their own facebook page called Westside Carers Group which will detail the next meeting date amongst other things.



Westside Carers Group recently enjoyed a Christmas outing to Drumquin Guese House in Brae

## 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. If you want to find out more information before you come along then please phone Karen. The next meetings are 9<sup>th</sup> & 23<sup>rd</sup> January.

## EMERGENCY PLANNING

We will be running a training session on **Tues 13<sup>th</sup> Feb 12.30 - 2 at Market House. Sandwiches will be provided so if you can please let us know if you will be attending.**

As part of this training we will help you to formulate an emergency plan for yourself. From this session we would like you to take away the draft of an emergency plan and a Carers Emergency Card which you can carry around with you.

## CARERS REPRESENTATIVE AND FORUM

Are you passionate about your experience of looking after someone?

Do you want to help shape the services that support people in Shetland?

VAS and the Shetland Integrated Joint Board are looking for volunteer carer representatives to be involved in the planning process. The Integrated Joint Board is the partnership between the NHS and the Social Health Care part of the council. If you are a carer living in Shetland and interested you can contact us for more information. We are hoping that a carer representative would also be a part of our Carer Forum and be interested in sharing both their views and that of other carers on carer related issues. It is important that you are currently a carer or have had carer experience in the last 2 years.

**The next Forum meeting will be: Wed 24<sup>th</sup> January 12.30 – 2pm. Sandwiches will be provided so if you can please let us know if you will be attending.**

## Improvements to support for carers set out in Scottish Government paper

*Carer's Allowance will increase from summer 2018, with a Young Carer Grant introduced from autumn 2019*

A recently published Scottish Government paper has set out plans for improving support to carers. The Department for Work and Pensions (DWP) will continue to pay Carer's Allowance (CA), and Scottish Government will pay the difference between CA and Jobseeker's Allowance as a six month lump sum, called the Carer's Allowance Supplement. This is to allow carers to receive additional money before the Scottish social security agency is fully up and running.

The supplement will be paid to people who are living in Scotland and in receipt of Carer's Allowance on the qualifying dates – two dates per year which will be chosen by Ministers. This is a temporary measure until Scottish Government takes over full control of Carer's Allowance – which will then be paid at the higher rate, incorporating the supplement.

Further commitments in the paper are the introduction of a Young Carer Grant in autumn 2019 – a payment of £300 per year for 16 and 17

year olds (and 18 year olds who are still at school) caring for an average of 16 hours per week and not eligible for Carer's Allowance – and increased support for people caring for more than one disabled child, by April 2021.

The Social Security Bill is currently undergoing the Stage 1 scrutiny process in the Scottish Parliament. You can read the full paper on the [Scottish Government website](#) and send feedback to [socialsecurity@gov.scot](mailto:socialsecurity@gov.scot).

## Shetland Care Attendant Scheme

Market House  
14 Market Street  
Lerwick  
Shetland, ZE1 0JP  
Registered Charity No. SC020042  
01595 743931, email: [scas@shetland.org](mailto:scas@shetland.org)

Are you caring for someone  
and feel that you would benefit  
from having a break?

**Can we help you?**

We are an independent charitable organisation offering help to Carers by providing a trained Care Attendant to sit with their dependent, **enabling the Carer to have some quality time to call their own.**

Please contact our friendly team on the phone number or e-mail above for further information and advice. This service is free of charge.

**Shetland Care  
Attendant Scheme**



## CAB Outreach Drop-in Sessions

Displayed below is all the dates, times and locations for December's Outreach drop-in sessions.

An advisor will be available to assist with issues relating to: debt, welfare/benefit rights, employment, pensions, housing, consumer rights, energy and many more! You don't need to book an appointment, but if you want to book a time, call CAB on 01595 694696

### December

Day / date	Venue	Time
Friday 1 <sup>st</sup>	<u>Levenwick</u>	9:30am – 12:30pm
Tuesday 5 <sup>th</sup>	Yell	10:00am – 1:00pm
Thursday 7 <sup>th</sup>	Walls	9:30am – 12:30pm
Wednesday 13 <sup>th</sup>	<u>Hillswick</u>	9:30am – 12:30pm
Wednesday 13 <sup>th</sup>	Brae	2:00pm – 4:00pm
Thursday 14 <sup>th</sup>	Unst	11:00am – 3:00pm
Friday 15 <sup>th</sup>	Scalloway	9:30am – 12:30pm
Wednesday 20 <sup>th</sup>	<u>Bixter</u>	9:30am – 12:30pm

## CONTACT US



**VAS Carers Support Staff, from left to right :** Kirsten Harcus, VAS Support Worker; Sue Beer, Carers Representative; Karen Hannay, VAS Support Worker and Laura Russell, Carer Support Worker for Young People.



## CONTACT US

[carers@shetland.org](mailto:carers@shetland.org)

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Karen Hannay tel 01595 743923

[www.shetlandcarers.org](http://www.shetlandcarers.org)



Shetland Carers



@ShetlandCarers

### ELECTRONIC NEWSLETTER AVAILABLE!

If you are interested in receiving your newsletter via email, we can do that!

**Contact us with your email address** and we will send you a copy.

The most recent newsletter will also be available on the Virtual Carers Centre  
[www.shetlandcarers.org](http://www.shetlandcarers.org)

**If you have picked up this newsletter from a care home or doctors surgery, you may not be on our Voluntary Action Shetland mailing list. If this is the case, please get in touch with us so you can be added to receive any future correspondence from us about carers issues.**

