



MARCH 2017

MARKET HOUSE CARERS GROUP

This new group, based at Market House, Lerwick will offer monthly drop in support for carers. The group is open to any unpaid carers in Shetland and will meet monthly to enjoy a cuppa and a chat on the first Tuesday of each month.

Depending on what people are interested in we are hoping to offer different activities at sessions, for example this could be a book club session one time and a walking group another time.

The first group will be from 10-12 on Tuesday 4th April, Tuesday 2nd May, Tuesday 6th June.



If you are interested or want to find out more about this open group, please call **Karen Hannay**, Carers Support Worker at Voluntary Action Shetland

MAREEL CINEMA TRIPS



We are planning a trip for carers and those they care for to Mareel to see a film and we would be delighted if you could join us. We will have an exclusive showing of a film in Cinema 2 followed by a soup and sandwich lunch, also at Mareel.

The film, **MOONLIGHT**, which won best picture at the recent Academy Awards, will be shown on **Tuesday 21st March from 11am.**

If you would like to come along please let us know, so we can confirm numbers for lunch, by email carers@shetland.org or tel 01595 743923.

The new Smurfs film *The Lost Village* will be showing at Mareel during the Easter Holidays and we are planning a trip to this for children who attend our Sibling Group, along with their siblings and parents.



The showing, which will be an ASN Screening, will be on **Monday 3rd April at 12:30 pm.**

Please let us know if you would like to attend so we know how many tickets to purchase. carers@shetland.org or tel 01595 743923.

INTRODUCTION TO MINDFULNESS



Mindfulness or becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better. Mindfulness can also be used as a tool to manage your wellbeing and mental health and help you cope with life.

Niki Thomson will be holding a session on Mindfulness at the Waterside Suite, Clickimin Centre on **Friday 21st April** from 10 – 12 am. We would be delighted if you would like to come along to this session, which is open to any unpaid carers in Shetland.

QUESTIONNAIRE- HELP US TO HELP YOU

VAS would like your input into the way we can develop our services to provide the support you need. Please complete our **online survey** so that we can hear your views. This can be done online at www.shetlandcarers.org/new-carers-questionnaire-about-the-support-you-need or complete and return the survey enclosed with this newsletter. Or you could contact us and we can go through the survey over the phone.

SHETLAND CARERS INFORMATION STRATEGY 2016 – 2020



The updated Carers Strategy has recently been approved and this document is now available on the Virtual Carers Centre at www.shetlandcarers.org/carers-strategy-2016-2020



SAVE THE DATE - CARERS WEEK 2017

This year our main event for Carers Week will be on **Saturday 24th June** at Islesburgh from 1–3 pm. This event will be similar to last years with information for carers, relaxation sessions available, tea, coffee, home bakes and live music. More information to follow. We also hope to be out and about in different areas during Carers Week 12th – 18th June promoting our carer service, so watch out for us in your area.

SHORT BREAKS GRANTS AVAILABLE



We still have money available for carers to benefit from a short break from their caring role. A grant is available to anyone caring for an adult who has not received a grant during this period.



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.

You can fill in an online form at www.shetlandcarers.org/need-a-break or contact us.

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.

CARERS GROUPS UPDATE

We held our last ever Crafty Carers group session on 7th March where we made some lovely finger-knitted scarves.

UNST AND YELL CARERS GROUP

The Unst and Yell carer group meets monthly and alternates between meeting on Yell or Unst. They would be delighted to see any new carers coming along.

The group will meet 12 -2 on : -

Wed 5th April – Yell Leisure Centre

Wed 3rd May – Unst Leisure Centre

We can organise transport if you need.

WASTSIDE CARERS GROUP

The Wastside Carers' Group hold meetings at 7 pm at Wastview Daycare in

Walls and 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.

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. Next meeting dates : -

16 Mar- Westsandwick Hall

30 Mar- Mid Yell Hall

13 Apr - Westsandwick Hall

27 Apr - Burravoe Hall

11 May - Westsandwick Hall

25 May - Westsandwick Hall

8 June - Westsandwick Hall

22 June - North Ness 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.

SIBLING GROUP

Our Sibling Group is aimed at young people who have siblings with additional support needs. This runs in partnership with the Bruce Family Centre we have use of their excellent facilities and one of their play workers attends our sessions.

The next Session is on Saturday 25th March from 10.45 -12.45 at the Bruce Family Centre and Niki Thomson will be attending a Yogacise session with the bairns.



We are planning a Family Day at the Clickimin on the **14th April 2017** from 10.30am – 2.30pm. We will have various activities including the bouncy castle and yoga/mindfulness planned. This is open to young people with additional support needs, their siblings and parents/carers.

More details can be found nearer the time at **www.shetlandcarers.org** or visit Shetland Carers Facebook page.

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 meeting is Tuesday 21st March from 5.30-7 pm at Market House and then the group meet fortnightly. We also now have a facebook page <https://www.facebook.com/Shetland-Families-Affected-By-Alcohol-and-Drugs-1591053874253453/>

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

CARERS TRAINING

Please let us know of any training that you identify on the mainland that would help you in your caring role. If we think it would be beneficial to a number of people we

can explore if it would be worth arranging a trainer to visit Shetland to deliver a group session.

Meeting for Parents / Carers of People with a Social Communication Difficulty

We will be meeting at Market House, Lerwick on Tues 28th March 10-12, in this session we will be completing a passport which is a 1 page information sheet on the child and their likes, dislikes and significant info that they need people to know about them. Rhonda Simpson will be coming along to help us with this session. If you are interested to come along and see what you do you would be welcome we do not require people to have received a diagnosis for their child. It would be great to see you there.



DEMENTIA SURVEY

Do you care for a family member or friend who has received a diagnosis of dementia?

The Alzheimer Europe Carer Survey 2017 focuses on diagnosis and post-diagnostic support for people who are diagnosed with dementia, and Scotland is one of five European countries that are being surveyed.

<https://bangor.onlinesurveys.ac.uk/alzheimer-europe-carers-survey-scotland>

You can complete the survey online at this address or you can request a paper copy by emailing **publicpolicy@alzscot.org** or calling the Alzheimer Scotland (freephone) Helpline on 0808 808 3000.

SCAM! Alert

Bulletin
February 2017

Scam banking calls



Beware of phone calls claiming to be from your bank – it could be a scammer trying to gain access to your account.

They may make a genuine bank phone number appear on your caller display, and they may block your line so that you speak to them again when you think you have phoned your bank.

Never give out sensitive personal or financial information to someone who phones you, no matter who they claim to be or how convincing they seem.

Instead, end the call and check that your phone line is clear by calling a friend or relative.

You can then contact your bank using a number you trust, such as one from your bank card or statement or from the bank's website.

Trading Standards Advice

Keep alert!

Report scams

by using the online tool at www.actionfraud.police.uk
or by phone on 0300 123 2040,
or by contacting Trading Standards on 01595 744887.

Keep up to date with warnings about scams
and other consumer issues at the
Shetland Trading Standards Facebook page.



Trading Standards
Charlotte House
Commercial Road
Lerwick
01595 744887



www.shetland.gov.uk/tradingstandards

RETIREMENT ON HOLD

A REPORT BY CARERS TRUST



Carers Trust has launched a new report – *Retirement on Hold* – supporting older carers. The report sets out the issues older carers told us they faced, and makes recommendations to ensure older carers get the vital support they need now and in the future. To read the report visit <http://www.shetlandcarers.org/assets/files/retirement-on-hold-report-02-2017.pdf>

BLUE BADGE SCHEME PILOT – EXTENSION TO ELIGIBILITY TO 31 MARCH 2017



Transport Scotland is currently piloting the inclusion of people who, as a result of a diagnosed mental disorder or cognitive impairment, have no awareness of danger from traffic as eligible for a Blue Badge. This could include children with Autism or Down's Syndrome. To apply you need to complete a paper application form.

The Scheme ceases at the end of March when the Scottish Government will then collate the data and make a decision on

whether the scheme is to be continued.

Please note that this pilot is being run separately from the rest of the Blue Badge scheme, by way of a separate paper application form only. The online form cannot be used to apply for a *badge under this pilot*. For more information please

visit <http://www.transport.gov.scot/road/blue-badge-scheme#BlueBadge>

To apply contact SIC Transport Planning department for an application on 01595 744868.

SCAM ALERT! ----->

SIC Adult protection have brought to our attention the SCAM ALERT overleaf.

CONTACT US

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Shetland



@ShetlandCarers