



## Carers Rights Day 2016

Carers Rights Day took place on Friday 25<sup>th</sup> November and this year's theme was: *Missing out? Know your rights as a carer.* We ran a drop in event at Market House to help carers in their local community know their rights and find out how to get the help and support they are entitled to.

We had a wide range of information available and tea, coffee and cakes. Paula from Citizens Advice Bureau held private discussions about benefits and entitlements while 8 Carers received Indian Head Massages from the Sleeping Beauty therapist in a private room. We also held a Live online Q&A Session relating to Benefits which can still be viewed from our website at [www.shetlandcarers.org\qa](http://www.shetlandcarers.org\qa)

We have a supply of the new Carers Rights 2017 Guide 2017 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.

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## Short Break Fund

We are now taking applications from carers for our new round of short break grant funding from Better Breaks. Last year we issued 22 grants totalling £3,300. This year we have £3,500 to award in grants up to a maximum of £150 each.

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 Karen.



The Carers Trust has launched a new online relationship guide for unpaid carers. This can be viewed at <http://relationships.carers.org/> The guide is split into two sections: *'I am a carer for my partner'* and *'I look after a family member, friend or neighbour'*.

In each of these sections there are a number of self-help articles, including: the challenges of being lover and carer, caring for a parent and how the stress of caring can impact relationships



### **The Carers Trust Guide to Coping with the festive season**

Research has found that people feel more satisfied, and have positive feelings, if they take part in rituals at Christmas. Rituals could be traditions, or simply meeting up with groups for dinner or drinks to celebrate.

As a carer you will probably have had to change or create new traditions at home or with your family and friends. You might find it helpful to discuss which festive traditions are

helpful, and which are more difficult and stressful. For example, traditional large family get togethers may be over facing, and smaller occasions might suit you (and the person you care for) better.

The Carers Trust also have available on their website top tips about coping with the stresses of caring which can be viewed at their website [www.carers.org/article/health-and-wellbeing](http://www.carers.org/article/health-and-wellbeing) and [www.relationships.carers.org/#/id/the-stresses-of-caring](http://www.relationships.carers.org/#/id/the-stresses-of-caring)

You could also take a look at keep calm this Christmas from the British Association of Anger Management at [www.angermanage.co.uk/keep-calm-this-christmas/](http://www.angermanage.co.uk/keep-calm-this-christmas/)

**Top tip:** Agree on an approach to Christmas with family and friends well before festivities begin. This may help the holiday run smoother and can reduce conflict and stress.

**Top tip:** if routine and stability is important to the person you care for prepare a few things in advance. Perhaps you could talk them through what's going to be happening on the day?

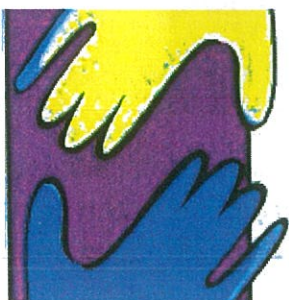
**Top tip:** Get support from friends and family and make sure they know how much caring you do, and how it affects you. People don't always know what to do to help so - if you can - be specific about what they can do to support you, whether that's ringing you regularly to give you a chance to chat, meeting up for coffee once a week, or doing practical tasks like gardening or cooking to help ease the pressure.

**Top tip:** Make sure you have a Carers Assessment (in Scotland it is called an Adult Carer Support Plan). A carer's assessment is a chance to discuss your needs with your local council and you will get a chance to talk about the caring that you do and how this affects you and your relationships. Get in touch with your local council if you haven't had an assessment.

**Top tip:** Find out more about getting a break from caring, This includes information about care homes, buying care and paying for respite.

**Top tip:** Your local carers' centre will be able to help you find support near where you live. This may include help finding appropriate care homes, paid help at home, and local sitting & befriending services.

## Fancy a new challenge? **NEW -** Volunteering Opportunity



Shetland Befriending Scheme is recruiting new volunteers for their project supporting people who are living with dementia. Training is due to start in the new year. If this is something that might interest you please contact Elaine on 01595 745898 or at [elaine.nisbet@shetland.org](mailto:elaine.nisbet@shetland.org)

## Winter coping toolbox



Adult carer MumOf2 has a box filled with "colouring books and pens, nice nail varnishes, face packs, a book, a candle, a shawl to put round my shoulders when it's cold and hot water bottle." *What would be in yours?*

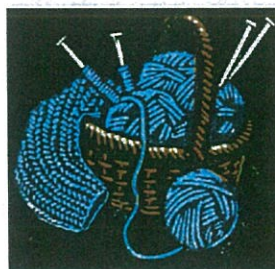
## CARERS GROUPS UPDATE

We are planning to start a monthly email of *What's On* of the meetings and groups available so that you can keep up to date with what is on at the different groups. Here we give you an overview of what they all do



We held a Christmas get together for Carers we support on Tuesday 20<sup>th</sup> December at Market House

## CRAFTY CARERS, LERWICK



Our Crafty Carers Group, open to any unpaid carers in Shetland, meets fortnightly in the carers centre, Market House, Lerwick to enjoy a cuppa, chat and making crafts. The following are dates and activities for the Crafty Carers Group from 10-12:-

Tuesday 6<sup>th</sup> February, Tuesday 7<sup>th</sup> March, Tuesday 4<sup>th</sup> April

## UNST AND YELL CARERS GROUP

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

The group will meet usually meet on first Wednesday in month from 12 – 2 but for January it will be 11th January 2017 at the Unst Leisure centre.

1st Feb - Yell Leisure Centre venue TBC, 1st

March– Unst Leisure Centre venue TBC

We can organise transport if you need.

## WASTSIDE CARERS GROUP

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

The group recently enjoyed an excellent Christmas Dinner at Drumquin Guest House in Brae

## 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 : -  
19<sup>th</sup> January – Westsandwick Hall  
2<sup>nd</sup> February – 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



The sibling group has been a real success this year, this group provides monthly time out for siblings of children with additional support needs (ASN).

Their brothers or sisters usually attend the Disability Shetland Saturday club which runs every week. It also provides an opportunity for parents to have time out from all of their children once per month. The activities provided are varied from trips out to craft activities.

In the October holidays we provided family sessions. One of the trips was to the cinema where we were able to book out the whole cinema for a showing of *How to Train your Dragon* film.

The Christmas party was a lovely afternoon in the Bruce family centre where we invited the whole family. Santa visited the centre so all the children got chance to see him and receive their present. There was a craft activity where we made glitter calming jars and we also had the photo booth so we managed to get a few photos of the bairns.

The next sessions are from 10.45 -12.45 on Sat 28<sup>th</sup> January, 25<sup>th</sup> Feb and 25<sup>th</sup> March.



# Christmas Crossword



## ACROSS

1. Pumpkin or mincemeat
3. Santa's ride
6. Celebration
8. Newborn
9. Northpole crew
13. Word of praise
14. Words on a Christmas card
17. It's opened on Christmas

## DOWN

1. Alternative word to 17 across
2. Christmas drink
4. Christmas dinner centerpiece
5. Dec. holiday
7. Christmas warmer
8. "Jingle \_\_\_\_\_"
10. Christmas tree
11. O. Henry's "The Gift of the \_\_\_"
12. What carolers do
15. French Christmas.
16. Snow glider



**PARENT SUPPORT GROUP** for Parents / Carers of People with a Social Communication Difficulty e.g. Autism, Aspergers (You are welcome to come along even if your child has not yet received a diagnosis)

For the last few months we have been running a parent group for parents who have children with social communication difficulties. We have used the meetings to bring in visitors to talk about different topics including weighted blankets and sensory accessories. One of the most useful parts of each session has been to provide an opportunity for parents to talk to each other about the difficulties that they have been experiencing and for other group members to

offer advice on things that have worked well for them.

We will be meeting at Market House, Lerwick on 10<sup>th</sup> January 10-12 and it would be great to see you there.

### **FAB GROUP**

If you are affected by someone's misuse of alcohol, drugs or prescription drugs, then the FAB group (Families Affected by.... Drugs and alcohol) may be a useful support group for you to attend. The group is open to anyone that lives in Shetland who would like support or equally can help provide support for families who have members who are affected by drugs and alcohol. The next meeting is 10<sup>th</sup> & 24<sup>th</sup> January.

### **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)

### **CONTACT US**

Karen Hannay tel 01595 743923, email [karen.hannay@shetland.org](mailto:karen.hannay@shetland.org)

Market House reception 01595 743 900, email address : [carers@shetland.org](mailto:carers@shetland.org) Virtual Carers Centre website [www.shetlandcarers.org](http://www.shetlandcarers.org)

