

Voluntary Action Shetland Carers Newsletter



Summer *jellyjo*

Welcome to our summer news letter. We hope to give you updates on the work that Voluntary Action Shetland has been doing in support of unpaid carers along with any news items from our partner organisations.

Our first piece of news is that if you have internet access you can now sign up to our newsletter through the Virtual Carers Centre at www.shetlandcarers.org

Carers' Week finished on a high with the Carers' Cruise that took place on Sunday 15th June. For the first part of the day, the ferry was moored at Toft which allowed children to participate in beach activities organised by RSPB and Disability Shetland while carers and guests on the boat listened to the invited speakers. Kate Gabb gave an interesting talk on Adult Protection and how carers can help to prevent vulnerable folk being taken advantage of. Joanne Connors gave us a compelling insight into the similarities that carers face across different communities and was able to impart her knowledge of caring from Nova Scotia to Shetland. Clint Sentance described many of the Telecare innovations, giving a fascinating insight

into the range of technology available to support people living in their own home. Finally, Melanie and her team of volunteers from Arthritis Care gave us a short talk about Tai Chi, followed by a demonstration which everyone found very enjoyable.

The catering on board was provided by Dion and her team of volunteers from RVS and there was tea and fancies available all day. There was also a delicious tomato soup and sandwich lunch enjoyed by all.



The ferry crew, who were extremely helpful throughout the day, then took us out on our cruise along Yell Sound. We were able to see Sullom Voe and many parts of the North Mainland that we never get to see on the usual crossing. Luckily, we had Neil Thomson skippering and pointing out places of interest.

Jo Jack from Voluntary Action Shetland said “It was a great opportunity for carers to come together to hear from the informative speakers but also to be able to relax in the afternoon. The highlight for me was seeing everyone joining in with the Tai Chi session. Thanks to all who worked together to make it happen.”



Through the Carers' Centre at Market House, we can offer support, a chat over a cuppa about any problems you are experiencing in your caring role, we can help sign post to relevant support agencies, look at lifting and handling training for carers and give advice on short break grants or carry out a carers assessment that could help identify support.

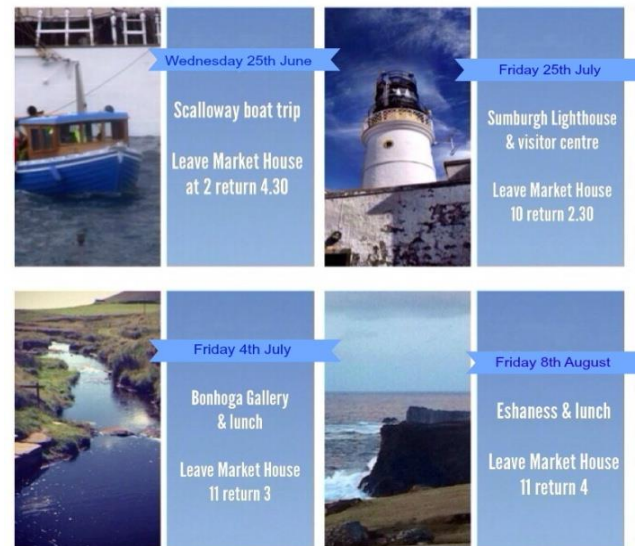
We hope to soon offer some short informal courses aimed at supporting you in your caring role. These courses will cover stress management, living with a lifelong condition, Open University units that look at your skill base and how you can use it in employment.

If you are interested in any of the above course topics, drop us a line and we can add your name to our data base so that you get further information on them as programmes develop.

Through work carried out at the Carers Link group we decided to try to move from the three data bases currently held by NHS, SIC and VAS to one data base (for carer information only). This means we lessen the risk of contacting people who are no longer carers or sending out

multiple copies of the same information.

Summer trips for carers



We will be running a few summer trips again this year so if you would like to book a place please give Jo a call 01595 743923. You can also bring the person you care for or we can help by working with Crossroads to put care cover in for you.

Market House crafty carers group

Why not come along to the carers room for some fun creative sessions and chat over a cuppa and cake.

crafty carers group is an open group that any carer can come along and join. For further information call Jo 01595 743923

Wednesday 28th
10am - 12pm

Wednesday 11th June
10am - 12pm

Wednesday 25th June
10am - 12pm

Wednesday 9th July
10am - 12pm

Wednesday 30th July
10am - 12pm

A small group of crafty carers meet at the Carers' Centre to work on craft projects supported by artist Ana Arnett. This is a very informal group who like to make and chat about their experiences over a cuppa. New members are always made welcome.

If this is not the type of activity you enjoy, We are always happy to discuss group developments with carers, so why not drop along to one of the Centre Drop In sessions or email jo.jack@shetland.org

At the Carers' Centre we run sessions for young carers and sibling carers. If you would like to join us or meet with Jo to discuss young carer support, we would love to hear from you.

We also work closely with The Children's Rights Officer who is currently developing an App designed for young people to give their views via mobile phones, tablets or PC. The App will be called 'My Life, My Say' and useful for young people who wish to use technology to help them prepare for Looked After Child Reviews, Child Protection meetings and Pathway Planning meetings.



VAS Young Carers Project
Carers Centre, Market House
14 Market Street, Lerwick

Tues 24th June - Logo design workshop with Roberto, 3.30 - 5
Tuesday 1st July - music ideas, 3.30 - 5
Tues 8th July - Cartoon drawing workshop with Roberto 11-1
Tuesday 15th July - Scalloway boat trip and lunch, 11-2.30
Tuesday 22 July - finalising our leaflet design and lunch, 11- 2.30

01957 743923

Voluntary Action Shetland

A young carer is someone between the ages of 5-18yrs who helps look after a member of their family who is experiencing ill health, disability, a mental health issue or a drug or alcohol dependency.

VAS Outreach Support

We are very lucky to have Karen Hannah and Mandy Nestfield as our outreach workers based in Yell and Unst. This means they know what is available in the local community and are perfectly placed to arrange local group meetings and support island carers.

Recently Yell, Unst and Market House Carer groups all met at The Centre for Creative Industries in Yell to see a lovely travelling mini art exhibition called 'The Cabinet of Curiosities'. This led to discussions over a buffet lunch, followed in the afternoon by a 'making' session using the cabinet as a source of inspiration. Ideas will be worked on over the summer.

We will then all meet up again after the summer holidays to see how everyone has got on and to arrange our own mini carer group exhibit.



Portable Museum of curiosity by Joanne B Kaar (artist) in collaboration with Joanne Howdle from Caithness Horizons.

The box has been kindly lent to us by Caithness Horizons until the end of June. We are lucky enough to be able to bring this exciting curiosity box to Yell as part of a Voluntary Action Shetland outreach project in partnership with the Centre for Creative Industries.

It is hoped that this fascinating box will offer an interesting mini exhibition based at The Centre for Creative Industries, 4 Sellafirth Business Park, Sellafirth, Yell and offer a talking point to spark off ideas for a personal, family or community project or workshop, or group.

If you would like to call in and see this fascinating piece please call The Centre for Creative Industries on 01957 744 355 or email globalyell@btconnect.com

With You For You And Carers Assessments
Our Shetland - Working Together

With You For You (WYFY) is an approach that focuses on the Customer and the Customer's goals. It involves everyone working together to achieve the best possible outcome for the individual. This means understanding customers in the context of their whole lives.

The philosophy behind this approach emphasises the strengths, capacity and resilience of people and builds upon natural support systems, such as family and the local community.

The starting point is to get a clear understanding of the Customer's situation, their goals, and the needs that we can support to enable achievement of those goals. This understanding is then used to inform key decision making processes, namely support planning, monitoring and review. Involving customers in identifying and working towards their goals is critical to the WYFY approach and will support their independence and wellbeing.

Within this process there is now a separate Carers Assessment which we can now carry out through the Carers Centre and outreach service. Every carer has the right to request a Carers Assessment and we

can either arrange an appointment to carry this out at Market House or come out to you if that would be easier. For more information or to book an appointment please call or email Jo.

The Yell and Unst carers group is a very informal group, and all unpaid carers are welcome. We meet monthly and alternate between Unst and Yell. Sometimes we will just have a trip out, other times we will invite speakers, and sometimes we just sit down and have a chat about how we are all getting on. We would be delighted if you came along.

Our next meetings are:

Wed 6th Aug - 12.00 - 14.00 - venue to be confirmed, Yell

Wed 3rd Sept - 12.00 - 14.00 - venue to be confirmed, Unst

Wed 1st Oct - 12.00 - 14.00- venue to be confirmed, Yell

Wed 5th Nov - 12.00 - 14.00 - venue to be confirmed, Unst

Wed 3rd Dec - 12.00 - 14.00 - venue to be confirmed, Yell

For information on group meetings, or to arrange a home visit to discuss your carer support requirements please contact Karen Hannay **07909966161**.



is here and we have lots of news for you from Short Breaks Children. The link below will take you to the latest newsletter.

http://www.shetland.gov.uk/Short_Breaks_for_Children_and_Young_People_with_complex_ASN/newsletter.asp

Carers' Representation

The carers' representative on the Shetland Community Health Partnership is Sue Beer. If you have any (appropriate) issues that you would like her to bring before the CHP you can contact her at sue.beer@shetland.org – she also represents rural and island carers on the Scottish Government Carers Reference Group, please see

<http://www.scotland.gov.uk/Topics/Health/Support-Social-Care/Unpaid-Carers/CarersReferenceGroup> (or Google Carers Reference Group) for more information.



**Voluntary Action Shetland
Virtual Carers Centre.**

www.shetlandcarers.org

Recent consultation with carers carried out by Advocacy Shetland on behalf of the carers' link group discovered that easy access to information for carers was a top need. With this in mind we worked in partnership with agencies to develop Shetland Virtual Carers Centre. This website hopes to give; "all the information you want in one place".

Local carer groups and organisations such as Unst, Yell, Westside and Market House carers groups, SNAG (in full) and Dementia Shetland all have their own access to the site so that they can keep information local and up to date. If you know of any groups or information that we have missed please let us know. There is a "contact us" facility on the site.

We are now into stage two of this project and are starting to look at E training and safe discussion forums that we could include on the site. We hope to be able to work with Skype, Google party or Webex so that carers can join in with meetings remotely with little or no cost. We then plan to set up each group with a laptop or tablet so that they can access the site and training, as well as develop links with services in the outlying islands.