

# SEPTEMBER 2018 CARERS NEWSLETTER

## Voluntary Action Shetland Carer Support Service



### **VAS ATTRACTS GOVERNMENT FUNDING TO OFFER NEW DIRECT PAYMENT ADVICE**

The Scottish Government launched a Support in the Right Direction 2021 fund designed to help people and carers make informed decisions and plans for their social care and work towards maximising their choice, control and flexibility over those arrangements.

Voluntary Action Shetland (VAS) Carers Support were delighted to be part of a successful partnership bid with Shetland Community Connections. The VAS role within the partnership will be to offer independent advice and information regarding direct payments. They hope to assist carers in the setting up of direct payment packages, giving information, signposting, helping people find their way through becoming an employer, finding personal assistants, supporting them to purchase services and help to find ways to reduce stress of being an employer. This will be an independent service from the council and will empower people to have more choice and control over their own support.

VAS will also be able to look at training requirements for Personal Assistants and offer training to meet these needs.

Catherine Hughson Executive Officer of VAS “The new service will start from October and we are looking forward to being able to offer independent advice on direct payments, we feel it fits neatly within our existing carer support service although it is not exclusively for carers.”

### **VAS AND SCAS SECURE JOINT FUNDING FOR NEW RECORDING SYSTEM**

Voluntary Action Shetland (VAS) Carers Support Service and Shetland Care Attendant Scheme (SCAS) are delighted to announce that they have been successful in attracting money to buy a bespoke database that both organisations can use to provide information to the Scottish government as part of the Carers Census.

Under the Carers Act there is an obligation to collect census information on carers and submit this to the government. To make the census information more complete for Shetland

# SEPTEMBER 2018 CARERS NEWSLETTER

VAS and SCAS wanted to work in partnership to add to the information provided by the council to make the reporting more accurate for Shetland. We think this may also be imperative to ensure that carers in Shetland are funded accordingly in the future. As well as collecting information for the census it will also help to understand the demand for carer services and help us to look at trends and possibly predict demand in the future. It should give us demographic and contact information that will help us to keep in touch with clients and would flag up when a case is due for review. It should make both organisations more efficient as we will not be collecting the same information twice.

## DATA PROTECTION CHANGES

VAS have carried out a Data Protection Impact Assessment as required by the General Data Protection Regulation (GDPR) when projects involve personal data. Some of the key points from the DPIA are:

- Carers Census data is used **only for Statistics and Research purposes**;
- Because only for statistics and research, **consent is not required** from carers;
- Personal data is held separately from the Census data and is handled by different teams in Scottish Government;
- Statisticians comply with the **Code Of Practice for Official Statistics**;
- Individual carers cannot be identified in published data;
- Data is held in a secure hosting facility in Edinburgh which is certified to ISO 27001 using a UKAS approved certification body;

- Carers should be told about the use of their personal data through privacy notices.

## VAS HOSTS LEGO THERAPY TRAINING

Recently Voluntary Action Shetland (VAS) hosted some Lego Therapy training provided by Autism Practitioner June Gridley.

There were 15 participants who came from a variety of roles including, teaching assistants, teachers, family workers, play workers and parents. The training was to encourage some of the delegates go away set up Lego clubs in Shetland.

One of the parents who attends our Parents Group was keen to try Lego Therapy as from their research they thought it would be useful for teaching a number of skills, from the motor to the cognitive, but also social communication skills. The goal of each play session is to practice skills such as verbal and nonverbal communication, problem-solving through cooperation, sharing, joint attention, and task focus - and of course to have fun. Each child in the group is given a specific job: engineer, builder, director, and supplier and whilst in this role they follow the "rules" for this job.



# SEPTEMBER 2018 CARERS NEWSLETTER

## CARERS ALLOWANCE

### SUPPLEMENT



Carer's Allowance Supplement is an extra payment to help carers in Scotland who get Carer's Allowance. Eligible carers in Scotland are starting to receive the first payments from now.

#### Who is eligible?

Carers who live in Scotland and are receiving Carer's Allowance on qualifying dates selected by the Scottish Government.

Eligibility for the new benefit is worked out by looking at two qualifying dates each year. These qualifying dates are required by the Department for Work and Pensions (DWP) to provide the details of those in receipt of Carer's Allowance so that Social Security Scotland can make the payment. For the first payments, the qualifying date is Monday 16 April. The next eligibility date for the second round of payments is Monday 15 October.

#### When will I receive it?

As this is the first payments, Social Security Scotland want to make sure these payments are paid safely and securely to people. For that reason, we will issue payments in phases.

The majority of payments will be made by the end of September, with more complex cases completed into early October. For the second eligibility date, payments will be made from December. Eligibility dates and payments will fall every six months for the lifetime of the supplement. The supplement is a temporary measure until

Social Security Scotland delivers all of Carer's Allowance. At that point, the increase will be added to your usual payment.

#### How much is it?

Carers living in Scotland who were in receipt of Carer's Allowance from the DWP on the qualifying date of Monday 16 April will get this supplementary payment of £221. This is equivalent of an extra £8.50 per week – an increase of 13% on Carer's Allowance from the DWP.

#### How do I claim Carer's Allowance Supplement?

Carers don't need to do anything. Those eligible will receive payment automatically. Carers should let HM Revenue and Customs know about their Carer's Allowance

Supplement as this may increase the amount of tax they need to pay. Carers will still pay no tax if their taxable income is below £11,850 per year.

## What to expect leaflets

We now have a range of leaflets under the titles "What to expect when..."

- You make an emergency plan
- The person you care for is being assessed
- You make an adult carer support plan
- The person you care for is being discharged from hospital
- You are considering a short break
- When accessing Self Directed Support in Shetland

If you require any of these leaflets you can get them off the website or you can contact us and we can send them out to you in the post.

# SEPTEMBER 2018 CARERS NEWSLETTER

## WORLD MENTAL

## HEALTH DAY



Mental Health  
Foundation

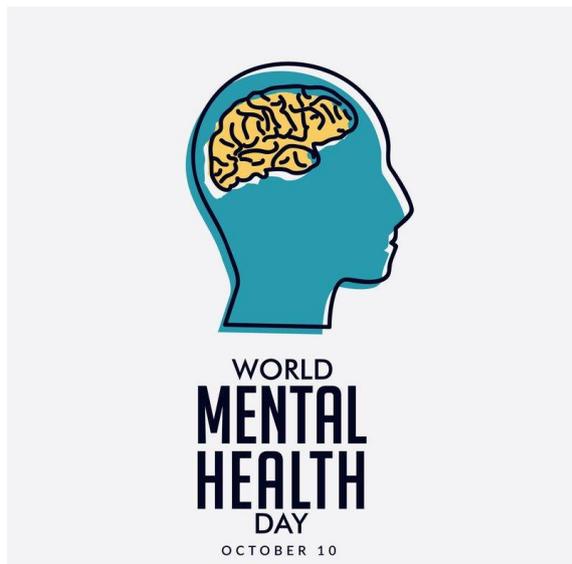
**It's World Mental Health Day.**



Help us ensure good mental  
health for all.

**Text THRIVE to  
70300 to give £3.  
[mentalhealth.org.uk/terms](http://mentalhealth.org.uk/terms)**

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The Day provides an opportunity for all stakeholders working mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide and to raise funds for mental health projects. The focus for this year's World Mental Health Day is the mental health of young people.



**mind your head** 

To celebrate Stress Awareness Week there will be Yoga on Wed 7<sup>th</sup> Nov from 6.30 – 7.30, venue to be advised.

Christmas Crafting will take place on Sat 1<sup>st</sup> Dec at Lerwick Boating Club at 2.30.

The launch of the Book Club will be coming soon, keep an eye out on their website for more information.

[www.mindyourhead.org.uk](http://www.mindyourhead.org.uk)

# SEPTEMBER 2018 CARERS NEWSLETTER

## CARERS RIGHTS DAY 2018

This year national Carers Rights Day will be on **Friday 30<sup>th</sup> November** and we will

be holding an event at Market House to celebrate this. Our website will display information about this nearer the time.



## HAVE YOU SIGNED UP TO RESPITALITY?

Recent breaks we have provided to carers through our new Respitality scheme include meals at Fjara Café Bar and Country Stars Concert tickets at Clickimin. We thank our partners for their continued support of local carers.

We are delighted to welcome onboard as partners Isles Reflexology, who will be offering treatment sessions, and Brudolff Hotels. Brudolff have kindly offered a one

or two night stay for carers through the scheme at any of their hotels (Lerwick, Shetland or Kveldsro Hotels in Lerwick) from October to April on a bed and breakfast basis for you and a companion. The breaks will be allocated by VAS to carers who are signed up to the Scheme.

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

## 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 continues on **Tuesday 2<sup>nd</sup> October** 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. The group now have their own

# SEPTEMBER 2018 CARERS NEWSLETTER

facebook page called Westside Carers Group. The Westside Carers Group has its next meeting, and Annual General Meeting, at 7 pm at Wastview Daycare (downstairs at Wastview) on **Tuesday 25<sup>th</sup> September**. This is open to all unpaid carers on the westside. The Guest

Speaker is Nikola Benzie, Post Diagnostic Dementia Link Worker with Occupational Therapy at the Independent Living Centre. Arrangements will also be finalised for the Christmas Dinner outing. For further information please call Fiona Sinclair on 01595 809352.

## 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 date:

**Thursday 4th October** 2018 11:00am - 2:00pm, Westsandwick Hall  
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

## 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.

The group is very informal and 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 to a group setting. It would be great to see you there.

The next session is at Market House on **Tuesday 25th September** from 11 am - 1pm.



## 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:

**Saturday 29th September** 2018 10:45am - 12:45pm, Market House

Saturday 24th November 2018 10:45am - 12:45pm, Market House

Saturday 26th January 2019 10:45am - 12:45pm, Market House

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

# SEPTEMBER 2018 CARERS NEWSLETTER

## 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 **18<sup>th</sup> September** from 5:30pm - 7:00pm at Market House and then the group meet fortnightly. We also now have a Facebook page [Shetland-Families-Affected-By-Alcohol-and-Drugs](#).

Phone Karen if you want to find out more information before you come along.

## 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.

The next meeting is **Wednesday 26<sup>th</sup> September from 12 – 2pm** at Market House. We will also be providing lunch so

please let us know if you are coming along.

## GP Outreach

Karen and Kirsten are trying to get in touch with more carers by visiting health centres on a quarterly basis. We hope that by coming out to the local health centre we will make it easier for unpaid carers in the out-lying areas to find out what support and information is available to them to help them in their caring role.

From October within our service we will also be offering information and advice regarding self-directed support, specifically direct payments (this is not exclusively for carers)

We are hoping that in most areas we will be in the waiting room to chat but if people require a confidential chat we can organise that too. Come along - we would love to see you.

The following dates have been set and we are hoping to get the other centres booked in the near future.

Yell – Monday 24<sup>th</sup> Sept & 3<sup>rd</sup> Dec 10-12

Lerwick – Monday 1<sup>st</sup> October 10-12

Scalloway – Thursday 11<sup>th</sup> Oct 10-12

Whalsay – Tuesday 9<sup>th</sup> Oct & 11<sup>th</sup> Dec 10.30-12.30

Brae – Friday 12 October & 14 December – 10-12

## CARERS REP

Jim Guyan is our Carers' Representative on the Integration Joint Board and he also attends our Shetland Carers Strategy Group Meetings which oversee the local Carers Strategy and Action Plan. If you would like to raise any issue with Jim he can be contacted by email at [jim.guyan@shetland.org](mailto:jim.guyan@shetland.org).



VAS would be happy to hear from anyone else who would like to be a Carers Rep. A budget is available for extra support for carers who would like to have a voice in groups, such as the Carers Forum or Carers Strategy Group. So if this is something you would like to know more about please contact us.

# SEPTEMBER 2018 CARERS NEWSLETTER

## Service for carers from other organisations

### CAB Outreach Drop-In Sessions at local Health Centres

#### September

Day / date	Venue	Time
Wednesday 5 <sup>th</sup>	<u>Bixter</u>	9:30am – 12:30pm
Wednesday 12 <sup>th</sup>	<u>Whalsay</u>	10:00am – 2:00pm
Friday 14 <sup>th</sup>	<u>Levenwick</u>	9:30am – 12:30pm
Tuesday 18 <sup>th</sup>	Yell	10:00am – 1:00pm
Thursday 20 <sup>th</sup>	Walls	9:30am – 12:30pm
Wednesday 26 <sup>th</sup>	<u>Hillswick</u>	9:30am – 12:30pm
Wednesday 26 <sup>th</sup>	Brae	9:30am – 12:30pm
Thursday 27 <sup>th</sup>	Unst	11:00am – 3:00pm
Friday 28 <sup>th</sup>	Scalloway	9:30am – 12:30pm

### Alzheimer Scotland support



#### **Memory Lane Cafes - host by**

#### **Alzheimer's Scotland, Shetland branch**

Thursday 20th September 2018 10:00am - 12:00pm, Baptist Church, Quoys

Friday 21st September 2018 11:00am - 2:00pm, Methodist Church, Walls

Memory Lane Cafes are held around Shetland and offer an opportunity to meet with a Dementia Advisor in an informal relaxed atmosphere. This is open to the person with dementia and their carer.

Alzheimer's Scotland also offer the following support for carers: -

Carers Group / Positive Dementia, Sons & Daughter group – to find out more ring 01595 720344

## CONTACT US

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

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

Karen Hannay tel 01595 743923

Kirsten Marcus tel 01595 743980

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[jim.guyan@shetland.org](mailto:jim.guyan@shetland.org)

