

DECEMBER 2018 CARERS NEWSLETTER



Hello

Welcome to our winter newsletter. We have been very busy over the last few months trying to implement the Carers Act within Shetland. As part of that work, we have to report back to the Scottish government regarding the number of carers in Shetland. In order to do this more efficiently we acquired some funding to buy new software. This will help us to keep track of our carers so we can support them better. Over the next 6-12 months we will make contact with people who are on our database to have a conversation about their current support and what could be done to ensure they can continue with their caring role. If you would like to have this discussion sooner, rather than later, please ring Karen 01595 743923.

We have also been busy with our Respite scheme which you can read about in the newsletter, but if you are at the point of needing a break then please get in touch with Kirsten on 01595 743980.

We are looking forward to another busy year and we hope that you all have a good Christmas and Happy New Year.

Karen, Kirsten & Laura

Brudolff Hotels Sign Up to Gift Breaks to Unpaid Carers

Brudolff Hotels are the latest local business to sign up to Voluntary Action Shetland's (VAS) Respite Scheme to offer short breaks to local carers. Brudolff have generously donated to the Scheme 26 weekend breaks of 1 or 2 nights on a bed and breakfast basis at carers' choice of the Kveldsro, Lerwick or Shetland Hotels. The breaks, which are for a carer and a companion, are available between October and April.

Respite (respite + hospitality) is a new and effective way the hospitality and leisure sector can help their local communities by recognising and appreciating the contribution of unpaid carers. The idea is that hotels, for example, become Respite Partners by making a 'gift' of a short break during quieter periods, when it suits the business. This enables a carer, plus a companion, to have a break away from their caring responsibilities to recharge their batteries and have a little time for themselves.

VAS Carer Support Worker Kirsten Harcus said. *"We are delighted to welcome on board Brudolff Hotels who have been very generous in supporting local carers. Respite offers a win-win to both*

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parties: Carers receive a much needed break from their caring responsibilities while Gift Providers give something back to their community and at the same time raise their own profile ”

Carers need to sign up with VAS to join the Respite Scheme by contacting Kirsten Marcus on 01595 743 980 or at kirsten.harcus@shetland.org.



Young Carer Grant consultation

The Scottish Government is consulting on the development of the policy and regulations for the Young Carer Grant, a new benefit that will be delivered by Social Security Scotland.

The grant will provide a £300 one-off payment, which can be applied for annually for young carers aged 16-17 (and 18 if still at school) with significant caring responsibilities. The Young Carer Grant aims to provide some financial support during a key transition period in young carers' lives to help improve their health and education outcomes as they move into the adult world.

Having your say as a carer in Shetland

Would you like to be more involved in how the services work for carers? Carers are a really important group in the population and it is really important their views are heard when people are discussing health and social care services.

If you would like to be more involved in the planning of health and social care services then we do have a couple of opportunities where you would be able to influence this.

We have a Carers Forum where we discuss issues that carers face. This allows VAS Carers Service to be able to represent carers views at various meetings that we attend. Also at the meetings, we have the Carers Representative, Jim Guyan, so he can find out any local issues and bring these up when he is attending the meetings of the Integrated Joint Board. The next Forum meets on 12th Dec 12.30-2 at Market House.

There is an opportunity for a carer who lives in Bressay to be on a small project group and influence how services will be delivered in Bressay in the future.

You may be interested in either of these opportunities but can't regularly attend meetings, or want to input into the meeting in a different way. Or you may need support to get to a meeting for you or the person that you care for. If this is the case then please get in touch with us and we will see how we can help you to get your voice heard. You can call Karen on 01595 743923.

Flu vaccination for unpaid carers

Unpaid carers are one of the target groups for the flu vaccination.

The reason for this is that many people who rely on an unpaid carer would not be able to cope if their carer caught the flu and was too ill to look after them. There is also the

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risk that if the carer is not vaccinated then they could risk passing the virus on to the person that they care for, which could lead to them becoming seriously ill.

Last year nearly 300 people in Shetland were identified as being eligible for the flu vaccine specifically because they were carers and just over half received the vaccine. As a carer, you should be invited to attend a clinic for the flu vaccination. If you have not received an invite then this maybe because your GP practice notes do not recognise you as a carer. You are welcome to contact your practice and ask about having the vaccine. It would also be useful to ensure that your notes are

updated so that in the future you will be flagged as a carer and are called automatically.

Shetland has always had the one of the highest uptake of flu vaccination amongst unpaid carers amongst the Scottish Health Boards. From looking at the figures, our NHS service also tends to have all the carers who are going to have the vaccine, vaccinated earlier in the season than many of the other Boards. Here at Shetland Carers we would like to ensure that this continues to be the case so if you are an unpaid carer please make sure you consider having the flu vaccination.



Independent Review of Learning Disability and Autism in the Mental Health Act

The independent review has begun and they are starting to collect evidence.

They are taking evidence on experiences of the Mental Health Act for autistic people and people with learning disability
Information about the review

The website, videos and surveys are available at www.irmha.scot

Taking part

The review team can meet with some autistic people and people with learning disability in person. We can meet with some carers of people who could not communicate their own experiences, and we can speak with other carers by phone. Individuals and professionals can also choose to complete a survey of their experiences of the Mental Health Act in Scotland.

Disabled Persons Organisations and Professional Organisations can complete a survey on their members' experiences of the Mental Health Act. Surveys are currently available online.

ILF Scotland Transitions Fund

The new ILF Scotland Transition Fund provides money, for up to 1 year, to support young people living with disabilities to improve their lives. This includes autism, learning difficulty, physical disability, mental health or hearing or visual impairments.

The purpose of the Fund is to help young people, between the ages of 16 and 21 living with disabilities, with the transition after leaving school or children's services to be more independent and to continue spending time with other people.

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Money from the ILF Scotland Transition Fund can be used to help you participate in activities that you may not have been

able to take part in before that will help you to become independent and continue to spend time with other people.

You can use the money for things like:

- art or music lessons,
- a device or piece of technology to help you with your impairment,

- to join a class and/or club,
- travel training,
- driving lessons, and training courses.

Applicants can apply for a maximum of £7,500



Stress Awareness

It was international stress day in November. As a carer you will often be under a lot of stress. We think it is important that you develop some techniques to cope with your stress, so we thought it was worth re-iterating some of the advice we gave out on facebook!

What is stress?

Stress is a response to demands on the body and life, also known as a response to any crisis and fear going on in your life.

- Take control – The act of taking control in itself is empowering, and it is a crucial part of finding a solution that satisfies you and not someone else.

Why is stress important?

If stress gets overwhelming it can cause other mental health problems, emotional exhaustion and physical illness and can impact on work, relationships, families and every aspect of life. When someone is suffering from negative or overwhelming stress, they may not act or react normally in some situations, for example an argument or driving, with disastrous consequences.

- Connect with people – A good support network of colleagues, friends and family can ease your work troubles and help you see things in a different way.
- Have some “me” time – Set aside a few nights a week for some “me” time making sure you will not be tempted to work any overtime.
- Challenge yourself – Setting yourself goals and challenges, whether at work or outside, such as learning a new language or sport helps to build confidence which in turn helps to reduce stress.
- Avoid unhealthy habits – Don’t rely on alcohol, smoking or caffeine as your way of coping, as it only does more harm than good.

Tips to reduce stress

- Be active – Exercise will not make stress disappear but it will reduce some of the emotional intensity that you are feeling.

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- Help other people – Evidence shows that people who help others, through the likes of volunteering or community work, become more resilient
- Work smarter, not harder – Working smarter means prioritising your work, concentrating on the tasks that will make a real difference.
- Accept the things that you can't change – Changing a difficult situation isn't always possible. Try to concentrate on the things you have control over.

Guardianship

A guardianship order allows someone to make ongoing decisions on behalf of an adult with incapacity, like paying bills, dealing with bank accounts, or making decisions about care and personal welfare matters. The order is granted by a sheriff and is usually in place for a set period of time e.g. 3 years.

An adult is someone who is aged over 16 years. However, if necessary, a guardianship application can be made 3 months before a child reaches the age of 16, so that the order is in place on the child's 16th birthday.

A guardianship order can be granted to handle property and financial matters, personal welfare, or a combination of these. You will need to seek legal advice if you are considering applying to the sheriff court for an order.

We are hoping to run on a session in Jan or Feb to talk through this issue. If you would like to be involved then please let us know where and when is a convenient time for you. I would also be interested if a carer who has already gone through this process would be interested in coming along to share their experience.

- Try to be positive - Look for the positives in life and what you are grateful for.

Data Sharing Arrangements Update

Here at VAS Carers Support service we take your privacy seriously and will only use your information to administer your account and provide the products and services that you have requested from us. We are now working more closely with Shetland Care Attendant Scheme to ensure carers get all the services that they need. We will be operating a joint database where all the information will now be stored. If you would like more information on our data sharing arrangement then please get in touch.

Walking Challenge



We all know walking is really good for us. It helps us physically but also a walk every day will help us mentally too. We are going to trial a fitbit challenge with carers over the next few weeks. The challenges will be Mon - Fri to see how many steps you are doing compared to others.

The great thing with this challenge is that you do your steps at a time convenient to you. There is also the opportunity to encourage each other to do more.

If you like to join email carers@shetland.org or give us a ring.

If you would like to join in but there is a reason that you can't, then get in touch and let's see if we can break down that barrier together.

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What's On.....

Stepping Out

A chance to get out and meet people in Yell. Takes place in various halls throughout Yell

- Thursday 3rd, 17th & 31st Jan 11.30 -2pm
- Thursday 4th & 28th Feb 11.30 – 2pm

Friday Group

This group is aimed at young people who find it difficult to meet and communicate with others. It meets in Mareel

- 18th Jan - 2.30pm - 4pm
- 1st & 15th Feb - 2.30pm - 4pm
- 1st, 15th & 29th Mar - 2.30pm - 4pm

FAB (Families Affected by) Group

The "Families affected by" group is a peer support group for families that have been affected by drugs and alcohol. This group runs on every second Tuesday and meets in Market House.

- Tues 8th & 22nd Jan from 5.30-7pm
- Tues 5th & 19th Feb
- Tues 5th & 19th Mar

Family Day

With Disability Shetland, we are planning to hold a family day on Sat 19th Jan at Clickimin - more details to follow.

Sibling Group

A monthly group on a Saturday morning for young people who have a sibling with Additional Support Needs or are carrying out a small caring role for a parent.

- Sat 26th Jan - 10.45am-12.45pm.

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CARERS RIGHTS DAY 2018



30th November was national Carers Rights Day and VAS Carers held a Drop in Information Session at Market House. We were delighted to see some new faces along that day to find out about the information and support available to help them in their caring role.

An advisor from Citizens Advice Bureau was on hand to talk through advice about income and benefits while Joyce Gray from Isles Reflexology provided some hand massages which were thoroughly enjoyed by all who had one.

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.

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.



CAB Outreach Drop-In Sessions at local Health Centres

Our adviser will be available to assist with issues relating to debt, welfare/benefit rights, employment, housing, consumer rights, energy + many more!

You don't need to book an appointment, just pop along to the Health Centre!
However if you want to book a time, call CAB on 01595 694696

December

Day / date	Venue	Time
Wednesday 5 th	Whalsay	10:00am – 1:00pm
Friday 7 th	Levenwick	9:30am – 12:30pm
Tuesday 11 th	Yell	10:00am – 1:00pm
Thursday 13 th	Walls	9:30am – 12:30pm
Wednesday 19 th	Hillswick	9:30am – 12:30pm
Wednesday 19 th	Brae	9:30am – 12:30pm
Friday 21 st	Scalloway	9:30am – 12:30pm

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CONTACT US

www.shetlandcarers.org

email : carers@shetland.org

Karen Hannay tel 01595 743923

Kirsten Marcus tel 01595 743980

Laura Russell tel 01595 743946

jim.guyan@shetland.org



Market House festive opening hours : -

**Closed from 5pm on Friday 21st December 2018
reopens at 9am on Thursday 3rd January 2019.**



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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



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Christmas Quiz 2018

1. Where was Jesus born?
2. Who wrote *A Christmas Carol*?
3. What gifts were presented to baby Jesus?
4. “*The stars in the bright sky, Looked down where He lay*” is a lyric from which festive song?
5. What year did Slade top the charts with *Merry Christmas Everyone*?
6. In the *Twelve Days of Christmas* how many Lords were Leaping?
7. Do you know 3 other names that *Father Christmas* is known by around the world?
8. In the song, *Good King Wenceslas looked out, On the Feast of* whom?
9. What year did Band Aid’s *Last Christmas* keep Wham’s *Last Christmas* off the top of the charts?
10. Can you name Santa’s eight reindeer?
11. Who plays the drums in honour of Jesus?
12. Name the three kings that went to see baby Jesus.

For answers, please visit our Carers Centre website at
www.shetlandcarers.org

