

June 2018 CARERS NEWSLETTER

Voluntary Action Shetland Carer Support Service



The 25th Anniversary of Carers Week, the UK's annual drive to raise awareness of caring, will take place from 10th – 16th June 2019.

'Getting Carers Connected' is this year's theme VAS are planning various events in Shetland to offer carers opportunities to come and talk with our Carer Support Workers.

During Carers Week 2019 we will be visiting all 10 health centres so that we are available locally should you wish to find out more about how we can support you in your caring role.

If you are looking after someone and need access to support, information and advice why not come along and meet us?

Please see our poster overleaf for dates.

Our drop in events at Market House on 19th June will invite carers to call along and find out about the support available to them locally to help them in their caring role. Carers can also receive a bit of time out to enjoy an Indian Head Massage by Rozalyn from Sleeping Beauty. For more info or to book your massage please visit our website www.shetlandcarers.org

We are also delighted to be working with SRT again to offer unpaid carers the opportunity to use any of their leisure centres FREE for one week beginning the 24th June. For more info about how to sign up, please contact us or visit the website.

Being active is great for your physical health and fitness, and evidence shows that it can also improve your mental wellbeing. These are all things that are essential in order for you to be able to continue in your caring role.

There are many activities at the leisure centres that you can choose from including swimming, a session in the gym, table tennis, bowls and many more.

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Caring for someone?

VAS Carers Centre invite Carers to
come along to their

Carers Week Information Events

Wednesday 19th June 2019, 12 - 2 pm

Wednesday 19th June 2019, 6 - 8 pm

At Market House, Lerwick



Tea, coffee & fancies
Information stalls
Indian Head Massages



We are also delighted to be able to offer
Carers a free pass to use their
local SRT leisure centre from **24th - 30th June 2019!**

To access the pass or book a
massage, Carers **MUST** sign up
with Kirsten Harcus on 01595
743980 or carers@shetland.org

www.shetlandcarers.org



Shetland Carers



@ShetlandCarers

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Carer's Week 2019



During Carers Week 2019 we will be visiting all 10 health centres so that we are available locally should you wish to find out more about how we can support you in your caring role.

If you are looking after someone and need access to support, information and advice why not come along and meet us?

- **Lerwick Health Centre, Mon 10th June, 10 am - 12 pm**
- **Brae Health Centre, Tues 11th June, 2 - 4 pm**
- **Scalloway Health Centre, Tues 11th June, 10 am - 12 pm**
- **Whalsay Health Centre, Tues 11th June, 10.30 am - 12.30 pm**
- **Levenwick Health Centre, Wed 12th June, 10 am - 12 pm**
- **Hillswick Health Centre, Wed 12th June, 10 am - 12 pm**
- **Unst Health Centre, Thurs 13th June, 1.30 - 3.30 pm**
- **Yell Health Centre, Thurs 13th June, 10 am - 12 pm**
- **Walls Health Centre, Thurs 13th June, 3.30 - 5.30 pm**
- **Bixter Health Centre, Fri 14th June, 10 am - 12 pm**

We will also be offering information and advice regarding self-directed support, specifically direct payments (this is not exclusively for carers). Come along we would love to see you.

If you can't make it along but would like to speak to us please give us a call on 01595 743923 or email carers@shetland.org



Citizens Advice Bureau are also offering outreach drop in sessions at the following locations:

Yell Health Centre, Tues 11th June, 10am-1pm

Walls Health Centre, Thurs 13th June, 9.30am- 12.30pm



www.shetlandcarers.org



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SHORT BREAKS GRANTS AVAILABLE

Research shows the importance of carers taking time out from their caring role. VAS receives money from Shared Care Scotland to provide grants of up to £150 for you to take a short break from your caring responsibilities.

To be eligible the person being cared for must be 21 or older, unless the carer is a young carer (aged 8 – 18) in which case there is no age restriction on the person being cared for. To find out more about applying for a grant contact us or visit our website at www.shetlandcarers.org/need-a-break.

After your short break all that we ask is that you provide your receipts and complete an Evaluation Form so that we can report to our funder. This helps us to monitor the success and take-up of the project and make improvements where necessary.

Feedback from Carers who have received a Short Break Grant in the past have said:

- It made a huge difference, it gave me time to enjoy myself where I could relax and enjoy the break. My mum went into respite while I was away.
- I came back a lot less stressed and much happier, and it is a thing I just would not have considered doing, or made time for.



Take a Break

Take a Break provide grants for short breaks for the carers of disabled children and young people in Scotland, and applications are open now. The funding is to provide families with the choice and opportunity to access a single or ongoing break from caring. Find out more on their website at

www.takeabreakscotland.org.uk

Applications close at 5pm on Friday 17th June.



YOUNG CARERS PACKAGE

Young carers in Dundee and Shetland are now able to trial a special package of opportunities - totally free! If you're 12-18, in school, and helping to care for a family member, friend or someone in your community, you're eligible. For more information please go on the website to find out more <https://young.scot/young-carers/> or give us a call on 01595 743923.



BritishRedCross

British Red Cross are hosting Kindness Cafés for individuals experiencing Isolation & Loneliness. These events are free, and are in support of their Connecting Communities project here in Shetland.

They can also provide 1-1 sessions or group visits with George, the *only* British

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Red Cross therapy dog in the UK, to support individuals who are experiencing isolation and loneliness or any form of crisis in their daily lives.

For more information please contact **Nicola Stove, Independent Living Services Manager - Scotland**, on 01595 695498 or at nstove@redcross.org.uk



FRAMEWORK TO SUPPORT DISABLED CHILDREN, YOUNG PEOPLE, AND THEIR FAMILIES

The Scottish Government has published online advice and guidance designed to support disabled children, young people, and their families.

The online resource is the result of a survey of families with disabled children and young people across Scotland, carried out by Scottish Government in 2016, which identified that families felt they needed a centralised resource with signposts to relevant information and organisations.

Families identified that they would most like to access information on: types of professional support for their child, the law and their child's rights, transitions, and access to leisure and social activities.

This resource aims meet this need through coverage of a wide range of topics and signposting to other resources. The full set of information can be accessed here:

<https://www.gov.scot/publications/supporting-disabled-children-young-people-and-their-families/>

DEMENTIA RESEARCH PROJECT INTO COMBINING WORK AND CARE SEEKS PARTICIPANTS

A new research project at the University of Sheffield is investigating the potential of technology to help people combine work and looking after (caring for) somebody living with dementia.

The project is investigating how technology can help people to better combine their paid work and unpaid caring responsibilities. If you are somebody who is looking after a family member, friend or neighbour living with dementia who is also in paid work, the researchers would like to talk to you.

Participation in the study would involve talking about your experience of combining work and care including the challenges you are facing and what support you receive or need.

You are eligible if:

- you are in paid work for at least 20 hours per week
- you are caring for somebody with dementia for at least 5 hours per week
- you have been combining work and care for at least 6 months
- the person you are caring for is living in the UK and NOT in residential care.

If you meet the requirements and would like to talk to the researchers, please call or email the researcher - details below - to schedule the interview.

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Please contact Alice Spann BSc, MPH,
and PhD Researcher

Email: aspann1@sheffield.ac.uk or
Phone: 07479 032945

<http://circle.group.shef.ac.uk/portfolio/technologies-to-support-working-carers/>



Self-care is action we can take for ourselves to help us improve, nurture, and safeguard our mental health and wellbeing.

Mind Your Head's FREE Feel Good Bag is designed as a self-care pack for you or someone you know who might need it.

Good Bag is for anyone. However, the items in the bag are ideal for those who are 16 years and above. You can apply for a Feel Good Bag as a gift for someone you know, or even as a gift for yourself!

Please get in touch with the Mind Your Head team through the contact details below to receive an application form. Once received, this will then be reviewed by our staff, and they will be in touch shortly. Collection of the bag will be from Market House.



Wellness Together Programme

This service is for people who are supporting/caring for someone who is experiencing a change in their mental

wellbeing. This will be a short-term service of around 6-8 weeks and again is open to anyone aged 18 and over and is free and confidential.

The programme will be made up of four strands:

1. Practical advice: sessions will be run on either a one-to-one basis or group sessions.
2. Self awareness: recognising the supporters own mental wellbeing, making sure they have enough resilience of their own to cope with supporting someone else.
3. Supporters will be given the opportunity to attend the planned activities with or without the person they are supporting.
4. Signposting: to help identify what their needs are and who is best to support them with these once the service with us is complete.

To make an enquiry or referral, phone 01595 745035 or email mindyourhead@shetland.org.

'How's Life?' Scotland's Learning Disability Survey



Scottish Commission for Learning Disability would like to find out about the everyday life and experiences of anyone in Scotland aged 16+ with a learning disability. For more information and to complete the survey please visit their website:

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<https://www.sclد.org.uk/what-we-do/scotlands-learning-disability-survey/>

The survey will close on Monday 30th September 2019.

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.

DATES FOR THE DIARY:



WASTSIDE CARERS GROUP

The Wastside Carers' Group hold meetings at Wastview Daycare in Walls and all unpaid carers are welcome to this meeting. For further information and for future meeting dates please call Fiona Sinclair on 01595 809352. The group now have their own facebook page called Westside Carers Group.

PARENT CARER SUPPORT GROUP

This group usually runs on the last Tuesday in the month unless there are school holidays. It is funded through our Better Breaks funding and we try to create a relaxed atmosphere for parents to have a cup of tea and speak to other parents.

Tuesday 28th May 2019 11:00am - 1:00pm, Conference Room, Market House

Tuesday 25th June 2019 11:00am - 1:00pm, Conference Room, Market House

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. Usually at the Bruce Family Centre in Lerwick.

Sat 25th May - 10.45am-12.45pm.

Sat 29th Jun - 10.45am-12.45pm.

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 dates:

Thursday 6th & 23rd June –
Burravoe Hall

Thursday 20th June –
Westsandwick Hall

Time: 11.30 - 14.00. Soup, sandwiches and fancies - cost £3.50 or donation. We would love to see you there! For more

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information or if you need a lift contact
Karen on 01595743923

FAMILIES AFFECTED BY:

The "Families affected by" group is a peer support group for families that have been affected by drugs and alcohol. The group meet on the first Tuesday in the month at Market House from 5.30-7pm. For more info, please contact Karen on 743923.

Tuesday 4th June 2019 5:30pm - 7:00pm
at Market House

Tuesday 2nd July 2019 5:30pm - 7:00pm
at Market House

Tuesday 6th August 2019 5:30pm -
7:00pm at Market House

Tuesday 3rd September 2019 5:30pm -
7:00pm at Market House



CAB Outreach Drop-In Sessions at local Health Centres

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

You do not 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



JUNE

Day / date	Venue	Time
Wednesday 5 th	Whalsay	10:00am – 2:00pm
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
Wednesday 26 th	Bixter	9:30am – 12:30pm
Friday 28 th	Scalloway	9:30am – 12:30pm

CONTACT US

www.shetlandcarers.org

Email: carers@shetland.org

Karen Hannay tel 01595 743923

Kirsten Marcus tel 01595 743980

Laura Russell tel 01595 743946

