

SEPTEMBER 2019 CARERS NEWSLETTER

Voluntary Action Shetland Carer Support Service



Hi Everyone

Carers week in June was very busy for VAS with Karen and Kirsten providing outreach at all 10 Health Centres. They travelled 387 miles and spoke with 145 people about our service. 20 people attended our drop in events at Market House during the week and four new carers were identified. 16 carers signed up with VAS to access their local SRT leisure centre FREE for one week.

We have been successful in getting some money to look at how people can do shortbreaks differently. In order to do this we need the help of any carers out there!

We would like to create a few opportunities for carers to come together where we will facilitate how things can be done differently to give people new ideas for different ways of achieving their short break.

Initially we need to know what you want us to do and come up with an action plan that we can work on, which will help to inspire carers to look at different ways of doing short breaks and also to look at what may stop us from doing this and we can overcome this.

So if you have time to come along for lunch and a discussion on **Thurs 12th Sep** from 12 - 2 pm at Market House. Please let us know if you are coming so we can confirm lunch numbers and also if you have any dietary requirements. Tel Karen on 01595 743 923.

GRANTS STILL AVAILABLE FOR CARERS TO TAKE SHORT BREAK



We still have funds available this year to offer more grants for carers to take a break of their choice. This fund is open to carers providing a significant amount of care to someone aged over 21. Our next round of grants will be allocated on 12th September 2019. For more information, and how to apply online please visit <https://www.shetlandcarers.org/support/breaks/short>

For carers caring for someone under 21 years, visit our page on Take a Break for families by visiting <https://www.shetlandcarers.org/support/breaks/short-breaks-under-21-years>

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RESPITALITY BREAK AT PITLOCHRY



The Ben's bungalow at Pitlochry

We have a free one week self catering break available through the Respitality Scheme, at a one bedroom bungalow in Pitlochry from 23rd to 30th November 2019. The bungalow, which is made available to us by The Ben, is not accessible or suitable for anyone with mobility issues.

It may be possible to combine a short break grant above, with this break to make it affordable for carers.

Please contact Kirsten if you are interested and would like to know more.

ARE YOU A LOCAL AIRBNB PROVIDER?

You may be able to help local unpaid carers to take a break. An Australian 'Carebnb' partnership offers time out for carers.

Unpaid Queensland family carers are being given an opportunity for some time out from their full-time caring roles under a deal with online short stay marketplace Airbnb. The Short Break for Carers project, a joint initiative between Carers Queensland and Airbnb, will see hosts on the Gold Coast turn their properties into Carebnbs, offering eligible carers from low-income families two-nights free accommodation mid-week.

Airbnb hosts are property owners and they can actually take advantage of an asset

they already have by providing a mid-week break, because that's when a lot of properties are vacant. A respite gives them the chance to relieve their stress, renew their energy and restore a sense of balance to their lives.

For more information about how this works in Australia please visit <https://www.shetlandcarers.org/news/airbnb>

To find out more about Respitality in Shetland, and how you can become involved, please visit <https://www.shetlandcarers.org/support/breaks/respitality>

We now have **15 local partners** (Gift Providers), **68 Carers** Signed up to the scheme and have offered **56 breaks** through the scheme to a carer and a companion at an estimated value of **£6,614**.

SUICIDE PREVENTION AWARENESS WEEK (SPA), 8-14 September 2019



This year, Mind Your Head and Healthy Shetland have teamed up to launch a campaign that calls attention to how we can work together to prevent suicide. Details of the campaign will be announced on the 8th of September on Mind Your Head social media pages.

WORLD MENTAL HEALTH DAY, 10 October 2019

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world mental health day

10 OCTOBER 2019

mindyourhead.org.uk

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 with 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 suicide prevention.

WELLNESS ACTIVITY : DRAWING WITH AIMEE LABOURNE

For your September and October 2019 Wellness Activity Programme (WAP), Mind Your Head and local artist Aimee Labourne have teamed up to bring you Drawing Activities.

Join us for a series of evenings of drawing activities. Each night, we'll try different drawing processes, learning to see sketching and mark-making as ways to set aside relaxed time to experiment and play.

Join us for as many sessions as you like!

These take place at Islesburgh at 6.30 – 8.30 pm from 25th Sep – 9th Oct. Free entry but limited spaces. Eligibility: 18 and above.

Please email charity.johnson@shetland.org or phone 01595 745035 to book a space.

Follow us on @MYHshetland to stay up to date with the latest on WAP, SPAW, and World Mental Health Day!

HAVE YOUR VIEWS HEARD



Carr Gomm wants to hear from relatives, carers and supporters of older, ill or disabled loved ones in a short survey.

They have received funding that is enabling them to develop a platform that will help carers and supporters of older, ill or disabled loved ones to coordinate, communicate and collaborate care and support with family and friends.

They would love your help. They want to hear about your own experiences and challenges to help shape the platform. Can you spare between 5 and 10 minutes to complete the short survey?

People who leave their email address will be entered into a prize draw to win a £50 Amazon voucher. Find out more and compete the short survey: <https://www.surveymonkey.co.uk/r/BVQ5KTD>

TRAVELLING WITH HIDDEN DISABILITIES



Disability Shetland, Alzheimers Shetland and VAS have been working with Sumburgh airport to help them introduce the "Sunflower" lanyard scheme.

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This means that you can request a lanyard and this helps staff to recognise people who have a hidden disability and may be struggling to navigate their way through the airport. They have staff wearing the green sunflower lanyard or ribbon alongside their airport ID so that you know they have been trained to assist individuals with hidden disabilities so please do not hesitate to ask them for support.

If you have additional needs or hidden disabilities and would like to wear a lanyard or ribbon please contact the Airport Services Manager at smyles@hial.co.uk who will then contact you to discuss your requirements and see how we can support you on your journey.

They are also advertising that Assistance dogs are welcome by airlines operating from Sumburgh.

If you need to travel with a registered guide, hearing, medical alert or Emotional Support dog you can do so on the most routes but there are some restrictions. Please contact Karen for more information or visit <https://www.hial.co.uk/sumburgh-airport/visitors/information-for-passengers-with-hidden-disabilities/>



PROMOTING LOCAL CARER PATHWAYS TO SUPPORT

The Coalition of Carers in Scotland has begun a piece of work which it hopes will help Health and Social Care Partnerships and carer centres to develop and promote

their local carer pathways.

Feedback gathered from carers suggests that it is not always clear to them how they can access support locally and so the project will begin with focus groups for carers which will look at the types of information they would like to see in a local carer pathway document.

The Coalition will use these findings to develop some guidance for local carer organisations and hope to follow up with Health and Social Care Partnerships to share their guidance and ensure that information is presented in a clear and concise way.

For more information on this work please contact Shubhanna Hussain-Ahmed, Partnership Development Officer at the Coalition of Carers in Scotland, Email: shubhanna@carersnet.org

WAIVING GOVERNMENT CHARGES

New waiving charges regulations introduced in 2014 ensure that any support provided to unpaid carers, arranged by or provided by local authorities, cannot be charged for. These regulations recognise that carers are themselves providers of support and therefore should not be expected to pay for the things they need to carry out this vital role. This right not to be charged for support applies to both adult and young carers.

However, this becomes complicated in the case of support in the form of 'replacement care', which should meet the outcomes of both the carer and the person they care-for. Many forms of short breaks provide some replacement care to enable the carer to temporarily 'switch off' from their caring responsibilities, whilst also giving the supported person opportunities to pursue their own interests. What elements of 'replacement

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care' are chargeable and non-chargeable is a question that has been testing many people with responsibility for social care budgets! Some local authorities have taken the decision to waive all charges irrespective of who benefits. This is a pragmatic solution that recognises the

preventative benefits of breaks for everyone concerned. Others take a different approach.

CARERS RIGHTS DAY 2019



This year national Carers Rights Day will be on **Thursday 21st November.**

We will be holding an event at Market House from 12-2 pm to mark this. Our website will display information about this nearer the time or see local press.

CARERS GROUPS UPDATE

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 facebook page called Westside Carers Group. For further information please call Fiona Sinclair on 01595 809352.

STEPPING OUT

Our 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.

The group take place from 11:00am - 2:00pm, a lunch is provided of Soup, sandwiches and fancies at a cost of £3.50

or donation. We would love to see you there! For more information or if you need a lift contact Karen on 01595 743923.

The next meeting dates are :

Thurs 5th Sept – Mid Yell Hall
Thurs 26th Sept – Westsandwick Hall
Thurs 10th Oct – TBC if going ahead
Thurs 24th Oct – North Ness Hall TBC
Thurs 7th Nov – Westsandwick Hall
Thurs 21st Nov – Burravoe Hall
Thurs 5th Dec – Westsandwick Hall
Thurs 19th Dec – Mid Yell Hall
Thurs 9th Jan – Westsandwick Hall

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.

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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 group meet on the last Tuesday of the month, except during the school holiday, so the next session is at Market House on **Tuesday 24th 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 and the next session will be on **28th September 2019, 10.45 - 12.45 at Bruce Family Centre.**

During the summer holidays, we held two family days and three sibling group sessions. The family days were to the cinema to see Toy Story 4, and a bouncy castle/inflatable session at the Clickimin. The Sibling Group Sessions were to Clickimin Broch, Noss and Sands of Sound beach – with ice cream thrown in too!

For more details about the group please contact Laura or visit **www.shetlandcarers.org** or our Shetland Carers Facebook page.

YOUNG CARERS

We can offer support to young carers through school, 1-1 meetings, or through timeout sessions with other young carers. This means that young carers can meet with other young carers to see that they are not on their own, have the opportunity to take part in an activity, or be assisted to

get more in depth support through the school.

We currently operate a young carers group (S1 and upwards) in Lerwick. They meet fortnightly, usually they go for hot drink and cake at a local cafe. If you live out of Lerwick please get in touch as we are keen to set up more opportunities for young carers to meet so that they can be supported with their caring role. For more information please contact Laura on 743946.

We will be doing sessions during the October Holidays : two sibling sessions and one family day. Please look at our website and facebook pages nearer the time for more details about these.

SUMMER TRIP TO ORKNEY

A small group of Young Carers from Shetland were invited to Orkney in July. They met with other young carers, took part in outdoor activities and did activities to help build their self esteem and confidence. This was a fantastic trip that allowed the young carers time out of their caring role, and share experiences with other young carers. It was great to meet Realize Your Potential and all the Orkney team!



Scenic photo of Hoy, Orkney

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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

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.



Shetland Island Citizens Advice Bureau supports rural and island communities by offering a programme of outreach sessions across Shetland with monthly visits to 9 health centres across the Isles. 10% of our advice is now delivered in this

attend.

The next meetings are 4th **September**, 2nd **October** and 6th **November** from 5:30pm - 7:00pm at Market House.

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.

We would like to say a warm goodbye to Sue Beer who has stepped down as our carers representative on the Carers Strategy Group after many years and also the Integration Joint Board. Thank you Sue for your support and we wish you well in your retirement!

CAB OUTREACH DROP-IN SESSIONS AT LOCAL HEALTH CENTRES

way, making it easier for people to access our help. Many people have been able to reduce their energy bills, tackle debt and fuel poverty and maximise their household income as a result of this advice and support.

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September

Day / date	Venue	Time
Wednesday 4 th	Whalsay	10:00am – 2:00pm
Friday 6 th	Levenwick	9:30am – 12:30pm
Tuesday 10 th	Yell	10:00am – 1:00pm
Thursday 12 th	Walls	9:30am – 12:30pm
Wednesday 18 th	Hillswick	9:30am – 12:30pm
Wednesday 18 th	Brae	9:30am – 12:30pm
Wednesday 25 th	Bixter	9:30am – 12:30pm
Thursday 26 th	Unst	11:00am – 3:00pm
Friday 27 th	Scalloway	9:30am – 12:30pm

CONTACT US

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