



## New Funding



VAS Carers Support Service and Shetland Care Attendant Scheme were delighted to secure two year funding from Shetland Charitable Trust from April 2021. This funding will enable both organisations to continue to develop services to support unpaid carers in Shetland including creating more opportunities for carers to take breaks.



In January 2021, the Scottish Government also made available a further £750,000 to

help unpaid carers in Scotland. In Shetland, our allocation of this funding was £3,904. We have used these funds to administer 31 individual grants to carers who were in need of a break. The funds were allocated through our existing Time to Live fund, and the maximum amount of grant awarded was £150. These grants must be spent by 31<sup>st</sup> March 2021.

Since January 2021, in the space of 7 weeks, VAS Carers Service have awarded 51 grants to carers worth £7255 through our Time to Live and Time for Me funds! This is fantastic!

We still have additional Time to Live funds available to enable more carers to access a short break.

For many carers their caring role has increased due to their usual support services being reduced during the pandemic. We want to encourage carers to come forward and apply for a grant to take some time out for themselves.

We are flexible about what the grant can be used for as long as it provides an opportunity for a carer to have a break from their routine and will benefit their wellbeing.

For some ideas of how you can take a break at home, during these strange times, please visit our page:

<https://www.shetlandcarers.org/news/short-breaks-for-strange-times>

For more information and to apply online please visit our Short Break Grants page:

<https://www.shetlandcarers.org/support/breaks/short>

## Time for Me Short Break grants



Our Time for Me Short Break Grant Scheme, funded by Shetland Charitable Trust, provides grants to someone providing a significant amount of care to someone **UNDER** 21 years. This fund has now been fully allocated for the current grant period but will **REOPEN** again on 1<sup>st</sup> April 2021. Further information and details on how to apply will be advertised on our website and Facebook page in due course.

## Shetland Carers Focus Group

**\*\*Wednesday 17th March 2021 7:00pm - 8:30pm through Zoom\*\***

We want to hear your views! Join us to have your say about future support from

Shetland Carers. For full details please visit:

<https://www.shetlandcarers.org/meetings/carers-focus-group>

**You will find our poster detailing this event, in full, at the back of the newsletter.**



### SHETLAND CARERS FOCUS GROUP

**Wednesday 17<sup>th</sup> March 7pm through Zoom**

**WE WANT TO HEAR YOUR VIEWS!**

Join us to have your say about future support from Shetland Carers



1. **NEW BREAKS / SERVICES** – what are your suggestions of how we could use potential NEW funding to help you and your cared for person. This could be a way to take a break e.g. an overnight break or a new service development e.g. befriending service
2. **CARERS WEEK IN JUNE 2021 & CARERS RIGHTS DAY NOV 2021**  
What do you think we should cover during the events? e.g. are there any organisations you would like hear from?



3. **CARERS ENGAGEMENT / NETWORK**

What is the best way for you to voice your issues / ideas with us? Would you like to connect with other carers? e.g. carers forum / online carers discussion group

Contact us at [carers@shetland.org](mailto:carers@shetland.org) to receive the Zoom meeting joining details or telephone 01595 743980. If you cannot make the meeting, we are happy for you to send us your ideas.

## Young Carers Action Day



There are less than two weeks to go until **Young Carers Action Day 2021!** We want to raise awareness of this day, an annual event organised by Carers Trust, which takes place on 16<sup>th</sup> March 2021. The

campaign has taken place over the last six years to raise awareness of young carers and the incredible contributions they make to their families and local communities. Carers Trust want to increase support for young people with caring responsibilities and the theme of this year's event is *Protect Young Carers' Futures*.

A Young Carer is someone, who is 18 years or under, who provides unpaid support to a family member, or friend, who could not manage without this help, due to illness, disability, mental ill-health or a substance misuse problem. Through Young Carers Action Day, Carers Trust also promotes action for supporting young adult carers age 18-25 who are carrying out this same role.

Every young carers situation is different, but the help a young carer gives could include things such as: shopping, cooking, nursing care (such as giving medication or helping someone get in and out of bed), helping someone get washed and dressed. They might be making sure a parent with a long-term illness has the right medication and arranging regular hospital visits or they could be helping a parent to look after a brother or sister with an additional support need.

Carers Trust highlight the incredible skills young people develop through being a carer – like resilience, time-management and empathy. These are all important skills, not just for young people moving into higher education but also for those looking to enter the workplace.

It is important that Young Carers are supported in our community so they do not miss out on opportunities to play, learn and socialise. This year, Young Carers Action Day encourages young carers to acknowledge the positive skills they have achieved through their caring role. It also calls for education services and employers to play their part in supporting young carers to achieve their potential.

Keep an eye on our website and Facebook page for more information about **Young Carers Action Day!**

VAS Carers Support Service can support young carers (and adult carers) in Shetland by providing an information and advice service and signposting to local and national organisations who might be able to support them or the person they care for. VAS also run a Sibling Group for children. For more info please visit [www.shetlandcarers.org](http://www.shetlandcarers.org) or contact them on 01595 743 980 or by email at [carers@shetland.org](mailto:carers@shetland.org)

To find out more about how you can get involved in Young Carers Action Day please visit:

<https://carers.org/young.../young-carers-action-day-2021>

## Emergency Planning



Do you have an Emergency Plan in place for your cared for person? A carer recently told us how having this helped them ....

*"Having the Emergency Plan was a life saver for me when my mum took a turn for the worst last year. I was able to give it to the ambulance crew with all her history and details of medication and who to contact. My mum was non responsive and with me not being able to go with her (due to Covid) it was too much information to try and give the ambulance crew verbally. The Plan meant they had all the information with them when they arrived at the hospital. I would recommend anyone that's a carer to have one of these plans ready to use - you never know when it may come in handy."*

We can support you to prepare a plan or you can do one yourself from our online resources. For more information please visit:

<https://www.shetlandcarers.org/info/documents/emergency-planning>

## Covid-19 vaccine information

Many new carers have come forward recently and been added to our carers database and the vaccine priority list. If you know of anyone in a caring role who has not yet been offered the covid vaccine, please ask them to contact us. Young Carers age 16-17 are also being offered the vaccine.

We have a new page on our website detailing the priority groupings for rollout of the Covid-19 vaccination and what this means for carers:

<https://www.shetlandcarers.org/news/covid-vaccine-for-unpaid-carers>

Unpaid carers aged 16+ in Scotland are included in the priority list for the Covid-19 vaccine. To answer some of the frequently asked questions about carers and the covid vaccine, the National Carers Organisations have put together a FAQ which you can download from our website at:

<https://www.shetlandcarers.org/news/covid-vaccine-latest>



NHS Inform now have a dedicated website which explains what people can expect when they are invited for the vaccine. It also has useful information and guidance for those who may be concerned about getting the vaccine:

<https://www.nhsinform.scot/covid-19-vaccine>

Or for general information regarding your caring role, please visit:

<https://www.nhsinform.scot/campaigns/support-for-unpaid-carers>

A purple graphic with the NHS logo in the top right corner. The text 'COVID-19 VACCINE FACT CHECK' is in large, bold, white letters. Below this are two icons in red circles with white slashes through them. The first icon is a pound sign (£) and the text next to it says 'The COVID-19 vaccine will always be available free of charge.' The second icon is a smartphone with a signal strength indicator and the text next to it says 'The NHS will never ask you to share bank details to confirm your identity.'

## Advice for those previously shielding

Following the introduction of lockdown restrictions in the New Year, Scotland's Chief Medical Officer, Dr Gregor Smith, is writing to everyone on the shielding list with new guidance.

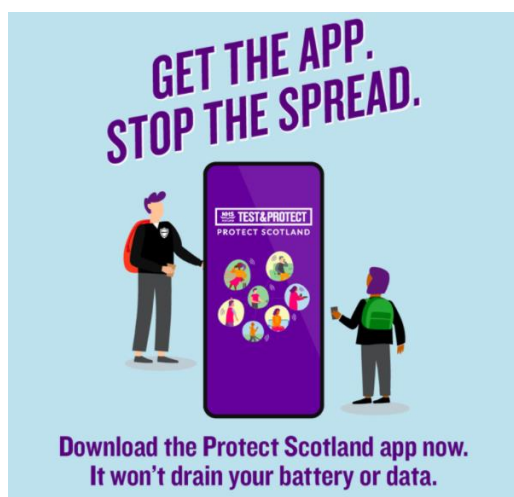
They are not advising you to stop going outside, which is good for mental and physical health. You should stay at home as much as possible but you can still go out for exercise and essential shopping or medicines.

More information can be found at:

<https://www.shetlandcarers.org/news/advise-for-those-shielding>

This includes advice about Working in Lockdown, Priority Access to Supermarket Online Delivery Slots as well as information about other support available.

## Protect Scotland App



The Protect Scotland App is now available to secondary school children, and now anyone aged 12 and over can download the app.

The free Protect Scotland App from NHS Scotland's Test and Protect is available to download on <https://protect.scot/> and via the App Store and Google Play. Since this was launched in September there has been 1.7 million downloads.

The app has been another tool in helping stop the spread of coronavirus and complements existing contact tracing measures, helping to determine contacts that may have otherwise been missed, and alerting people at risk far more quickly so they can take steps to reduce the risk of infecting others.

This app uses tried and tested technology developed by Apple and Google and is already working successfully in other countries across Europe. It works in the background using minimal data and will automatically alert you if you have been in close contact with another app user who has tested positive. And if you test positive, the app can quickly alert those you have had close contact with. The app uses Bluetooth technology, so it never knows your identity or location.

## Local Support Hub



There was a recent increase in the number of positive cases of Coronavirus in Shetland. If you are asked to self-isolate at

any time, help is available if you need it at the local Support Hub.

For example, if you're experiencing financial difficulties, need access to food or medicine, or are feeling isolated and alone, you can either phone 0800 030 8780 during office hours – or go online to:

<https://www.shetland.gov.uk/community/coronavirus-support-communities>

## PPE for Unpaid Carers

Free PPE for unpaid carers in Scotland who need it, is extended until June.



To check situations where you may need PPE see Scottish Government's 'providing personal care' advice:

<http://ow.ly/zlho50Dm18Z>

Get in touch with staff at VAS Carers Support Service to find out more. You can email us at: [carers@shetland.org](mailto:carers@shetland.org) or telephone 01595 743980.

## NHS Shetland

NHS Shetland have been sharing Covid-19 information on their Healthy Shetland website since the beginning of the pandemic and are delighted to share with you a new information site.

They understand this is a worrying time and you may have questions or need advice on the Coronavirus vaccine.

This website provides the most up-to-date information and links, so you can always be assured that the information you are receiving is accurate, appropriate and credible:

<https://www.healthshetland.com/covid-vaccinations-update>



## Covid-19 Self Help booklets

A team of researchers led by the University of Glasgow have developed a set of guided self-help resources to help people with learning/intellectual disabilities during the Coronavirus lockdown.



The resources are designed to be used by people with learning/intellectual disabilities with the support of family members, friends, volunteers and carers, and are also suitable for use by social work and health professionals.

You can download the resources on the Scottish Commission for Learning Disability website here:

<https://bit.ly/2VSbetN>

If you live in Scotland, you can order printed versions of the guided self-help booklets. To order, download an order form and email it to [admin@sclcd.co.uk](mailto:admin@sclcd.co.uk) or phone SCLD on 0141 248 3733 to place your order.

## Scottish Government's Organ and Tissue Donation Opt Out Campaign

ORGAN  
DONATION  
SCOTLAND

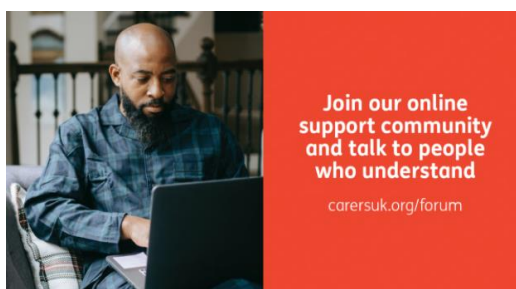
From 26th March 2021, the law around organ and tissue donation in Scotland is changing. Everyone has a choice - to be a donor or opt out of donation.

Organ and tissue donation isn't something that comes up in conversation but making time to talk to your family and friends about your donation decision means they'll be able to honour it.

Find out more by visiting:

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

## Carers UK Forum



Carers UK forum is available 24 hours a day, 365 days a year to all Carers UK members. So whether you need to share an experience, ask a question or simply let off some steam, sign up for free today and join the conversation:

<https://www.carersuk.org/forum>

If you are not already a member and would like to be, sign up for free here:

[www.carersuk.org/how-you-can-help/join-us](http://www.carersuk.org/how-you-can-help/join-us)

## Young Carers Grant/Package



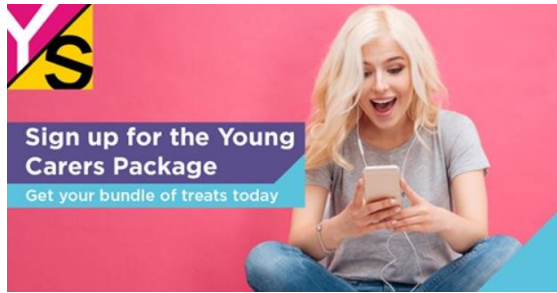
Up to date figures have been published on the Young Carers Grant in Scotland.

Between 21 October 2019 and 31 October 2020, a total of 3,120 Young Carer Grant applications were received. Overall, 2,875 applications had been processed by 31 October and of these 71% were authorised, 26% were denied, and 2% were withdrawn.

The total value of Young Carer Grant payments issued by 31 October was £603,519 with 44% of applicants aged 16 years, 35% were aged 17 years, and 18% were for an applicant aged 18 years.

More information on the Young Carer Grant including how to apply can be found on the Scottish Government website at:

<https://www.mygov.scot/young-carer-grant/>



The Young Carers package is a special bundle of treats (including Netflix, Spotify and Amazon vouchers) available to all young carers, aged 11 to 18 inclusive in Scotland. It's filled with special treats to help them make the most of their free time and support them in their caring role. Best of all, it's completely free!

A young carer is anyone aged 11 to 18 inclusive who cares, unpaid, for a family member, friend or member of their community, regularly and on a long-term basis.

To find out more please visit:

<https://www.young.scot/youngcarers>

## Best Start Grant

Best Start Grant is a package of three payments to help families that get tax credits or certain benefits at key stages in a child's life.

Whether that's some winter proof boots or some new toys - a payment can be used to buy anything that you need to help with the cost of having a child.

Find out more and apply online at:

<https://www.mygov.scot/beststart>

You can also apply to get £40 every four weeks per child under six in your family with Scottish Child Payment.

Check whether you're eligible and apply online at:

<https://www.mygov.scot/scottish-child-payment>

**Pregnancy and Baby Payment**  
£600 for a first child and £300 for little brothers or sisters.

**Early Learning Payment**  
£250 when child is aged 2 to 3 and a half.

**School Age Payment**  
£250 if your child was born between 1 March 2015 and 28 Feb 2016.

**Best Start Grant. Help at every step.**  
0800 182 2222 mygov.scot

## Virtual Carers Parliament

The first ever virtual Carers Parliament took place over three days on the 16th, 17th and 25th November, with workshops, a webinar with Professor Jason Leitch, a main event and a range of virtual information stalls and wellbeing sessions.

To view the videos and feedback from these events, please visit the link below:

<https://www.carersuk.org/scotland/policy/carers-parliament>

## Carers Trust Scotland Survey



Meeting outside and keeping our distance is familiar to us now. But Coronavirus continues to bring us challenges. Carers

Trust Scotland want to know how the lives of unpaid carers have been affected by the pandemic. If you're an unpaid carer, share your experience here:

<https://bit.ly/2Yfa0dj>

## Independent Review of Adult Social Care



The Independent Review of Adult Social Care have now published their vision and recommendations on improvements to adult social care in Scotland.

It is encouraging to see the role of unpaid carers acknowledged in the report and we hope the recommendations are taken on board by the new government. You can read the full report and recommendations here:

<https://bit.ly/36E5r0E>

And view a short, powerful film from the Social Care Review here:

<https://www.youtube.com/watch?v=bEt9NwtXpE&feature=youtu.be>

## Adult Support and Protection National Awareness Day 2021

We promoted Adult Support and Protection National Awareness Day on 20<sup>th</sup>

February. Adults at risk of harm can be easy prey for thieves and bullies. Whether it's taking a valuable piece of jewellery or a few pounds from a purse, it's still stealing and is against the law.

**See something, say something.**



If you have concerns that an adult is at risk of harm, call Duty Social Work on 01595 74 4468 or Out of Office Hours 01595 69 5611.

## Scam Martials

National Trading Standards Scams Team have shared this article featuring Thomas Wyness, who is one of their Scam Martials. In the article Thomas tells his story of being a scam victim and how the Scam Martial Scheme helped him fight back against the criminals.

<https://www.thisismoney.co.uk/money/b/eatthescammers/article-9139881/Elderly->

[widower-Thomas-easy-target-conmen-hes-taking-sweet-revenge.html](https://www.widower-Thomas-easy-target-conmen-hes-taking-sweet-revenge.html)

The team are looking to recruit as many Scam Martials as possible in 2021 to help combat postal scams and would love to have your support.

You can sign up as a Scam Martial below:

<https://www.FriendsAgainstScams.org.uk/ScamMarshals>

Each letter received by the team is investigated and used to disrupt the postal scams from reaching victims, so each Scam Martial signed up has a knock on effect that helps prevent others becoming victims.

If you have any questions about the Scheme, please email:

[FriendsAgainstScams@surreycc.gov.uk](mailto:FriendsAgainstScams@surreycc.gov.uk)

You can report suspicious emails by forwarding the original message to the Suspicious Email Reporting Service (SERS) at [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

If you receive a suspicious text you can forward this to 7726 which spells SPAM on your key pad.

## Victim Support Scotland



It's hard to talk about how a crime has impacted you - physically, emotionally, socially or practically. Please visit:

<https://www.victimsupport.scot>

for further information.

## Scambusters Shetland

Please see latest Scam Bulletin from Trading Standards below:

The image is a red and white advertisement for 'SCAMBUSTERS! Bulletin February 2021'. The top left has the 'SCAMBUSTERS!' logo with 'protecting Shetland' underneath. The top right says 'Bulletin February 2021'. Below the logo, it says 'Do you want to learn more about scams, and how to protect yourself and others? Here is some free online learning to help you deal with scammers.' There are several sections of text and logos. One section mentions 'The National Scams Team has online awareness videos and free online training...' and includes the 'Friends Against SCAMS' logo. Another section says 'Advice and help from your bank' and lists logos for Clydesdale Bank, Royal Bank of Scotland, and TSB. A third section mentions 'The Bank of Scotland has an informative video at www.youtube.com/watch?v=w20-ld6ihO4...' and includes the 'BANK OF SCOTLAND' logo. A fourth section says 'Santander offers free online scam awareness events...' and includes the 'Santander' logo. A fifth section mentions 'The National Scams Team also runs the Scam Marshals scheme...' and includes the 'SCAM MARSHALS' logo. At the bottom left, there is a 'free advice pack' graphic with the text 'KEEP CALM AND HANG UP' and 'NO ANSWER? REPORT IT!'. At the bottom right, it says 'Contact Trading Standards for a free Scambusters! Shetland advice pack on protecting yourself from a variety of scams. 01595 744887 trading.standards@shetland.gov.uk www.facebook.com/ShetlandTradingStandards'. At the very bottom, it says 'If you think an adult is at risk of harm, contact Duty Social Work on 01595 744468 or outside office hours on 01595 695611. www.SaferShetland.com'.

Contact Trading Standards for a free Scambusters! Shetland advice pack on protecting yourself from a variety of scams.

01595 744887  
trading.standards@shetland.gov.uk

<https://www.facebook.com/ShetlandTradingStandards>



## **SHETLAND CARERS FOCUS GROUP**

**Wednesday 17<sup>th</sup> March 7pm through Zoom**

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## What's On...

Please note that due to the current coronavirus outbreak, there are some changes to the groups taking place at the moment. If anyone needs support they should contact VAS Carers Support Team (contact details below). Any queries about Stepping Out or FAB (Families Affected By) can contact Karen Hannay on 01595 745091.

Sibling Group moved onto Zoom for January and February as we weren't able to meet in person. This was great fun though – playing a mix of copying games and finding games. The hour 'zoomed' by and there was a lot of laughing! The next session for Sibling Group will be on Saturday 27<sup>th</sup> March 2021. We are hopeful that this will be a face to face group, but this will be subject to guidelines. Please be assured that staff are keeping a close eye on the guidelines issued by the Scottish Government and adapt each session as needed. Contact Laura on [laura.russell@shetland.org](mailto:laura.russell@shetland.org) if you would like to know more about Sibling Group.

Lego Group is also online as a virtual group, with fortnightly challenges! This is aimed at any young person who has an interest in lego! Contact Laura on [laura.russell@shetland.org](mailto:laura.russell@shetland.org) to find out more.

Parents Group – we are unable to meet face to face at the moment but we are able to meet on Zoom. The next sessions are on Wednesday 10<sup>th</sup> March 2021 at 10.30am, or Thursday 11<sup>th</sup> March 2021 at 7pm. Please contact Laura on the details below if you would like to be added to either of these sessions. Parents can also be added to the online Carers Discussion page. This is aimed at parents/carers who have a child with additional support needs, and can provide peer support. Contact [laura.russell@shetland.org](mailto:laura.russell@shetland.org) to find out more.

We also have a private [Carers Discussion Group](#) on Facebook. If you would like an invite to join this group, please get in touch with us and provide your email address, so that we can send you an invite to join.

### ***You can contact us:***

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

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

Kirsten Harcus: 01595 743980

Laura Russell: 01595 743909

Amanda Brown: 01595 743923

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

