

Shetland Carers

A project supported by Voluntary Action Shetland



“Supporting and empowering unpaid carers in Shetland to manage their caring role and have a life alongside caring”

Summer Newsletter

May 2021

Carers Week 2021



7-13 June 2021

This year, Carers Week runs from 7th to 13th June 2021 and the theme is *“Making Caring Visible and Valued.”* Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities all through the UK. It also helps people who don't think of themselves as having caring responsibilities, to identify as carers and access any support they need.

There are 6.5 million people in the UK who are carers. They are looking after a family

member or friend who has a disability, mental or physical illness or who needs extra help as they grow older. Caring's impact on all aspects of life from relationships and health to finances and work can be significant, and carers are facing even more difficult circumstances this year. Whilst many feel that caring is one of the most important things they do, its challenges should not be underestimated. Caring without the right information and support can be tough. It is vitally important that we recognise the contribution carers make to their families and local communities, workplaces and society, and that they get the support they need.

Again, due to Covid-19, Shetland Carers have had to consider different ways of

delivering activities and events during Carers Week.

Some of the activities we have planned this year include an online yin yoga session with Wendy Hatrick of Island Yoga Shetland, a group walk around Lerwick followed by an outside cuppa at Fjara café, a virtual coffee morning with local third sector services, a first virtual meeting through Zoom of our NEW Carers Support Group, a 'Take a Break' competition and an online Emotional Freedom Technique (EFT) tapping routine for clearing stress, with Diane Taylor of Shetland Resolve.

There will be a 'Cuppa and Cake' offer at Fjara café, available FREE for carers and a companion from Monday 7th June to Sunday 13th June, and we will also be displaying a Pledge Wall on our website showing how different organisations and individuals wish to support unpaid carers in their role.

Please look online for details of our activities during the week:

[Carers Week 2021 | Voluntary Action Shetland - Virtual Carers Centre \(shetlandcarers.org\)](https://www.shetlandcarers.org)

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

Better Breaks Funding



Shetland Carers were recently awarded just under £15,000 from Better Breaks. Better Breaks is a funding programme of the Short Breaks Fund, operated by Shared Care Scotland on behalf of the Scottish Government.

This means that our Sibling Group, Parent Group and others can continue into 2022 to support parent carers, families and siblings!

Time for Me Short Break Grant Scheme



We are delighted to announce that our Time for Me Short Break Grant Scheme has now REOPENED!

Shetland Carers were recently awarded £3203 to continue to support unpaid carers in Shetland to take a break from their caring role.

The money, from Shetland Charitable Trust, is for distributing Time for Me grants of up to £150 to carers who provide a significant amount of caring for someone UNDER 21 years. This is to allow the carer to take a short break of their choice and have some time out from their caring role.

For full information about our Time for Me grant scheme, including details of how to apply, please visit:

<https://www.shetlandcarers.org/support/breaks/new-time-for-me-short-break-grants>

For ideas of how to take a break at these times, please visit:

<https://www.sharedcarescotland.org.uk/resources/short-breaks-for-strange-times/>

Due to Coronavirus, many carers have benefited recently from a break at home. Examples of how the money has been spent include massage therapy sessions,

staycations, gym membership, meals out, books, baking equipment, gardening tools and plants, and pamper days.

Our Time to Live Short Break Grant Scheme, for carers of someone OVER 21 years, has been fully allocated. We hope to reopen this in October 2021 if continuation funding is secured.

Covid-19



From Thursday 1st April 2021, the Scottish Government is running a national communications campaign to help encourage compliance with ongoing guidance and restrictions as the vaccine and ease out of lockdown is rolled out.

The new campaign has consolidated four key intervention campaigns: Post Vaccine compliance, FACTS, Test & Protect and Restrictions. These pillars all work together in order to suppress the virus and the campaign celebrates the resilience and defiant spirit of people living in Scotland in their fight against the virus.

“If we all play a part we can stop the spread of new infectious strains, to keep moving

forward and get back together again. We've come too far. We're not giving in.”

To view the “I'm Not Giving In” TV advert, please click here:

https://www.youtube.com/watch?v=CTNw_nQMe4U

Rapid Testing

From Monday 26th April 2021, everyone in Scotland will be able to access rapid coronavirus testing.

Free lateral flow home test kits will be available for people without symptoms to test themselves twice a week.

For more information, please visit:

<https://www.gov.scot/communitytesting>

Rapid testing to be available for everyone in Scotland



NHS TEST & PROTECT

Take a Break Fund



The Take a Break Fund will be open for applications from 12noon on Monday 10th May to 5.00pm on Monday 21st June 2021.

Take a Break is Scotland's Short Breaks fund for carers of disabled children, young people and their families.

Take a Break grants can be used for a break away, towards leisure activities or outings, sports equipment and much more!

To find out if you may be eligible and how to make an application – click on the link below:

<https://www.takeabreakscotland.org.uk>

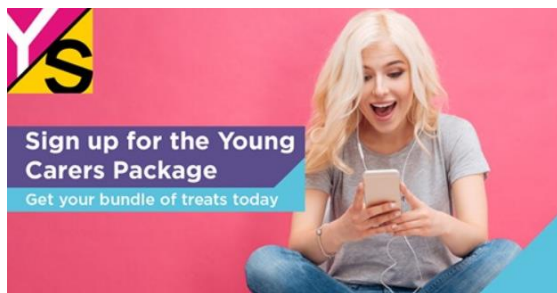
Young Carer Grant

Do you know about Young Carer Grant? If you are a young carer aged between 16-18, you can apply here:

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

Or call the free helpline at 0800 182 2222. A paper application can also be requested via the helpline or downloaded direct from the website.

Young Carers Package



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>

Shared Care Scotland factsheets

Shared Care Scotland recently published a series of short guides on a range of issues relating to caring and short breaks.



These guides cover everything from their work, carer support, funding for breaks and much more. Find them all here:

<https://www.sharedcarescotland.org.uk/resources/short-break-planner/shortguides/>

Age & Opportunities leaflet



The following Age & Opportunities leaflet has useful information and contact numbers for local agencies, departments and organisations who are there to help you.

This leaflet was originally produced by The Over 60's Working Group for Scalloway Age & Opportunity Fayre in 2019.

It has been updated in response to feedback from:

*Services who want to make sure everyone knows what support is available and know how to get in touch.

*Members of the public who ask, "How do you find out what's available when you don't know who to ask?"

To view the leaflet, please visit the following link:

<https://www.shetlandcarers.org/news/age-opportunities-leaflet>

Dementia Training

The Dementia Training project at Age Scotland have recently launched free, online courses for unpaid carers of people with dementia.

There is evidence that carers are often unaware of their rights in relation to key legislation such as the Carers (Scotland) Act 2016 and the Social Care (Self-directed Support) (Scotland) Act. Lack of knowledge of rights means that sometimes carers miss out on means-tested benefits, support for the person they care for, and support for themselves; and only seek help once a crisis occurs. During the pandemic, carers have faced unprecedented challenges and their aim is to ensure carers have the opportunity to learn more about their rights, and to empower them to access these rights.

For more information about the courses, please see the following link:

<https://www.ageuk.org.uk/scotland/what-we-do/dementia/age-scotlands-dementia-training-project/>

You may also be interested to view the following powerful manifesto for human rights for people living with dementia and unpaid carers:

<https://www.ageuk.org.uk/globalassets/age-scotland/documents/age-scotland-projects/about-dementia/age-dem-manifesto-v5.pdf>

Understanding & Supporting Autistic Girls & Young Women workshops



Scottish Women's Autism Network (SWAN) are going to be holding training events for people in Shetland supporting autistic girls and young women. The training is online and available in June 2021. If you are interested, please see details below:

Understanding & Supporting Autistic Girls & Young Women (Parents/Carers)

Saturday 5th June, 11.30am - 1.00pm

<https://www.eventbrite.co.uk/e/153336990065>

Understanding & Supporting Autistic Girls & Young Women - Joint Event

Joint session for parents/families/carers of autistic girls and young women and staff from educational settings.

Wednesday 16th June, 4.00pm - 5.30pm

<https://www.eventbrite.co.uk/e/153338532679>

Learning/Intellectual Disability and Autism

Learning/Intellectual Disability and Autism – Towards Transformation Plan

What is this easy read about?



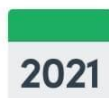
This is the easy read version of the Towards Transformation plan for learning disability and autism.



It is a joint plan between the Scottish Government and COSLA.



COSLA is a group of all the councils in Scotland.



The plan will run for two years.

The Scottish Government's Learning/Intellectual Disability and Autism 'Toward Transformation' plan has been published.

The plan sets out what the Scottish Government and COSLA will do to help autistic people and people with learning disabilities now, and what it will do to help people recover from the pandemic.

Scottish Government welcome the publication of the plan, and in particular it's firm commitment to a human right focus.

A link to the full plan/easy read of the plan can be found here:

<https://www.gov.scot>

Autism: the positives

Leeds Autism Services believe not enough is shown on the positive features of autism, so Harriet Cannon at University of Leeds created this fantastic infographic that's definitely worth sharing!

Autism: the positives

Understanding, embracing and celebrating different ways of thinking and doing can release the true power of the autistic mind. Here we look at the positive features of autism.

- Attention to detail**
 - Thoroughness
 - Accuracy
- Methodical approach**
 - Analytical
 - Spotting patterns, repetition
- Deep focus**
 - Concentration
 - Freedom from distraction
- Novel approaches**
 - Unique thought processes
 - Innovative solutions
- Observational skills**
 - Listen, look, learn approach
 - Fact finding
- Creativity**
 - Distinctive imagination
 - Expression of ideas
- Absorb and retain facts**
 - Excellent long term memory
 - Superior recall
- Tenacity and resilience**
 - Determination
 - Challenge opinions
- Visual skills**
 - Visual learning and recall
 - Detail-focussed
- Accepting of difference**
 - Less likely to judge others
 - May question norms
- Expertise**
 - In-depth knowledge
 - High level of skills
- Integrity**
 - Honesty, loyalty
 - Commitment

Remember

Every experience of autism is **unique**. No one person will identify with every positive feature of autism. We all have **individual** skills, attributes and characteristics that are as unique as our personalities – this is the **power of neurodiversity**.

Harriet Cannon
Disability Services, February 2018
Not designed by Harriet from www.Harriet.com

UNIVERSITY OF LEEDS

Shetland's NEW Learning Disability Nurse

Gary Docherty is the new Learning Disability Nurse in Shetland. Gary can provide advice, guidance and support to families of someone living with a learning disability. He also provides supports for autism spectrum disorders including strategies for challenging behaviour.

You can contact Gary directly at gary.docherty@nhs.scot, on 07385425036

or Shetland Carers can make a referral on your behalf.

Looking after someone guide 2021-22

Carers Scotland's updated 2021-22 Looking after someone guide is now available to download from their website.

The guide outlines your rights as a carer and gives an overview of the practical and financial support available.

To download, please visit:

<https://t.co/LmiSUWjLCR>



Looking after someone
updated for 2021



Your rights as a Carer

If you look after someone with a long term condition or disability, you have a number of rights under the Carers (Scotland) Act.



coalition
of carers in Scotland
It's recognition to rights.

If you are an unpaid carer in Scotland, please do remember that the Carers (Scotland) Act gives you a number of specific rights.

To find out more about your rights as a carer, check out these easy to read guides:

<https://www.carersnet.org/carers-act-resources/>

Scambusters Shetland

Please see the latest Scam Bulletin from Trading Standards below:

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>



Shut Out Scammers Bulletin
April - May 2021

With travel restrictions lifted from 26th April, we are likely to see uninvited sales people turning up at our homes in Shetland.

What might these people be trying to sell to us?

In recent years visiting traders have gone door to door in Shetland trying to sell people a wide range of goods and services, including these things.

- Power tools
- Mattresses
- Kitchen knives
- Pots and pans
- Pressure washing
- Roof treatments
- Driveway resurfacing
- Energy efficiency measures

What problems will this cause?

These sellers will often stress the urgency of what they are offering – they will claim that your home is in urgent need of repair, or that this 'bargain' is only available if you buy it right away.

But if you're not aware of an issue with your home, can it really be that urgent? Much better to get a second opinion from someone you trust, and get a quote for the cost, before you decide to get any work done.

Doorstep sellers rarely provide any contact details, leaving you with no opportunity to get any problems put right.

What can you do to help protect yourself and others?



Display our campaign sticker in your door or window, to make it clear and obvious that you do not deal with sellers who turn up out of the blue – and encourage your neighbours, family and friends to do the same.



If we work together, we can protect everyone.

If you need more stickers, call Trading Standards on 01595 744887 (or email your request to trading_standards@shetland.gov.uk) and we will send them out to you.

Follow www.facebook.com/ShetlandTradingStandards for all the latest updates.

Don't be a victim

- ✓ Keep front and back doors CLOSED.
- ✓ Use any fitted door chains/limiters - keep them out!
- ✓ Only deal with callers/agents by APPOINTMENT.
- ✓ ALWAYS ask for an identity card and CHECK it carefully - possible organisations expect it.
- ✓ DO NOT keep large sums of money in the home.

Beware

Doorstep sellers may use lines like these to get into your home:

- ✗ "Congratulations! You've won a prize! If you could just sign here for it..."
- ✗ "I needed you to get a free loan for your roof..."
- ✗ "There have been a lot of burglaries round here..."
- ✗ "This cut-price special offer is only available if you sign today..."
- ✗ "I'm doing a survey..."

Remember, doorstep sellers can be extremely persuasive. Once you let a doorstep seller into your home, they will expect a sale and they really will give up easily!

NO UNINVITED SALES PEOPLE!

Case studies

A Tingwall man was offered a generator on the doorstep by travelling salesman. He was told it was diesel powered and that it was a Honda 5.5kVA generator. He paid them £320.

When they left, he opened the box to find it was actually petrol powered. It isn't a Honda and it won't start. They did not have any contact details so I was left with no cancellation rights.

A woman in Lerwick was persuaded to buy a carpet when two men called at the door...

I have never bought anything in this way before but the salesman were very persuasive. They told me the one that he wanted was selected for £250 but they would sell for £100. They insisted on cash which I didn't have in the house, and they offered to use the house which I went to get the cash. In the end they followed me to the cash machine at Sainsbury's, completed by Trading Standards who helped to find the man. I felt extremely lucky to get my money back.

A sheltered housing warden acted quickly to prevent elderly Lerwick residents from parting with their money...

I was aware of a large sum of my sheltered house, I went to visit the Residents and found one older gentleman and a young boy at the Resident's house. They had the Resident's keys out in the garage. They were charging him £150 for a cottage sale. I called the Resident's son who advised me to secure the premises away. They became obnoxious to me. Later on another two men were at another Resident's house. I stepped in and sent them away.

To report uninvited sales people, call Trading Standards on 01595 744887 or Police Scotland on 101 (at any time). In an emergency please dial 999.

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

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

Protecting Adults from Harm

Shetland Public Protection Committee have made us aware of the following video about protecting adults from harm.

To view, please visit the following link:

<https://www.safershetland.com/adult-protection>

Shetland Islands CAB



We are still here for you

> sicab@shetland.org
> 01595 694695
> www.shetlandcab.org.uk

Shetland Island's Citizens Advice Bureau are not currently able to offer face to face appointments but local advisors continue

to provide advice and support to folk across the isles by phone, email and online.

If you need help, please get in touch, leaving a message with your name and contact details and briefly tell them what advice you need. They will normally get back to you within 5 working days.

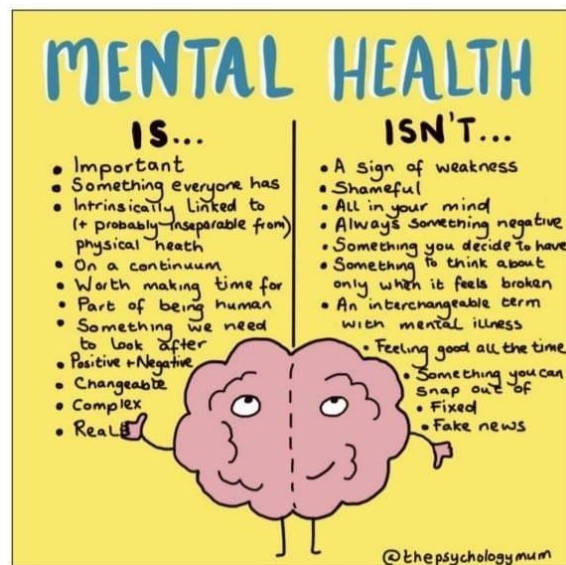
You can also find self-help advice on their website:

<https://www.shetlandcab.org.uk>

Email: sicab@shetland.org

Telephone: 01595 694696

Mental Health Awareness Week



MENTAL HEALTH IS... ISN'T...

- Important
- Something everyone has
- Inextricably linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real
- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news

@thepsychologymum

Mental Health Awareness Week ran from 10th – 16th May 2021. The theme this year was nature.

In Shetland we are blessed with lovely places where we can enjoy being outdoors. Spending quality time with nature can have a positive effect on our mood. If you are not able to go out there are still ways to connect with nature – from growing your own houseplants, to watching clouds from your window. Check out these ideas on the Samaritans website:

<https://bit.ly/3b367z3>

Mind Your Head are also available all year round, to promote positive mental health

and wellbeing in Shetland. Check out their website at:

<https://www.mindyourhead.org.uk/>

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 Shetland Carers Support Team (contact details below). Any queries about Stepping Out or FAB (Families Affected By) can contact Karen Hannay on 01595 745091.

Our Sibling Group is aimed at young people who have a sibling with an additional support need, or who might be doing a small amount of caring. Contact Laura on laura.russell@shetland.org to find out more. The next meeting will be Saturday 26th June when we hope to meet outside.

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 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. 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 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

 carers@shetland.org

 Kirsten Marcus: 01595 743980

 Laura Russell: 01595 743909

 Amanda Brown: 01595 743923

 jim.guyan@shetland.org

 Market House, 14 Market Street, Lerwick, Shetland, ZE1 0JP



Are you caring for someone?

Find out about support available to help you in your caring role from Shetland Carers and other local service providers



Shetland Carers

Carers Week Events



'Take a Break' competition - send in a photo to be entered into our draw!

'Cuppa and Cake' available FREE for carers and a companion at Fjara café from Monday 7th - Sunday 13th June

Monday 7th June 2021, 10.30am

1 hour Yin Yoga session with Wendy Hatrick of Island Yoga Shetland - live through Shetland Carers Facebook page

Tuesday 8th June 2021, 10.30am

Group walk around Lerwick followed by outside cuppa at Fjara café

Wednesday 9th June 2021, 10.00am

Join us through Zoom for a virtual coffee morning, with local third sector services. Please contact us for details of how to join

Thursday 10th June 2021, 7.00pm

First virtual meeting of NEW Carers Support Group through Zoom

Friday 11th June 2021, 10.30am

Emotional Freedom Technique (EFT) tapping routine for clearing stress, with Diane Taylor

www.shetlandcarers.org

Tel: 01595 743980



Shetland Carers



@ShetlandCarers



7-13 June 2021