



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

Autumn Newsletter

September 2021

Carers Week 2021



7-13 June 2021

This year, Carers Week took place from 7th to 13th June 2021 and Shetland Carers enjoyed being part of it.

If you would like to check that you haven't missed anything important from the week, please see the following link where you will find a recap of each day and all the information we shared:

<https://www.shetlandcarers.org/news>

Kirsten, Laura and Amanda at Shetland Carers would like to say a big thank you to everyone who helped us during Carers Week. Thank you to anyone who sent us information about their service, recorded

something for us or hosted an event.

And a big THANK YOU to everyone who took part in any of our activities during the week.



Shetland Carers Directory

There are many local organisations who can provide support to you in your caring role, and who can provide services for your cared for person.

Shetland Carers website has a directory with information about local organisations. These include Shetland Care Attendant Scheme, Ability Shetland, Alzheimer's Shetland, Mind Your Head, Shetland Community Connections and many others.

<https://www.shetlandcarers.org/directory/local-help>

Carers Factsheet

- **Ability Shetland** - offers recreational and social activities and clubs for people with disabilities. For more information please phone **Stephanie Bain 01595 743922** or see their [website](#)
- **Advocacy Shetland** - is an organisation who can help people to have their voices heard when dealing with different organisations.
01595 743929
- **Alzheimer Scotland** - offer a range of support and activities for people with dementia, their partners, families and friends to help maintain abilities, social activities, relationships and community connections.
01595 720343
- **Blue Badge parking** permits let disabled drivers and passengers park nearer to where they're going. There are criteria on who is eligible.
- **C+ Companion concession card** - The person you care for can apply for a C+ card so that they can have a companion to help them when travelling by bus or ferry where they are unable to travel unaccompanied. You would need to be in receipt of DLA (middle or higher rate) to be entitled. It is called Application for National Entitlement Card. Conditions apply see [website](#) and you can check these with SIC Transport.
01595 744868

With the help of carers, Shetland Carers have produced a Factsheet designed to let you know some of the help that is available to carers at present. It is all on one page, not an exhaustive list, but it may point you in the right direction to get the things you need:

<https://www.shetlandcarers.org/info/factsheet-for-carers>

Time for Me Short Break Grant Scheme



Our Time for Me Short Break Grant Scheme reopened in April 2021.

Our next panel meeting will be on Wednesday 29th September 2021, so if you are providing a significant amount of care for someone UNDER 21 years, and would like to apply for a Short Break Grant, please visit the following link:

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

Over the past while, many carers have benefited from a break at home. Examples of how grants have been spent include massage sessions, therapy sessions, staycations, gym membership, horse riding lessons, meals out, open water swimming equipment, books, magazine subscriptions, baking equipment and pamper days.

Alternatively, if you would like to go further afield e.g. a weekend to Orkney or somewhere on the mainland, you can apply for a Short Break grant to assist you with your travel costs or accommodation.

We look forward to hearing from you!

We hope to reopen our Time to Live Short Break Grant Scheme again for carers of someone OVER 21 years in October 2021 if we secure continuation funding.

Quotes from Carers

We would like to share some quotes with you from some of our carers who have received a Short Break grant from us. It's super to hear how much their break has helped them. Take a look at our short presentation by clicking on the below link:

https://www.shetlandcarers.org/site/assets/files/2667/carers_week_quotes_2021.pdf

Carers Week 7-13 June 2021



"We used the grant towards a gym membership. We signed up at the end of November and it has been a life saver for me! We go 3-4 times a week for respite and has helped my mental health hugely!"

Shared Care Scotland Short Break Guides



If you are thinking about a Short Break from your caring role but aren't sure where to start, Shared Care Scotland Short Break Guides might help. Covering a range of topics from funding to rights plus carer support, these leaflets aim to give a quick intro and practical information too.

To view, please visit:

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

Shetland Care Attendant Scheme

Another way you can have a break is to use Shetland Care Attendant Scheme (SCAS) and have a care attendant look after your cared for person so you can have a break.

SCAS can provide carers throughout Shetland with regular breaks to allow them

to have a life outside their caring role. Care Attendants are employed who go into people's homes to allow carers to go out and have a break from their caring role. This benefits both the carer and cared for person.

Carers need not feel they have to go out to have a break. They can have some 'me time' at home doing something they enjoy such as gardening, DIY, going out for a walk or simply having a rest and quiet time in another room. The carer will be able to enjoy their break safe in the knowledge that their loved one is safe and being looked after.

Any carer who would like some support or more information can contact Karen Fraser at SCAS on 01595 743931 or email scas@shetland.org

Shetland Care Attendant Scheme

Market House
14 Market Street
Lerwick
Shetland, ZE1 0JP
Registered Charity No. SC020042
01595 743931, email: scas@shetland.org

Are you caring for someone
and feel that you would benefit
from having a break?

Can we help you?

Tablet Loan Scheme

A reminder that Shetland Carers have a 'tablet loan scheme' just for you. We currently have seven tablets available for carers to borrow.

With Awards for All funding, Shetland Carers were able to purchase a supply of 12 Android Tablets. We wish to offer these

tablets to carers on loan, to enable you to stay in touch with friends and family.



We will loan the tablets out to carers for at least 6 months, but we are more than happy to discuss a longer period of time.

For more information and to complete an application form, please visit the following page:

<https://www.shetlandcarers.org/support/tablet-loan-scheme>

Memory boxes



Memory boxes are available from Shetland Bereavement Support Service, to families in Shetland experiencing bereavement. They are full of engaging resources to encourage families to talk about their loved ones, reminisce and recall stories, develop skills to cope better with loss and grief, whilst creating a box of comforting memories. Once complete, the box can be kept as a family keepsake. Boxes are free

of charge (funded through BIG lottery) and available by request.

Maybe you are unsure of what to say to your children about death and dying. Maybe you are concerned about how your children have reacted to a death.

Maybe the family needs something to bring them together to talk about death in a meaningful way.

Boxes are customised to meet the specific needs of each family. Contact SBSS to request your box (sbss@shetland.org) or download a form from their website:

<http://www.shetland-communities.org.uk/sbss>

NHS Shetland School Nursing Team



Does your child have an EpiPen? Or do you know someone who does? If so, NHS Shetland School Nursing Team need your help.

They know of a number of children throughout Shetland that have an EpiPen, however they think there may be a few more that have recently started school or have recently been prescribed one.

Please get in touch with them on 01595 743614 or email shet.schoolhealth@nhs.scot so they can

ensure that an up to date 'allergy action plan' is done and sent to your child's school for the new school year. If emailing please include your child's name, DOB, allergens, emergency medication plan (antihistamine type and dose, and if they have inhaler and/or steroid tablets) and up to date numbers for emergency contacts (include names).

Please also take the time to ensure that all medication in your child's emergency bag is in date and if required restock any that are needed. Lastly, please ensure that all the relevant medication forms are completed with your school.

Young Patients Family Fund



A new fund has been launched recently to help families with the costs of visiting and providing essential care for their children in hospital.

The Young Patients Family Fund will support the parents and siblings of young inpatients by covering expenses for travel, food and overnight accommodation where necessary.

Further information on the Young Patients Family Fund, and how to apply, can be found here:

<https://www.mygov.scot/young-patients-family-fund>

The Access All Arts Fund

The Access All Arts Fund has been created to support 11-26 year olds with an additional support need or a disability to explore their creative passions. The fund has been developed by a group of young people with additional support needs to help develop creativity – from music to photography, painting to crafting, dance to creative writing. The fund is open until noon on 13th September. To learn more, visit Children in Scotland:

<https://tinyurl.com/z5t8t7p8>

Dementia Training

Age Scotland have the following courses and workshops running in September and October.

For more details, dates and to book your place, please go to:

[Dementia training calendar \(ageuk.org.uk\)](https://www.ageuk.org.uk/dementia-training-calendar)

All training is free.

And for more details about their new self-study course format please contact the training team at

dementiatraining@agescotland.org.uk

Dementia Awareness
Both Zoom and self-study formats
Dementia Carers' rights and:
<ul style="list-style-type: none"> The Carers (Act) Scotland 2016, with a focus on Adult Carer Support Plans Hospital admissions and discharge Self-Directed Support
Both Zoom and self-study formats available for all three above
<ul style="list-style-type: none"> Power of Attorney and other advance decision making Carers' benefits
Making online activities dementia inclusive
Dementia and befriending
Dementia, wellbeing and mood
Coming out of Covid: Supporting people affected by dementia
Dementia: Prevention and living well
Making the home a dementia enabling environment
Communication and dementia

Finally, please don't forget that their first ever national learning event will take place on the 13th of September. They have a

packed programme with lots of speakers and workshops.

You can find out more and book your place here:

[Dementia: Making a difference in your community -a national day of learning Tickets, Mon 13 Sep 2021 at 09:30 | Eventbrite](#)

In particular, they are interested in hearing carers' voices at their workshop focussing on carers' rights. If you're caring for someone living with dementia, they would love to hear more about your experiences of accessing rights and to exchange ideas on how carers can be better supported and informed about rights issues. If you are interested in joining an informal panel to discuss this at one of the day's workshops, please contact Dementia Training Officer, Rachel Davison at rachel.davison@agescotland.org.uk or on 0131 668 8043.

Community and Dementia – storytelling sessions

- ★ Are you an unpaid carer for a person living with dementia in Shetland?
- ★ Are you a person living with dementia in Shetland?

Life Changes Trust are offering the opportunity for local people to share what it feels like to live in Shetland - when you live with dementia, care for a loved one with dementia, or work with people with dementia and/or unpaid carers.

They are inviting you to say what matters to you, as someone with dementia or as an unpaid carer, by attending a session run by the Village Storytelling Centre. Storytelling sessions are also open to people who have

cared, unpaid, for a person with dementia but no longer do.

Community and Dementia: Creating Better Lives in Shetland



Are you an unpaid carer for a person living with dementia in Shetland?

We are offering you the opportunity to have a meaningful say in how you want support to be delivered locally. This can be done via telephone or online. These sessions, facilitated by the Village Storytelling Centre, support individuals to have their voices heard about what is important to them.

Telephone session options

- Wed 22nd Sept, 2.30pm, 7.30pm or 8.30pm
- Tues 28th Sept, 10.00am - 12pm

To book a space

- Phone the Life Changes Trust on 0141 212 9600
- Or email admin@lifechangestrust.org.uk

Community and Dementia: Creating Better Lives in Shetland



Are you a person living with dementia in Shetland?

We are offering you the opportunity to have a meaningful say in how you want to receive support locally. This can be done by telephone or online. You will be able to express your own thoughts and feelings, and have your voice heard. Facilitated by the Village Storytelling Centre, the sessions will support you to describe your experience of living with dementia and say what is important to you.

Online session options

- Mon 20th Sept, 10.30am to 12.00pm
- Tues 21st Sept, 10.30am, 11.30am OR 1.30pm

To book a space

- Phone the Life Changes Trust on 0141 212 9600
- Or email admin@lifechangestrust.org.uk

The storyteller uses stories and imaginary characters to make it easier for you and others taking part to talk about dementia in a way that is comfortable for you. It is an opportunity for your voice and your thoughts to be heard, exactly as you want them to be. Whatever you want to say is added to that of others taking part and, together, you create a hypothetical character - a person with dementia or an unpaid carer. The 'characters' represent what it is like to live in Shetland with the experiences you have given the characters. The storytellers analyse the conversations that have created these 'characters'. From what you and others tell them, they then draw out local priorities which will be shared to inform discussions in Shetland about the key issues and challenges currently being experienced by people in Shetland. The priorities will include some quotes (anonymised) taken from the sessions.

There are separate storytelling sessions for people with dementia, for unpaid carers, and for workers and volunteers providing support to people with dementia and unpaid carers.

If you have dementia and want someone with you to support you at the online session or during your telephone conversation, you're welcome to do that.

To take part, you need to book in advance. You can do this by phone or by email – for both the online and telephone sessions - email at admin@lifechangestrust.org.uk or tel on 0141 212 9600.

Scottish Young Carers Festival

**SCOTTISH YOUNG CARERS
FESTIVAL 2021**

Providing fun and meaningful respite to young carers is still of key priority to Carers Trust, despite not having their Festival in person this year! They are delighted to showcase some Festival fun all from the Carers Trust YouTube channel!

Last year, young carers told them they wanted pre-recorded workshops that they could access any time, and for these to cover a whole range of topics and for different ages! This feedback has helped shape their Festival 2021 content.

You can access over 40 workshops from their Carers Trust YouTube channel. Click on each category to explore.

Practise your Italian with Lingo Flamingo, learn more about healthy eating with Nutrition Scotland or develop new photography skills with Stills Scotland!

[Scottish Young Carers Festival 2021 - Carers Trust](#)

Sibs online support sessions and workshop

Sibs are hosting online support sessions for adult siblings of people with learning disabilities, and an online workshop for grandparents to give an insight into siblings' needs and experiences, and some practical tips for supporting siblings.

For further information and to book, please visit:

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



State of Caring survey

Carers UK's State of Caring survey is now open.

Last year over 6,000 carers filled in Carers UK surveys and the responses helped Carers UK campaign successfully for better guidance, testing for carers, PPE for unpaid carers, carers' 'support bubbles' and exemptions to allow carers to get a break. As a result of pressure from Carers UK and many other organisations, carers were included in the priority list for the COVID-19 vaccination.

This survey will ask you what life is like now, and what needs to change and is the most extensive survey into carers' experiences in the UK. As a result, it will take at least 30 minutes to complete - so grab a cuppa and get comfy!



Scottish Carer's Assistance/Carer's Allowance



Scottish Government are moving into a User Research phase to discuss Scottish

Carer's Assistance (currently Carer's Allowance).

They are keen to speak directly with unpaid carers about experiences around:

- Their life as a carer
- Their experiences of accessing support, including support from the Government
- Their experience of applying for Carer's Allowance

If you would like to take part in this voluntary research, please get in touch directly with Louise Harkins at Scottish Government – louise.harkins@gov.scot

Breaks or Breakdown report

Carers Scotland report 'Breaks or breakdown' published recently found that 71% of carers have not had any breaks from their caring role during the pandemic. They are calling Scottish Government to prioritise reopening of services that give carers a break and ensure more funding is available for breaks.

Read the research and press release:

<http://ow.ly/zhOZ50F46t3>

Read more here:

<https://t.co/a52E65GQOE>

71%

of carers in Scotland have not had any breaks in the pandemic



Breaks or breakdown: Carers Week report 2021

Covid-19 in Scotland: Impact on Unpaid Carers



From November 2020 to May 2021, Carers Trust Scotland carried out research to understand the experiences and challenges that the pandemic led to in Scotland for unpaid carers, and consequently, carer support workers and carer services.

For the full report, please visit:

<https://bit.ly/3k9Ji5R>

National Care Service



Scottish Government has launched a consultation to seek views ahead of the creation of the new National Care Service.

As the consultation is very lengthy (95 questions) the National Carers Organisations want to make it easier for carers to have their opportunity to have their voice heard. They will soon be issuing briefing papers and resources about the consultation which we will be sharing through our social media channels and by email during September.

Find out more and take part here:

<https://bit.ly/3s3E8GG>

Carers Scotland are planning a Carers Parliament which will focus on the consultation for a National Care Service.

Being held over 3 days, they'll have discussion groups, Q&A, Ministers and more - attend as much or as little as you wish. The dates are 4th, 5th and 7th October. Save the date!

Carers Allowance Supplement

Coalition of Carers in Scotland recently asked for your views about the Scottish Government proposal to double the carers allowance supplement for December.

They have summarised all of the responses and, along with the other National Carer Organisations, have submitted these to the Social Justice and Social Security Committee for consideration.

You can download and read a copy of their joint response here:

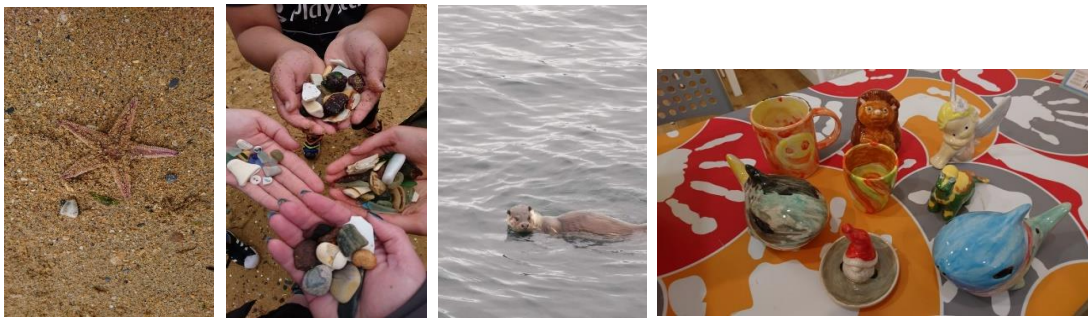
<https://tinyurl.com/jx2zry8s>



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 25th September 2021 and it will be an outside activity. We had a great time at our Sibling Group sessions throughout the summer! See photos below:



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.

You can contact us:

 www.shetlandcarers.org

 carers@shetland.org

 Kirsten Harcus: 01595 743980

 Laura Russell: 01595 743909

 Amanda Brown: 01595 743923

 jim.guyan@shetland.org

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

