

# Shetland Carers

A project supported by Voluntary Action Shetland

Supporting Local Community and Voluntary Action



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

## Our Funders



# Winter Newsletter

*December 2021*

## Carers Rights Day 2021



Carers Rights Day took place on Thursday 25<sup>th</sup> November, and is an annual campaign across the UK for organisations to reach out to carers with information, advice and support. This year's theme was **Carers have the right to...**

Shetland Carers held a Drop In Event at Market House, Lerwick and were able to speak to carers about support which was available to them.

Most of us will provide unpaid care for someone who is older, disabled or seriously ill at some point in our lives. Whether you are a new carer or have been caring for someone for a while, Shetland Carers believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it.

***If you know of anyone in a caring role, check to see if they have already spoken to us. If not, ask them to get in touch!***

To help you know what you are entitled to, Carers Scotland have produced their ***Looking After Someone*** guide, which gives carers the full picture of the practical and financial support available to them every year.

An electronic version of the latest 2021/22 guide can be found at:

<https://www.carersuk.org/help-and-advice/get-resources/looking-after-someone>

or you can contact us if you would like a paper version of the guide.

For further information about your rights as a carer, please see:

<https://www.shetlandcarers.org/info/rights>

Shetland Carers want to support and empower carers to manage their caring role and have a life alongside caring. As well as providing support and information, we can help local carers to access short breaks. For further information about how we can help you in your caring role, contact [carers@shetland.org](mailto:carers@shetland.org), telephone 01595 743980 or visit our website:

<https://www.shetlandcarers.org>

We are also on Facebook and Twitter as Shetland Carers.



## Shetland Islands Citizens Advice Bureau



Shetland Island's Citizens Advice Bureau can provide you with free advice on your rights as a carer. This can include carers assessments, respite care, availability and charges for community care, queries about community care assessments etc. They can also carry out a benefits check to make sure you are maximising your income.

For more information, please visit:

<https://www.shetlandcarers.org/news/sic-cab-supports-carers>

## Respitality Scheme RESTARTS!



Shetland Carers have RESTARTED their Respitality Scheme, after a break last year due to the pandemic.

Through Respitality, (respite + hospitality) short breaks are provided for unpaid carers when they need it most.

Respitality breaks are achieved by connecting carers' organisations, with hospitality, tourism and leisure businesses who are willing to donate a break free of charge. Respitality is a Scottish Government supported project which is delivered locally by Shetland Carers and coordinated nationally by Shared Care Scotland (SCS).

You can view the NEW Respitality animation at:

<https://vimeo.com/644352667>

A short break from routine for an unpaid carer can take various forms; whether it is reconnecting with a hobby, going for a massage, enjoying an afternoon tea or taking an overnight stay. Whatever the break offered, this provides unpaid carers a chance to recharge, which is vital for their mental and physical wellbeing.

An unpaid carer can be of any age, and is classed as someone who cares for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their

support. Someone in receipt of Carers Allowance is still considered an unpaid carer.

Fjara was the one of the first local business to sign up to Respitality in 2017. Since then, they have regularly donated breaks to carers, and were the first to donate breaks since the Covid-19 pandemic. Proprietor Jonathan Williamson said:

***"Fjara really enjoys being part of the Respitality Scheme as it allows us to give back to a community that has continued to support us over the years. It is always important that we look after those carers who give up so much supporting other people and that they themselves get a little break and some time to relax."***



Shetland Carers now have 14 local business partners signed up to donate breaks to local carers. These donations cover a wide range of breaks from overnight hotels stays, dining, self catering breaks, motor bike rides, boat trips, craft sessions, concert tickets, leisure breaks and kayak excursions. Shetland Carers are keen to attract more donors to the scheme as they currently support more carers than the number of breaks available through the scheme and they are keen to offer a wide range of breaks to suit carers different needs.

Shetland Carers would love to hear from businesses willing to donate to the scheme. Any businesses who are interested can contact Kirsten on:

[kirsten.harcus@shetland.org](mailto:kirsten.harcus@shetland.org) or tel 01595 743980.

Since the project began locally in Autumn 2017, Shetland Carers have provided 102 breaks to carers through the Respite Scheme at an estimated cost to local businesses of £10,773.

For more information about Respite visit: [www.shetlandcarers.org/respite](http://www.shetlandcarers.org/respite)

## State of Caring Report 2021

**61%** of carers

**felt uncertain about what practical support**

they may be able to access in the next year



State of Caring 2021:  
A snapshot of unpaid care in the UK  
Carers UK

Carers UK's State of Caring Report was launched in early November. It is the largest and most comprehensive survey of unpaid carers.

This year it was completed by over 8,500 current and former carers. Carers' expressed their worries about managing this winter, with services operating at reduced levels and worries about the increasing cost of living on already stretched finances.

Carers' finances have also been hit particularly hard. Over a third (36%) of carers say their financial situation has worsened since the start of the pandemic and, worryingly, 23% of carers already feel they cannot manage their monthly expenses.

Read the full report here:

<https://carersuk.org/SOC2021>

## Living Well Hub



The Living Well Hub opened in Brae recently, offering a drop-in service for anyone who may need access to health and social care support.

This is the first hub in Shetland to open, as part of the national roll-out of Community Led Support.

If you, or anyone you know, needs help in their lives, but who may be unable to contact services themselves, please get in touch.

Options include linking individuals with local community organisations or voluntary groups, as well as referral to other support services including Shetland Islands Council and NHS Shetland.

The Living Well Hub is based in the Brae Youth Centre, and is open to the public to drop in between 10am and 2pm, Monday and Friday. The Hub can also be contacted by telephone on 01595 744120 or by [livingwellhub@shetland.gov.uk](mailto:livingwellhub@shetland.gov.uk)

***Kirsten Harcus, Shetland Carers Support Worker, will be at the Hub on Friday 17<sup>th</sup> December if anyone would like to have a chat about support available from Shetland Carers.***

## Time to Live funding



**Short**  
breaks fund

Shetland Carers has secured continuation funding from *Time to Live* of £4,646 for grants to carers of someone over 21 years, which will run from October 2021 to September 2022.

The money, from the Scottish Government's Short Breaks fund, is for distributing Time to Live grants of up to £150 to unpaid carers who provide a significant amount of caring for another adult (**OVER** 21 years), or who are classed as a young carer (under 18 years).

Due to Coronavirus, many carers have benefited this year from a break at home. Examples of what the money has been put towards include purchasing fabric, thread and other materials for sewing projects, a digital camera and photo editing software, a wetsuit for sea swimming, a storm suit, massage and reflexology sessions, overnight stay at Busta, gardening equipment, compost and bulbs, musical instruments and a food mixer along with other baking items.

Feedback from carers who have received a Short Break grant this year have said:

*"It was lovely to be able to buy plants for my garden. This gave me time out to myself and will give me something to enjoy in the future as they grow."*

*"It is good to know that you are supported and the short break demonstrates that. Also, snorkelling is a real getaway and I can do it repeatedly. Even though we see the sea every day, the environment*

*underwater is a whole new world and being able to spend time there is just like going on holiday."*

*"I felt the all-weather suit and being able to get out, gave me breathing space away from everyone. Space to clear my head and start afresh. I just really appreciate it. Thank you so much."*

*"This break allowed some time for myself. It identified where I was holding tension, eased my discomfort and educated me on how to move more efficiently and correctly. The easing of discomfort has resulted in me being more tolerant and less stressed which has had a positive impact on the care I provide at home."*

For full information about the Time to Live grant scheme, including details of how to apply, please visit:

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

Our *Time for Me* Short Break Grant Scheme is also available for carers who provide a significant amount of caring for someone UNDER 21 years.

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>

## 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>

## The Herbert Protocol



Do you know someone living with dementia? Are you worried they may wander off? The Herbert Protocol is an information gathering tool to assist the Police to find a vulnerable person who has gone missing, as quickly as possible.

The Herbert Protocol is a nationally recognised scheme supported and endorsed by Police Scotland, Alzheimer Scotland, Scottish Government and Health & Social Care Scotland.

The scheme is named after George Herbert, a war veteran of the Normandy landings, who lived with dementia. George Herbert died whilst 'missing', trying to find his childhood home.

The initiative was first developed by Norfolk Police in 2011. It has been implemented by many areas in the UK since and was launched in Scotland on 21st September 2021.

The Herbert Protocol is an information gathering form which records vital information - where the person grew up, favourite places, former or current hobbies, GP contact details, medication, daily routine, a photograph with consent to share on social media (if needed). It is completed and retained by carers and families and handed to Police in the event of someone going missing. This helps the Police to quickly access important information and avoids unnecessary delays in gathering information at a time of crisis.

For more information, please visit:

<https://www.scotland.police.uk/what-s-happening/news/2021/september/police-scotland-implements-nationwide-approach-to-help-trace-missing-people-with-dementia/>

## Alzheimer Scotland National Counselling Service

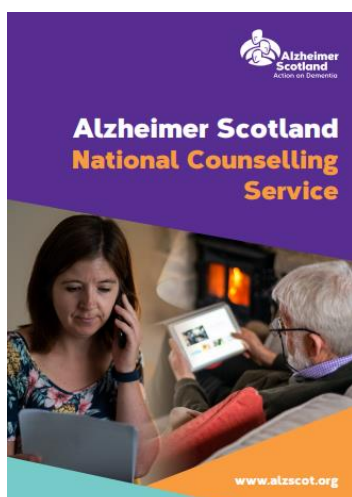
Alzheimer Scotland know that Covid-19 has been particularly harsh on people with dementia, their carers and families. They know that for many people already managing the daily challenges that brain changes bring, this pandemic has been the final straw.

Alzheimer Scotland successfully applied to the Scottish Government for funding to offer counselling; and they are pleased that the new FREE National Counselling Service is now available to people with a diagnosis of dementia, their carers, or family members throughout Scotland.

To view their leaflet about what counselling is, how it can help, what to expect and how to access the service, please see:

<https://www.shetlandcarers.org/news/alzheimer-scotland-national-counselling-service>

They have also pulled together some examples and the criteria which they hope you will find helpful in deciding if counselling would be beneficial and appropriate for an individual's current circumstances and distress.



## Still Lives Project



*'Still Life with Yellow Straw Hat' by Vincent Van Gogh*

The Culture Collective aims to establish a network of creative practitioners, organisations and communities who will work to create a positive difference locally and nationally in response to COVID-19. Arts organisations in Shetland, Orkney and the Western Isles are working together to provide creative opportunities for those who have been isolated during the pandemic. In Shetland, artists of all kinds have funding to work on projects with communities across the islands between now and April 2022.

Heather Christie, an artist and illustrator living in Bressay, is part of this project and has chosen to work with unpaid carers. She has experience of being a carer herself and was acutely aware of how isolating lockdown and other pandemic restrictions have been for others.

Her project is called Still Lives, a name which refers to the way that carers' lives are often on hold, also to the way that everything stopped in the pandemic, and lastly to the genre of painting she hopes to use to allow participants to reflect on their experiences as carers in lockdown.

The idea is to paint a Still Life - the subject being objects that represent the participants' life as a carer during lockdown. No experience is necessary and it doesn't matter if you've not held a

paintbrush since school! The sessions will be informal and fun, with the cuppa and chat with people who have had similar experiences being as important as the creativity.

Heather is looking for carers who would like to take part, with places initially being offered to carers in Bressay (with the project taking place at Speldiburn). Each session will run for a couple of hours on a day and time agreeable to the participants, with the understanding that as carers, life can get in the way, sometimes at very short notice! She can help out with transport on the island if needed.

If you are interested in taking part, please let Amanda Brown know by emailing [amanda.brown@shetland.org](mailto:amanda.brown@shetland.org) or tel 01595 743923.

## Lerwick 'Try a Cycle' sessions



*Anna Gudaniec, the Cycling UK Development Officer for Shetland*

Working alongside Ability Shetland, Cycling UK will be hosting monthly "Try a cycle" sessions at the Clickimin Athletics track, on a Saturday lunchtime and they will look at options for alternative venues across Shetland/on different days, in the future.

### Upcoming sessions:

- Saturday 11 December 2021 1-2pm
- Saturday 15 January 2022 1-2pm
- Saturday 12 February 2022 1-2pm

There will be free tea & coffee available provided by SRT & Ability Shetland, and shelter for anyone not out cycling in the track building!

These sessions are open to all but aimed particularly at those who may not be able to ride a "standard" bike confidently. Anyone with an interest in trying a range of different cycles in a safe environment with support, is welcome.



If you, or anyone you know are interested in a bike loan, confidence session or to register your interest for any walking, cycling or wheeling activities, please complete this short expression of interest form:

<https://forms.office.com/r/hNpgiPeQU1>

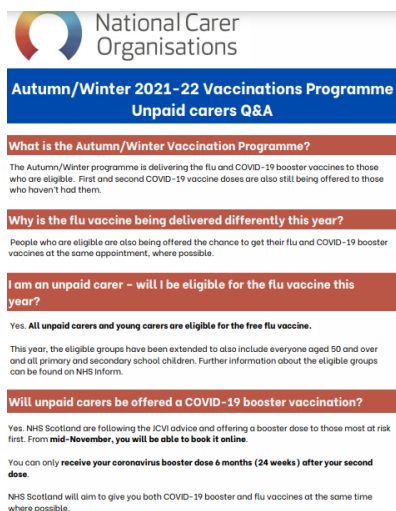
If you were interested in helping at events, or potential future opportunities to cycle-buddy someone in Shetland, please apply here:

[Event Helper \(Rural Connections: Shetland\)](#)  
[| Cycling UK](#)

<https://contact.org.uk/help-for-families/listening-ear/>

## Flu Vaccine Winter 2021

The National Carer Organisations have updated the brief FAQ for unpaid carers regarding the roll out of the flu vaccine for carers this winter.



For more information, please visit:

[https://www.shetlandcarers.org/site/assets/files/2755/vaccine\\_programme\\_winter\\_2021\\_v3\\_oct\\_2021\\_-2.pdf](https://www.shetlandcarers.org/site/assets/files/2755/vaccine_programme_winter_2021_v3_oct_2021_-2.pdf)

## Listening Ear Telephone Service



Contact, for families with disabled children, provide a free Listening Ear 1-1 telephone service for parent carers looking for a listening ear, reassurance and practical and emotional support.

Please see the following link for more information:

## Stay Well in Winter Guide



During the winter months, it's important to stay safe and healthy, especially for older people.

Eat Well, Age Well's "Stay Well in Winter" resource has lots of great tips on how to keep stocked up, keep well, keep warm, keep connected and keep active. To view, please visit:

<https://bit.ly/3vs9Y1v>

## Enquire: Additional Support for Learning Guide

Understanding what additional support for learning is can help when you are talking to your child's school about their support needs. This easy to read guide can help you get the right support in place.

Shetland Carers have some copies of this guide and there are also a couple of copies in Market House reception. Alternatively, you can order one yourself using the link below and they will post it to you free of charge.

<https://enquire.org.uk/publication/additional-support-for-learning-a-guide-for-parents-and-carers/>

## 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](mailto:laura.russell@shetland.org) to find out more. The next meeting will be Saturday 29<sup>th</sup> January 2022 – activity to be confirmed. Our last couple of meetings have taken place over Zoom.

Parent Group is open to any parent who has a child with an additional support need, and we meet 4 times a year to do a time out activity and get peer support. Contact Laura on 01595 743909 or [laura.russell@shetland.org](mailto:laura.russell@shetland.org) for more information. The photos below are from our most recent get together at Aa Fired Up:



Friday Group has had three sessions recently. This group will restart again in January 2022. This group is open to young people in Secondary school who have social communication difficulties. Contact Laura on 01595 743909 or [laura.russell@shetland.org](mailto:laura.russell@shetland.org) for more information.

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](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)

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



# Christmas



## Match Game

**Match the actor/actress to the movie...**

- \_\_\_ 1. Christmas Vacation
- \_\_\_ 2. Trading Places
- \_\_\_ 3. Elf
- \_\_\_ 4. The Polar Express
- \_\_\_ 5. The Muppet Christmas Carol
- \_\_\_ 6. Bad Santa
- \_\_\_ 7. Home Alone
- \_\_\_ 8. Jingle All The Way
- \_\_\_ 9. The Holiday
- \_\_\_ 10. It's a Wonderful Life
- \_\_\_ 11. Meet Me In St. Louis
- \_\_\_ 12. How the Grinch Stole Christmas
- \_\_\_ 13. The Santa Clause
- \_\_\_ 14. Scrooged
- \_\_\_ 15. Miracle on 34<sup>th</sup> Street
- \_\_\_ 16. Die Hard
- \_\_\_ 17. The Nightmare Before Christmas
- \_\_\_ 18. A Christmas Story
- \_\_\_ 19. Love Actually
- \_\_\_ 20. The Family Man

- A. Keira Knightley
- B. James Stewart
- C. Mara Wilson
- D. Tim Allen
- E. Bruce Willis
- F. Kate Winslet
- G. Danny Elfman
- H. Jim Carrey
- I. Will Ferrell
- J. Tom Hanks
- K. Beverly D'Angelo
- L. Eddie Murphy
- M. Nicholas Cage
- N. Michael Caine
- O. Judy Garland
- P. Peter Billingsley
- Q. Billy Bob Thornton
- R. Arnold Schwarzenegger
- S. Macaulay Culkin
- T. Bill Murray

# Christmas



## Word Scramble

**Unscramble these Christmas words...**

1. ogsntcik \_\_\_\_\_
2. ilesnt \_\_\_\_\_
3. adceln \_\_\_\_\_
4. hawtre \_\_\_\_\_
5. dneierer \_\_\_\_\_
6. esitnpaoti \_\_\_\_\_
7. ggbeeranrdi \_\_\_\_\_
8. eimlostteo \_\_\_\_\_
9. taans \_\_\_\_\_
- 10.brceedme \_\_\_\_\_
- 11.lneo \_\_\_\_\_
- 12.fetrucika \_\_\_\_\_
- 13.njlieg \_\_\_\_\_
- 14.iokcsoe \_\_\_\_\_
- 15.spnteer \_\_\_\_\_
- 16.eeglds \_\_\_\_\_
- 17.tomraenn \_\_\_\_\_
- 18.ganle \_\_\_\_\_
- 19.pirafeelc \_\_\_\_\_
- 20.soclar \_\_\_\_\_

Answers to both Christmas quizzes can be found at: <https://www.shetlandcarers.org/news>