

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



Spring Newsletter

March 2022

Winter Wellbeing Fund Reminder



We were delighted to announce recently that an additional £3 million was being provided by Scottish Government to expand the availability of wellbeing and support services, including breaks from

caring, to help unpaid carers over the winter months.

Shetland Carers will allocate their £15,619 share of this fund to carers, though their new **Winter Wellbeing Fund 2021/22**.

The Winter Wellbeing Fund is available to benefit carers and the people they care for living within Shetland.

Shetland Carers are using this funds to offer carers support in the following four areas:

1. **Short Break Grant**
2. **Shetland Recreational Trust (SRT) More4Life Membership**
3. **Shetland Care Attendant Scheme Overnight Support**
4. **Recovery Grant**

Carers choose to apply to **ONE** area of support through the fund.

This fund will remain open until 18th March or until all funds have been allocated.

If you are not known to our service, we will require the name of someone who can confirm you are a carer.

WHAT CAN BE FUNDED?

1. SHORT BREAK GRANT

It is important for your own health and wellbeing that you continue to have time out from your caring role. We understand that during these times carers may not be able to access a traditional type of break and we can provide a grant of **up to £150** to pay for something that will help you have a break, for example:

Audiobook subscription / Magazine subscription / Arts and crafts materials / Meal at a restaurant / Gardening tools and equipment / Baking equipment

2. SHETLAND RECREATIONAL TRUST (SRT) MORE 4 LIFE MEMBERSHIP

Physical activity is great for both your physical and mental health. A membership can allow frequent sessions which would enable regular breaks from your caring role. Carers can apply to Shetland Carers to meet the costs of an annual SRT *More 4 Life* membership to access activities at any of the eight leisure centres. Membership gives access to swimming, gym and fitness

suites, health suites, studios and fitness classes, online classes, racquet sports, climbing wall and bowls rink.

For more information about the More 4 Life scheme please visit:

<https://www.srt.org.uk/pricing/more4life>

3. SHETLAND CARE ATTENDANT SCHEME (SCAS) OVERNIGHT SUPPORT

Shetland Carers will work in partnership with SCAS to enable you to have some overnight respite breaks by arranging a SCAS Care Attendant to stay overnight at your house.

We can offer up to a maximum of four nights per carer. After your initial application to Shetland Carers, arrangement of the overnight Respite dates will be done directly with SCAS.

For more information about SCAS please contact them on 01595 743931/2 or email scas@shetland.org or visit:

<https://www.facebook.com/Shetland-Care-Attendant-Scheme-2029502743938393>

4. RECOVERY GRANT

We want to help carers' financial wellbeing and to afford basic necessities. Our Recovery grant can help with covering the cost of living.

For example this can be used to purchase household food, or other items such as winter clothing or can help with utility bills or petrol costs.

This excludes alcohol, tobacco or scratch cards.

We will require receipt/s after you have spent your grant.

For more information and details of how to apply to the Winter Wellbeing Fund, please visit:

<https://www.shetlandcarers.org/support/winter-wellbeing-fund>

or email carers@shetland.org or call Amanda Brown at Shetland Carers to obtain a paper version of the application form on 01595 743923.

Counselling Sessions for Carers



Short
breaks fund

We wanted to remind you that Shetland Carers have been fortunate enough to secure funding through the Creative Breaks programme, part of the Short Breaks Fund resourced by the Scottish Government and distributed by Shared Care Scotland.

This funding will allow us to offer carers in Shetland the chance to access some counselling sessions with Laurence Sutherland, who is an accredited member of the British Association of Counsellors and Psychotherapists (BACP), and who has over 20 years experience:

<https://www.counselling-directory.org.uk/counsellors/laurence-sutherland>

All carers registered with Shetland Carers can apply to our free Counselling Service. Counselling is about empowerment and change, it offers carers a safe, supportive environment to discover more about themselves, explore difficulties and find solutions. Carers may bring issues to counselling, either directly or indirectly related to their caring role.

Once Shetland Carers has received your application, you will be contacted by a staff member and, if you meet our eligibility criteria, a referral will be made. You will then be asked to contact Laurence Sutherland directly to arrange sessions at a mutually convenient time and location, and his contact details will be given. Carers will be offered six sessions in total, which includes an initial assessment. Sessions will either be at Laurence's premises in Scalloway or at Market House, Lerwick. Both locations ensure confidentiality and a relaxed atmosphere where carers can talk freely. All sessions are free.

For further information and details of how to apply to the Counselling Service, please visit:

<https://www.shetlandcarers.org/support/counselling-service>

Massage Sessions for Carers



Short
breaks fund

With this same funding awarded through the Creative Breaks programme, Shetland Carers can also now offer carers in Shetland the chance to access some massage sessions with Babs Clubb, who

operates from The Mission – Creativity & Wellness Centre, Harbour Street, Lerwick:

<https://www.babsclubstudio.com/>

All carers registered with Shetland Carers can apply for a block of free Massage sessions. Massage sessions will help carers who have physical strain on their body as a result of their caring role, e.g. from lifting. It will also offer relaxation and time out which will help with their mental health and wellbeing. The massage sessions will be allocated in blocks of six sessions. Carers can choose from a 55 minute back massage or a 30 minute express back massage. Babs may also be able to offer other types of session if required.

Once Shetland Carers has received your application, you will be contacted by a staff member and, if you meet our eligibility criteria, a referral will be made. You will then be asked to contact Babs Clubb, and her contact details will be given for you to book your sessions. Carers will be offered six sessions in total, completely free. Sessions will be at The Mission – Creativity & Wellness Centre, 2 Harbour Street, Lerwick (*former Hjaltland Housing Association building & former Fisherman's Mission*).

For further information and details of how to apply to the Massage Sessions for carers, please visit:

<https://www.shetlandcarers.org/support/massage-sessions-for-carers>

Young Carers Service

We were delighted to welcome Laura Guthrie to our team in January 2022, in her new role as Young Carers Support Worker.



Funded by Carers Trust, through their Making Carers Count Programme, the project will support Young Carers (under 18) and Young Adult Carers (under 25) in Shetland who are providing care for a family member.

Every young carer's 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.

Since starting in her new role, Laura has completed some home visits to meet some of the Young Carers that actively engage with the service through the Young Carers Group. She really enjoyed meeting them and they all enjoyed their pizza takeaway with juice and popcorn.

Laura is planning to get the group up and running fortnightly with other activities planned in between, for example Helen

Robertson will be welcoming the Young Carers Group to her studio to work on different craft projects.

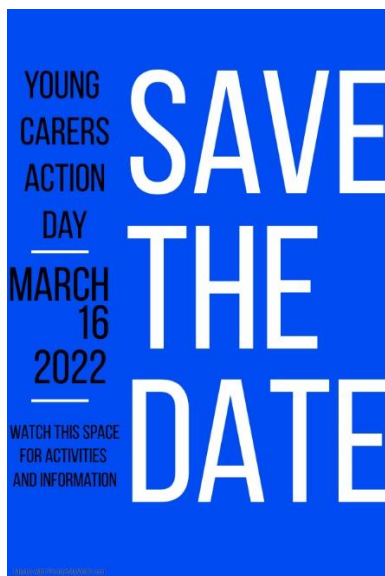
Laura will also be setting up a Young Adults Carers Group aimed at 18-24 year olds, and is looking for any feedback from Young Adult Carers on what they feel would be beneficial for this group to be a success.

Young Carers Action Day will be taking place this year on **16th March 2022**. We want to raise awareness of this day, an annual event organised by Carers Trust.

The campaign has taken place over the last seven years to raise awareness of young carers and the incredible contributions they make to their families and local communities. The theme of this year's event is ***Taking Action on Isolation***.

More information about this day will be shared in due course, but for now....

*****SAVE THE DATE!*****

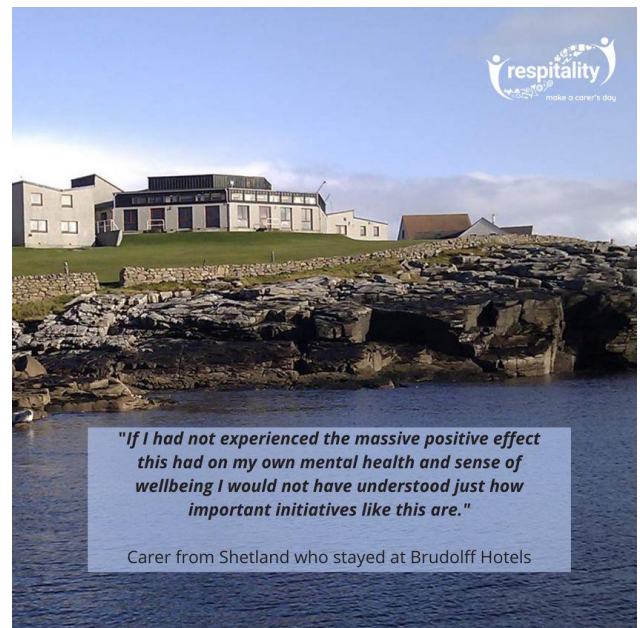


Laura can be contacted on:

Tel: 01595743906 / 07766679583

Email: laura.guthrie2@shetland.org

Respitivity Scheme



Our Respitivity Scheme is up and running again, and we have enjoyed awarding Respitivity Breaks to carers over recent months.

Some of the feedback we have received from recent breaks include:

"Thank you for your generosity, and helping us have a weekend away from our caring duties. It gave us a much needed rest!"

"I spent a 2 night stay with bed and breakfast with a friend. Having the chance of a small break to relax after such a stressful year was truly amazing. Before going I was stressed and extremely anxious. After the stay I have felt a lot less

stressed and I feel it has benefited my mental health. All the staff were lovely and friendly. I am truly grateful for this opportunity.”

“It was good to have a break and we both feel the benefits of our stay. We really enjoyed our breakfasts in the morning and all the staff were very welcoming and made us feel very relaxed. It really means so much to us to have had a break from our caring role.”

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

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

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.**

Shetland Carers now have 14 local business partners signed up to donate breaks to local carers:

Brudolff Hotels, Fjara Café Bar, Busta House Hotel, Clickimin Complex, Isles Reflexology, Ordaal Cottage Unst, Luxury Apartments Shetland, Self Catering Shetland, Steve Henry Motorbike Runs, Shetland Arts Development Agency, Glansin Glass, The Mousa Boat (Shetland) Ltd, Sea Kayak Shetland, Seabirds-and-Seals

For more information or to apply for a Respite Break, please visit:

www.shetlandcarers.org/respite

Emergency Planning



Having an Emergency Plan in place can help reduce some of the worry about what will happen if you can't care because of your own health. The @ENABLEScotland toolkit helps you think through the 'who, what, why' in easy steps:

<https://www.enable.org.uk/get-support-information/families-carers/future-planning/emergency-planning>

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>

Age Scotland Dementia Courses

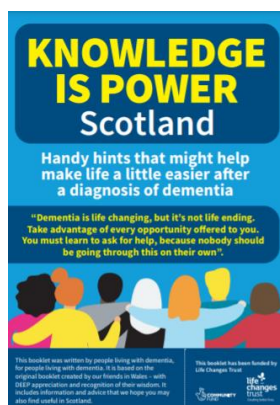
The Dementia Training project at Age Scotland have online courses available for unpaid carers of people with dementia.

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 available courses, please see the following link:

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

Dementia booklet



Published last year and written by people living with dementia, this brilliant booklet contains a wealth of information and resources for anyone receiving a diagnosis of dementia in Scotland. You can download a copy here:

<https://www.dementivoices.org.uk/deep-resources/resources-by-deep-groups/>

Dementia Friendly Walks



Walk da Rock in Lerwick is now offering a Dementia Friendly Health Walk to make spending time outdoors with other people relaxing and fun for anyone living with dementia and their carers.

Even 10 to 15 minutes of daily walking outdoors can improve the overall wellbeing of anyone living with dementia. Physical activity can bring many benefits, such as improved: sleep; physical fitness; confidence; mood; and self-esteem. Being active can help improve memory and slow down mental decline as well as reduce the risk of osteoporosis and stroke.

These walks are for complete beginners and are suitable for people with dementia. The walks will last between 30-40 minutes and you can go at your own pace. The walk will be led by a trained dementia advisor. The walks run every 2 weeks with a starting location of Fjara and Isleburgh. For more information around these walks please contact Jan Brown on 07795 256424 or email janbrown@alzscot.org

Scottish Rural Carers Survey



Together in Dementia Everyday (tide) has been funded by the Scottish Government's Rural Communities Ideas into Action Fund to carry out a small-scale study into experiences and needs of carers and former carers of people with dementia living in rural Scotland or the Scottish Islands.

Tide supports carers making their voice heard so they can improve the health and social care services they use. They will share the results of this study with decision makers, rural communities, health and social care professionals and other rural and island carers. They hope that this will help them to influence the quality of health and social care planning decisions in rural Scotland.

Tide would be grateful if you could complete this anonymous survey and share your views.

If you have any questions about this study, please contact Stephen Shirres on stephen@tidecarers.org.uk

Click on the link below to take part:

<https://www.tide.uk.net/resources/scottish-rural-carers/>

Shetland Community Connections Survey

Shetland Community Connections are looking for your thoughts on a possible new service.

Shared Lives is a very successful scheme, which has run across Scotland and the UK for many years. Shetland Community Connections are looking to provide this choice for individuals and unpaid carers here in Shetland and would greatly value your thoughts.

Below is a short video explaining what Shared Lives in Aberdeenshire offers. It shows long-term arrangements as well as short breaks and day support.

The Shetland Shared Lives would be concentrating on day support and short breaks respite initially.

https://www.youtube.com/watch?v=YF6IXvna_n8k

They would also appreciate you answering this two-question survey:

<https://www.smartsurvey.co.uk/s/IXFVUS/>

Any questions please contact Jane on:

Jane.haswell@shetland.org.uk or Tel: 01595 745091

Different Minds. One Scotland. A national campaign on Autism

Different minds. One Scotland. is the first national campaign on autism and was created in response to The Scottish Government Consultation on The Scottish Strategy for Autism, which highlighted the stigma and discrimination that autistic people face.

In October 2020, the Scottish Government launched the campaign, which aims to deliver a clearer understanding of autism and dispel the myths surrounding it, leading to greater acceptance and increased understanding of autism, both what it is and what it is not.

At least 1 in 100 people in Scotland are autistic, which means that 1% of our population thinks in a different way.

For more information on the 'Different minds. One Scotland' national campaign on autism, please visit:

<https://differentminds.scot/>

Enquire – Scottish advice service for additional support for learning



In Scotland, parents and carers have rights under additional support for learning law. Find out more about your right to ask your child's school or your local authority to assess your child's needs – download their short information sheet here:

<https://www.enquire.org.uk/publications>

Or there are handbooks in Market House reception if anyone would like one to support them to uphold their child's rights.

Family Fund



Family Fund, a charity that provides grants to families raising a disabled or seriously ill child or young person, is calling for more families in Scotland to apply now for a grant.

The charity has recently received extra funding from the Scottish Government, which means additional funds are now available for essential items such as clothing, computer equipment, family breaks, domestic appliances or sensory toys and play equipment.

To find out more, what grants are available, and who is eligible to apply, please visit:

<https://www.familyfund.org.uk/grants-scotland>

The Respite Association



The Respite Association has received some funding specifically to support unpaid carers in Scotland. Further details can be found on their website:

www.respiteassociation.org

They are a small charity focussed on the needs of long term carers on low incomes, specifically the need for a short period of respite from their caring duties, and they do this in two ways:

1. Provide grants to pay for someone to look after the person being cared for so that the carer can have a break, the care can be provided in the home (by a suitably

qualified person or organisation) or by a suitable organisation such as a care home or playgroup. The grant is paid directly to the provider, via an invoice, and their maximum grant is £500 (though they are happy to part fund if the cost of the care is higher).

2. Provide week long caravan holidays, bookings for the 2022 season are now open, and are provided on a first come first served basis. The holiday is for the carer only, or family/friends as appropriate, the person being cared for cannot take the holiday as these breaks are designed to give carers a break from caring duties.

Census 2022



Census 2022 is taking place on 20 March 2022 and Carers Scotland want to ensure that everyone looking after someone else correctly identifies as an unpaid carer.

This is hugely important as the census provides an important opportunity for the number of carers and their caring situations, to be officially recognised and better understood.

Question 12 asks whether you look after, or give help or support to someone else – and the number of hours per week that you care for. If you are caring for someone, **make sure you tick yes!**

Census 2022 will be the first digital-first census in Scotland. Everyone will receive information from the NRS about filling in the census, including how to order a paper

questionnaire if you cannot complete it online.

Shetland Islands Citizens Advice Bureau



Energy companies will often prepare better deals for people who manage their bills online. When you don't have access to the internet, it's easy to feel overlooked.

If you're in debt to your energy supplier, there are rules in place to protect you!

At your local Citizens Advice Bureau, they offer free, confidential and impartial advice to help you manage your bills. Talk to them today!

Tel: 01595 694696 or email sicab@shetland.org

For advice online visit:

<https://www.cas.org.uk/BESW>

Money Support Scotland

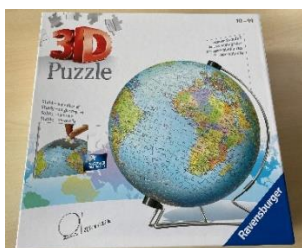


Lots of people are worried about money right now. That's why the Scottish Government has launched:

<https://www.moneysupport.scot>

Visit today to find support including benefit calculators and help with financial advice.

User Friendly Games for loan



Shetland Carers have a selection of board games available for carers to loan from Market House which have been specially adapted to be more user friendly. These are games, which you might enjoy playing with your cared for person and other family members:

Treasured Memories Game – Fun board game - ideal for older people to reminisce about past times and experiences. Easy to play with activity and question cards designed to encourage memories and discussion

Scrabble, Large Print - traditional board game with larger, easier to handle letter tiles and board

Bingo Set - this popular game with wipe clean cards can be played by 3 – 36 players

Giant Size Playing Cards – easier to hold

Games Compendium - giant editions of Snakes and Ladders, Draughts and Ludo

3D World Puzzle ball – 540 numbered puzzle pieces and a stand to display it

If you would be interested in taking out any of these games please contact us on 01595 743980 or at carers@shetland.org

Healthy Tips At Home

Check out 50 healthy changes you could make in 2022 - all from the comfort of your own home:

<https://www.benenden.co.uk/healthy/lifestyle/50-ways-to-stay-healthy-at-home/>

Remember self-care!



Feel Good bags



Feel Good bags are available from Mind Your Head. Applicants can apply for a bag for themselves or for someone else, and bags can be collected from Market House reception.

To find out more about Feel Good bags, please visit:

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

or telephone 01595 745035.

What's On...

If anyone needs support they should contact Shetland Carers Support Team. Any queries about 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 March 2022 – activity to be confirmed. In January, we went to the cinema to watch Brave. In February, we had A Celebration of Diwali which had been rescheduled from November 2021.

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 for more information. The next session will be confirmed soon.

Friday Group restarted in February 2022. The next session is on Friday 11th March 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 for more information.

We had our first Family Day in February, since the start of the pandemic! This was a great session – the bouncy castles were so much fun and some of the adults had a go too! The next Family Day will be confirmed soon.



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

 Laura Guthrie: 01595 743906

 jim.guyan@shetland.org

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

