



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

## Our Funders



Shetland  
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# Summer Newsletter

May 2022

## Carers Week 2022



6-12 June 2022

This year, Carers Week runs from 6<sup>th</sup> to 12<sup>th</sup> June 2022 and the theme is *"Make Caring Visible, Valued and Supported."* 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 almost seven million people in the UK who are carers. They may look after a family member or friend who has a disability, mental or physical illness or who needs extra help as they grow older.

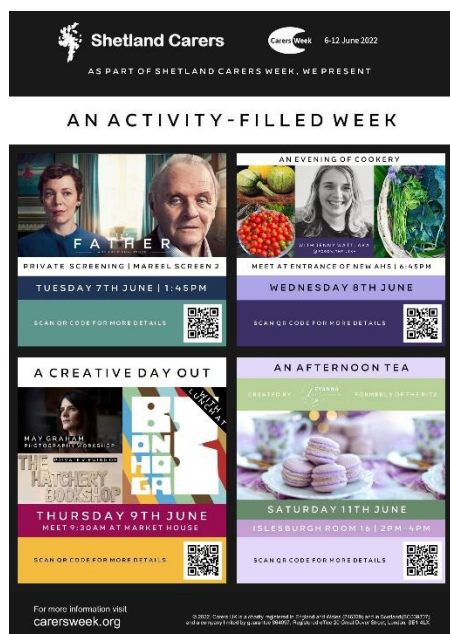
Caring's impact on all aspects of life from relationships and health, to finances and work, can be significant and carers

continue to face difficult circumstances at this time.

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.

This year, Shetland Carers are DELIGHTED to announce that our Carers Week events are taking place in person.

We have had the fantastic help of Louie Gray, who has joined Shetland Carers from Robert Gordon University as part of his MSc Social Work degree, in planning and organising Carers Week for us this year. We think he has done an amazing job of bringing it altogether.



Some of the activities we have planned this year include:

## The Father | Private Screening

The first event we are hosting is a private screening of Florian Zeller's 'The Father', featuring Oscar winners Anthony Hopkins and Olivia Colman, in Mareel's Screen 2 at 1345 on Tuesday 7th June. The film is a moving, devastating, and thought-provoking look at life from the perspective of a man with dementia (Hopkins) who refuses all assistance from his daughter (Colman) as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind, and even the fabric of his reality.

It should go without saying that viewer discretion is advised here - the film may strike a painful chord with those who have personal experience of dementia, and may cause some measure of distress.

The screening will be followed by a supportive and informal gathering on the upper level of Mareel's cafe bar, with complimentary hot drinks, until 5pm. Tickets can be booked on Eventbrite, free of charge, by visiting:

[https://www.eventbrite.co.uk/e/the-father-private-screening-carers-week-2022-tickets-336767770467?keep\\_tld=1](https://www.eventbrite.co.uk/e/the-father-private-screening-carers-week-2022-tickets-336767770467?keep_tld=1)

## An Evening of Cookery | Featuring @foodwithfiliska

The second event we're hosting is an evening of cookery with the local food oracle that is Jenny Watt, aka @foodwithfiliska.

Meeting at the entrance of the new Anderson High School at 6:45pm on Wednesday 8th June, attendees will be guided through a couple of delicious, hassle-free, and restorative dishes that will bolster anyone with a demanding schedule.

A self-confessed food nerd and natural people person, we think Jenny is the perfect candidate to take us all on a foodie journey! Tickets can be booked on Eventbrite, free of charge, by visiting:

[https://www.eventbrite.co.uk/e/an-evening-of-cookery-featuring-foodwithfilska-tickets-337987247957?keep\\_tld=1](https://www.eventbrite.co.uk/e/an-evening-of-cookery-featuring-foodwithfilska-tickets-337987247957?keep_tld=1)

### **A Creative Day Out**

Our third event is a creative day out on Thursday 9th June, featuring a photography workshop with local portrait photographer May Graham, a free lunch at Bonhoga, and a private viewing of the Kergord Hatchery Bookshop, just across the road from Bonhoga.

If you are an art and literature enthusiast, or would like to get in touch with your creative side, we think this event would be perfect for you.

The tour will meet at Market House on Thursday 9th June at 9:30am, where a private bus - courtesy of GoShetland Tours - will take attendees on their way. Those interested are asked to wear sturdy footwear, and take a device with them that takes photos.

To book tickets on Eventbrite, free of charge, visit:

[https://www.eventbrite.co.uk/e/a-creative-day-out-carers-week-2022-tickets-339180065707?keep\\_tld=1](https://www.eventbrite.co.uk/e/a-creative-day-out-carers-week-2022-tickets-339180065707?keep_tld=1)

### **An Afternoon Tea**

The fourth, and final, event to mark this year's Shetland Carers Week is our annual afternoon tea, taking place in Islesburgh Room 16 on Saturday 11th June from 2 –

4pm. There are no tickets for this event, so you can just turn up on the day!

It is set to be a really special afternoon, with catering from the very talented Amy Henderson of Fyanna Bakery & Patisserie - a pastry chef who has experience at The Ritz Hotel in London. There will also be live music, a room for children's activities, and a host of guest exhibitors from the voluntary sector and beyond.

For anyone who would like to attend any of the events, but who is not sure about booking a ticket via Eventbrite, you can book directly with Shetland Carers through emailing [carers@shetland.org](mailto:carers@shetland.org) or by telephoning 01595 743909.

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

<https://www.shetlandcarers.org/news/shetland-carers-week-2022>

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

## **Time to Live Short Break grant Scheme**



Our Short Break grant scheme is now just 'TIME TO LIVE', which is grants for carers who are caring for someone of any age.

We have funding available once again to offer Short Break grants to carers in need of a break. Our funding is from both Shetland Charitable Trust, and Scottish Government Short Breaks Funding, which is administered through Shared Care Scotland. Young carers can also apply.

We want to encourage carers, and the people they care for, to have a 'break', i.e. some time out from their regular caring routines. We want you to use the money to do something that you enjoy, that will give you something to look forward to and that will help promote good health and wellbeing.

Short Breaks will be subject to funding. Currently, we are offering a grant up to a maximum of £300 per carer towards your chosen short break. This could be towards the cost of a holiday, activity, hobby or therapy etc.

If you would like to apply for a Time to Live Short Break grant then please email [carers@shetland.org](mailto:carers@shetland.org) or telephone Amanda Brown on 01595 743923 to let us know you are interested in applying for a Short Break. We will then email you a link to take you to the online application form.

Please note this is now a NEW application form template we are using which should make it easier for carers to access via any device they are using. There is also the option to save your form and return to it later, before submitting.

For more information, please visit:

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

#### Please note:

Due to a change in our grant period (April 2022 to March 2023), carers who have already received a Short Break grant of £150 between October 2021 and March 2022 can reapply for up to £150 to bring their grant in line with the new maximum grant amount of £300. Any carer in receipt of a grant between October 2021 and March 2023 would next be eligible to apply

for a grant in the new grant period from April 2023 to March 2024.

## Respitality Scheme



Our Respitality Scheme is NOW OPEN with a variety of breaks on offer for carers!

Shetland Carers currently has 14 local businesses signed up to the Respitality Scheme.

We have breaks available now and especially over the Summer months including glass making sessions, boat trips, kayaking trips, motorbike runs, dining vouchers and reflexology sessions.



If you are interested in applying for any of these breaks or for more information about the Scheme in general, and how to apply for a Respitality Break, please visit:

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

*A break from your caring routine can make a big difference to how you feel.*



## Pitlochry Respitality Break



Respitality Scotland are delighted to announce that bookings can now be made, once again, at the Pitlochry property for 2022. Shetland Carers can offer a carer and companion a one week self-catering break FREE through the Respitality Scheme.

The BEN Licensed Society own the one bedroom property, and they have kindly gifted the use of this property to Respitality. This very generous gesture has allowed short breaks to be offered to a carer and companion via the Respitality project all year round. Shared Care Scotland manages the bookings and maintenance/cleaning arrangements of the property.

Breaks through the Respitality property are offered for 7 nights from Saturday (check in from 4pm) to the following Saturday (check out time is 10am). Carers are welcome to arrive later or leave earlier within the 7-day period that they have booked out.

Breaks are intended as a peaceful respite for carers and not as a family holiday. The

small property is on a quiet, private residential estate and as the property is self-catering, no food will be provided.

### Please note:

- A **maximum** of 2 people are allowed to stay (a carer and companion, which may or may not be the cared for person).
- Both guests must be 18 years or older. This has been stipulated by The Ben.
- Furthermore **both guests must show proof of COVID vaccinations prior to the booking taking place (this includes boosters) with permission for Shared Care Scotland to view these documents if required.**
- No pets are allowed, however recognised assistance dogs are allowed.
- The bungalow **is not fully accessible**. It has two steps to the front door and a single handrail. Access to the back garden is via the back door in the living room. There are two steps and no handrail. Access to the front door is via a narrow pathway and the doorway entrance is into a narrow hallway.

As of 2023, Shetland Carers will be allocated specific dates for stays at the property, however for the remainder of 2022, bookings can be made on a "first come first serve" arrangement. The first opening will be Saturday 11<sup>th</sup> June.

If anyone is interested in booking a FREE one-week break at the Pitlochry property, please get in touch with us at [carers@shetland.org](mailto:carers@shetland.org) or by telephoning Amanda Brown on **01595 743923**.

## Age Scotland Dementia Courses

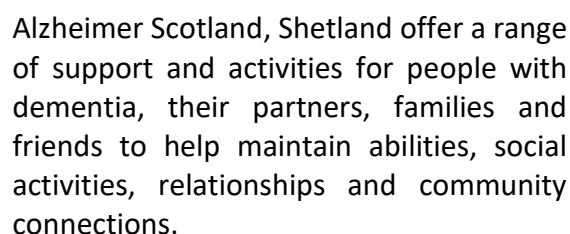
The Dementia Training project at Age Scotland have online courses available for unpaid carers of people with dementia. All training is free.

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

In their bi-monthly online coffee conversations, they explore, in an informal and relaxed atmosphere, different topics of relevance when supporting people living with dementia to be more included and active. If you care for, work with or support someone living with dementia, or if you live with dementia yourself, please feel free to take part: share your ideas, questions and experiences and hear from others. They will pass on information and resources and generally keep the conversation going.

To book, please visit:  
<https://www.eventbrite.co.uk/e/dementia-a-coffee-conversation-dementia-carers-network-ndcan-236-tickets-332028445017>

## Alzheimer Scotland, Shetland Activities April to June 2022



The 24-hour helpline is Freephone 0808 808 3000 or email: [helpline@alzscot.org](mailto:helpline@alzscot.org)

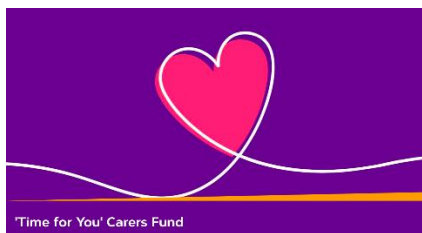
Tel: 01595 720344 (Dementia Resource Centre) or 07795 256424 (Jan) or 07760 177049 (Kirsten)

For details of events running from April to June, please visit:

<https://www.shetlandcarers.org/news/alzheimer-scotland-activities-april-to-june-2022>

All activities are FREE but must be booked through them as numbers are restricted due to Covid 19 regulations.

## Alzheimer Scotland 'Time for You' Carers Fund



Alzheimer Scotland have launched a new 'Time for You' Carers Fund to help support unpaid carers of people with dementia living in Scotland.

You can apply for a grant of up to £300 to pay for a short break, equipment, or activity of your own choosing. This means that what you can apply for is very individual and personalised to each unique situation.

For further information on how to apply, please visit:

<https://www.carersnet.org/new-carers-fund-from-alzheimer-scotland/>

## Eat Well Age Well

Many older adults in Scotland can struggle to eat enough to meet their nutritional needs. This can lead to malnutrition which can significantly affect their quality of life. Some common signs and symptoms of malnutrition include:

- Weight loss
- Poor appetite and feeling full quickly
- Reduced energy
- Muscle weakness
- Getting sick more often
- Falls

The Malnutrition Advice Line is a free phone advice line managed by Eat Well Age Well

Well (part of the Scottish charity Food Train). It is available to over 65s and those who work with/care for anyone over the age of 65 and can provide advice from trained staff around improving your diet and staying well-nourished.

Get in touch at 0800 13 88 220. The line is open Mondays, Wednesdays, and Thursdays 9am – 4pm.



## Carers Inquiry 2022



The national unpaid carer inquiry survey is now available on the Care Inspectorate website at:

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

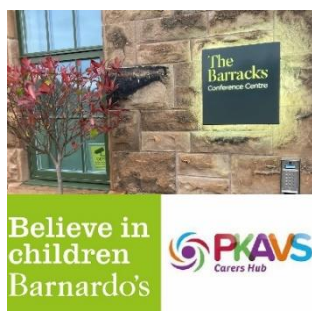
A key Care Inspectorate role is to ensure that the social work and social care services people receive meet required standards and are of a high quality that meet their needs. Unpaid carers are vital partners in how social care and support is arranged and provided.

During the COVID-19 pandemic many organisations sought carers' views in relation to how the pandemic and its

impact affected them. Some of the published findings were used in developing this survey.

The Care Inquiry Team want as many unpaid carers across Scotland, who want to participate, to do so. There are 15 questions and it should take 10-15 minutes to complete.

## Young Carers Service Update



Laura Mackenzie went down to Stirling in May to attend the first in-person event for Young Carers across Scotland.

The event was organised through Scottish Young Carers Services Alliance, with other organisations available to speak to throughout the day.

Laura also used her time to visit some services - Barnardos in Aberdeen as well as PKAVS – Perth and Kinross Carers Centre, and Stirling Carers Centre. She had a successful trip away and came back with lots of information and new ideas for Shetland Carers.

*"Making these connections and networking with other services is vital, to be able to get support and advice on similar concerns or to get appreciation of successful pieces of work in services."*



The Young Carers group has taken off and having good attendance, with the Young Carers engaging and enjoying meeting up with others. Laura is also doing drop-in sessions for Young Carers at a couple of schools.

*"This term is vital to connect with schools, especially for Young Carers who are transitioning to high school or moving up classes."*

Laura is also hoping to get a survey delivered to the Young Adult Carers to get their views and ideas on what they would like from the service.

For Carers Week 2022, Laura has organised a session at Aa Fired Up for all the Young Carers and Young Adult Carers, on Thursday 9<sup>th</sup> June 4.30pm – 6.30pm.

To book a space please contact Laura Mackenzie or check out our social media pages to find out more details. Laura can be contacted on:

Tel: 01595743906 / 07766679583

Email: [laura.mackenzie@shetland.org](mailto:laura.mackenzie@shetland.org)

## Update from Louie...



Hello all! My name's Louie, and if you follow Shetland Carers on social media then you will no doubt have seen my face multiple times before. Fresh from my first term of teaching at Robert Gordon University in Aberdeen, where I'm studying a 2-year Masters in social work, I embarked on my first placement with Shetland Carers in mid-March.

My main objectives at the outset were to get in touch with many of you and see how you were getting on, but also to organise this year's Shetland Carers Week and make some contributions to social media along the way.

It has been a varied and challenging, yet extremely rewarding and illuminating, experience for me so far. I have immensely enjoyed working with some of you to support you to take breaks, and have been trying to keep on top of preparations for Carers Week and social media alongside this.

There is also an academic arm to this placement where I must prove that I am putting my learning into practice. This has been another challenge as it requires me to wear a completely different hat to my day-to-day work.

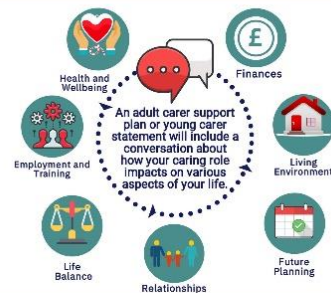
Now, five weeks before I leave, I feel like I am finding my feet properly. I'm very much looking forward to presenting Carers Week to you, and meeting many more of you in person. I have worked incredibly hard on organising the week's events and their branding, and would love anyone reading this to go to [bit.ly/carersweek22](https://bit.ly/carersweek22) to read all about what's coming between 6th and 11th June, and to secure tickets to the three (free) ticketed events we're hosting.

The flagship, and fourth, event - An Afternoon Tea - is not ticketed, so you can

just turn up at Islesburgh at 2pm on Saturday 11th June and enjoy the hospitality! If you don't have a computer, you can call 01595 743909 and we'll be able to help you reserve tickets.

## Adult Carer Support Plan

If you're looking after someone with a long term condition or disability, you may need some extra support yourself.



An Adult Carer Support Plan (or a Young Carer statement if you're under 18) can help you start that conversation.



If you are looking after someone with a long term condition or disability, and need some support with your caring role, you have the right to request an Adult Carer Support Plan.

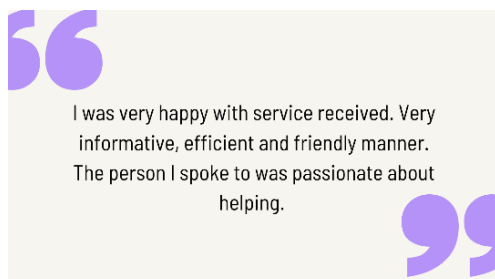
An Adult Carer Support Plan is a conversation about your caring role and the impact that it is having on various aspects of your life. It can help to identify and address a range of additional support you may need with your caring role.

For further information about what to expect from an Adult Carer Support Plan, check out this easy-to-read guide here:

<https://www.carersnet.org/wp-content/uploads/2021/06/1.-What-to-expect-when-you-make-an-adult-carer-support-plan-.pdf?fbclid=IwAR0x16rBPtvhLV09gtngoidPeHAHovWz6rU7Q5o5rN-gyy4Sr7vKtAEZSU8>

## Lead Scotland

There is a free helpline for disabled students and carers through Lead Scotland.



They can give advice on:

- Applying for educational courses and training programmes
- Information on community learning opportunities
- Sources of funding for disabled learners
- Support for disabled learners in a range of learning environments
- Support and funding for carers
- Information regarding disabled people's rights in post-school learning under the Equality Act
- Signposting to specialist sources of support
- and much more!

Call 0800 999 2568 or email [info@lead.org.uk](mailto:info@lead.org.uk)

## Distance Aware Lanyards



A Distance Aware badge or lanyard shows others you need more space or care and are available at Shetland Library.

As we adapt to living with Coronavirus, please [#BeDistanceAware](#) and respect the space of those wearing this symbol.

## Mind Your Head's Well Youth Service



To find out more about the Well Youth service or to make a referral, please contact:

Telephone: 01595 745035 / 07922603830  
or email [mindyourhead@shetland.org](mailto:mindyourhead@shetland.org) or  
complete a request for contact through  
their online form:

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



## 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. In April, the group went to Mareel to watch Sonic The Hedgehog 2 and stuffed soft toys at Aa Fired Up! The next meeting will be Saturday 28<sup>th</sup> May 2022 where we will be walking a May Day Mile to raise funds and awareness for the RNLI, and visiting the Lerwick Lifeboat Station. We are working hard to finalise our Summer Holidays Sibling Sessions and these will be announced soon! The session dates and activities will be available on <https://www.shetlandcarers.org/meetings/sibling-sessions> You can contact Laura on 01595 743909 or [laura.russell@shetland.org](mailto:laura.russell@shetland.org) to find out more about the group and how to book.

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. The next session will be a Sound Therapy Session with Anjani Devi from Holistic Yoga Shetland on Friday 10<sup>th</sup> June 2022. Contact Laura on 01595 743909 or [laura.russell@shetland.org](mailto:laura.russell@shetland.org) for more information.

Friday Group is open to young people in secondary school who have social communication difficulties. The next session is on Friday 17<sup>th</sup> June 2022. Contact Laura on 01595 743909 or [laura.russell@shetland.org](mailto:laura.russell@shetland.org) for more information.

We are planning a Family Day session for the summer holidays! The next Family Day will be on 10<sup>th</sup> August 2022, 10.30am – 12pm. We will be having a bouncy castle and soft play session in the Main Hall at Clickimin! Places must be booked by contacting Laura on [laura.russell@shetland.org](mailto:laura.russell@shetland.org) or 01595 743909 - <https://www.shetlandcarers.org/meetings>

Lego Group will also be making a comeback this summer – we know you have missed it! Keep an eye out for announcements on our Facebook page (Shetland Carers) and on <https://www.shetlandcarers.org/meetings>

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.



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

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

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

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

☎ Kirsten Harcus: 01595 743980

☎ Laura Russell: 01595 743909

☎ Amanda Brown: 01595 743923

☎ Laura Mackenzie: 01595 743906

We hope you can join us for some or all of these events during Carers Week 2022...



**Shetland Carers**



6-12 June 2022

AS PART OF SHETLAND CARERS WEEK, WE PRESENT

## AN ACTIVITY-FILLED WEEK



PRIVATE SCREENING | MAREEL SCREEN 2

TUESDAY 7TH JUNE | 1:45PM

SCAN QR CODE FOR MORE DETAILS



MEET AT ENTRANCE OF NEW AHS | 6:45PM

WEDNESDAY 8TH JUNE

SCAN QR CODE FOR MORE DETAILS



### A CREATIVE DAY OUT



THURSDAY 9TH JUNE

MEET 9:30AM AT MARKET HOUSE

SCAN QR CODE FOR MORE DETAILS



### AN AFTERNOON TEA



SATURDAY 11TH JUNE

ISLESBURGH ROOM 16 | 2PM - 4PM

SCAN QR CODE FOR MORE DETAILS



For more information visit  
[carersweek.org](http://carersweek.org)

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