



# 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



# Autumn Newsletter

September 2022

## Carers Week 2022



all those who participated in any of our activities during the week.

This year, Carers Week took place from 6<sup>th</sup> to 12<sup>th</sup> June 2022 and Shetland Carers thoroughly enjoyed being part of it.

The staff at Shetland Carers would like to say a big thank you to everyone who helped us during Carers Week. Thank you to everyone who assisted in any way to make the week a success, and of course to



*thank you*

## Staff Changes

Kirsten, our Adult Carers Support Worker, has now left her post for ventures new so this position is currently vacant.

Work is underway to recruit someone to this role and we hope to have someone in post very soon!

Thank you to Kirsten for all her hard work and dedication to the role of Adult Carers Support Worker over the years.

Shetland Carers has since been running a reduced service, and staff would like to thank everyone for their understanding whilst this position is vacant.

## How to refer to Shetland Carers

If you, or someone you know, would like to register as an adult carer, young adult carer or young carer with our service, you can sign up via our website:

<https://www.shetlandcarers.org>

Please scroll down to the blue 'Sign Up' section at the bottom.

Alternatively please email us at [carers@shetland.org](mailto:carers@shetland.org) and we can send you out a paper referral form to be completed.

*We look forward to hearing from you!*

## 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 still have funding available 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 since October 2021 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.

*Since April 2022, Shetland Carers has awarded 53 grants to carers, totalling £14,350, to allow them to have a break from their caring role.*

## 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.

One of our carers had a FABULOUS run out on the bike in May with Steve Henry, who kindly donates motorbike runs to our Respitality Scheme.

Maureen applied to the Scheme for a break and opted for a motorbike run. Maureen and Steve were out for a couple of hours on the bike and had a super day of weather for it!

Shetland Care Attendant Scheme (SCAS) provided a care attendant to look after Maureen's husband, to enable her to attend her Respitality break. Working in partnership like this with SCAS works well, and can allow carers to take a break from their caring routine knowing they have someone looking after their cared for person.

*Maureen said "I thoroughly enjoyed it - it was certainly an experience! It's been a long time since I was on a bike and Steve's bike was just a beauty! Steve was so fine and couldn't have been nicer. We went up to Hillswick and Sullom and also to Aith and through lots of peerie back roads that I didn't know existed. It was so fine to sit back and enjoy and it gave me a lovely break and a change of scenery."*

Another of our adult carers and two of our young carers had a lovely trip with Seabirds and Seals in August! They even saw a minke whale!

Sarah, along with her three children (two of whom are young carers for their brother), attended a Respitality break of a boat trip aboard Seabirds and Seals with owners Marie and Brian Leask.

Marie and Brian very kindly donated three boat trips (for a carer and companion) to our Respite Scheme, which were to be used over the Summer months. Sarah and her family were able to make use of two of these donated trips.

Sarah said *"We just had a lovely time aboard Seabirds and Seals, we would like to thank you so much for this break! What a brilliant trip around Noss, and we even saw a Minke wale! Just fabulous! Thank you so much!"*

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 Respite 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.***

## Shetland Care Attendant Scheme



A helpful way for carers to have a break is to use Shetland Care Attendant Scheme and have a care attendant look after your cared for person.

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 for a walk, or simply having a rest and quiet time in another room.

For more information, please contact Karen Fraser at SCAS on 01595 743932 or email [scas@shetland.org](mailto:scas@shetland.org)

## 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>

## Young Carers Service Update

The Young Carers Service has been busy over the Summer with seven activities on throughout July and August. The Young Carers had an adventure week in July, with the Climbing Wall and Pizza Making out at Aith, a trip up 'Nort' (mainland) to Eshaness with lunch at the Braewick Café, and finally the week ended with a Nature Connections session with Colleen Flaws up in Voxter with 'Frankies' fish and chips to finish off.

The Young Carers had a brilliant time and enjoyed all the activities!



The last few activities were in August, where they did Laser Tag in Lerwick,

Sumburgh Head and Jarlshof with Sibling group and also attended the Cunningsburgh Show. All activities were well attended and the young people enjoyed the variety of activities on offer to them.



The Young Carers Service is busy this term visiting the Junior High schools and making more organisations aware of the service we have at Shetland Carers for Young Carers and Young Adult Carers.

Also look out for an application to apply for a Young Carers Card to help show your

identity without explaining about your caring role situation PLUS there will be great business discounts on offer too if you use the card!

## Looking After Someone Guide



Our information and support guide for carers in England

Updated for 2022-23



Want to find out about financial support that may be available to you? The 'Looking after someone' guide from Carers UK has information on welfare benefits, Council Tax discounts and more.

Just visit the link below and then click on 'Scotland':

<https://www.carersuk.org/las>

## State of Caring Survey



The State of Caring survey 2022 is now live! This is the most comprehensive research into the experience of carers in the UK. It creates a powerful body of evidence that highlights what caring looks like in the UK today and what needs to be done to ensure carers are supported.

Last year, over 8,000 carers shared their experiences in the survey.

What challenges are you facing and what support do you need?

To have your say, visit:

<https://www.surveymonkey.co.uk/r/YS5C3KJ>

The survey takes around 20-30 minutes to complete – and all responses are very much appreciated.

## Adult Disability Payment



Adult Disability Payment is now open for new applications across Scotland.

You can apply if you are between 16 years old and state pension age, need help with the extra costs of being disabled or having a long term health condition.

For further information:

<https://www.carersnet.org>

## Shetland Islands Citizens Advice Bureau

Understanding energy bills can be confusing whether you receive them online or in the post. To help, Shetland CAB's Energy Advice Team put together a little explanation of what some of it means.

For more advice on energy bills or for energy advice in general, please contact the Citizens Advice Bureau - Energy Advice Service via the following contact details:

Tel: 01595 69 46 96

Email: [sicab@shetland.org](mailto:sicab@shetland.org)

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

Please note - the CAB office is not open for drop-ins. If you see the lights on at the CAB office, it is because staff are in the office working on client cases. Therefore they are not currently available to give advice to people dropping by. Shetland CAB staff would like to apologise for this.

**UNDERSTANDING ENERGY BILLS**

**TIME COVERED**  
Energy Bills should say the period of time that they cover, this is usually about 3 months but check your contract as this will tell you for sure.

**AMOUNT OWED**  
The amount owed will be shown on your bill. It will either be:  
**Debit** - what you owe  
**Credit** - what you are potentially owed

**PERSONAL PROJECTION**  
This is an estimate of how much you will spend on energy in the next 12 months. This is only likely to be accurate if you have been sending in regular and up-to-date meter readings.

**ESTIMATED BILL vs ACTUAL BILL**

<b>ESTIMATED BILL</b> An estimated bill is not a true picture of your energy usage. They are usually based on what you have used in the past and are therefore likely to be inaccurate.	<b>ACTUAL BILL</b> An actual bill is based on up-to-date meter readings. This is therefore likely to be accurate. If you receive an 'estimated bill' you should send in up-to-date meter readings and ask for an amended bill to be sent out.
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**TARIFF**  
The type of tariff you are on will affect how much you pay. You should always check if you are on the cheapest tariff and can do this by asking your energy company if there is a cheaper tariff available to you.  
Make sure to ask about 'fixed tariffs' as they can sometimes be a cheaper option.

Funded by Shetland Charitable Trust

**Enquire**



We often hear from parents of children with additional needs that things could be better when trying to communicate with school.

Enquire is a Scottish Advice Service for additional support for learning. They have great resources for parents and they also have a Facebook page and helpline.

You can find them at:

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

## Contact – for families with disabled children

**contact** For families with disabled children

Need expert advice, information or support related to your disabled child? Get in touch with Contact's helpline team:

<https://contact.org.uk/about-contact/contact-us/>

## Autism Understanding Scotland



It is always a good idea to review what you know about something - have a look at the link below to clear up some myths about autism.

The rest of the Autism Understanding Scotland website is packed full of information too!

<https://www.autismunderstanding.scot/information-hub/myth-busting>

<https://www.autismunderstanding.scot/>

## Sibs



This website might be of interest to some of you who have a disabled brother or sister. They also have a facebook page 😊

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

## Beat



Shetland Carers has recently had contact from 'Beat', the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, their mission is to end the pain and suffering caused by eating disorders.

Some of their resources could be very useful to those who need support around caring for someone they love with an eating disorder.

In particular, they wanted to highlight POD (Peer support and Online Development programme). POD is fully funded across the United Kingdom, giving its users access to a plethora of resources, including some workshops - all for free.

POD is designed to provide people supporting someone with an eating disorder with a space to learn, share

experiences and find community. The platform offers access to online modules, resources, and spaces to talk with peers for support with helping a loved one. They have worked closely with their service users, ambassadors and eating disorder clinicians to help them to shape this platform, ensuring that the information they are sharing is clinically accurate, as well as meeting the needs of those who will be accessing it.

For more information on what their platforms offer please visit:

<https://elearn.beateatingdisorders.org.uk>

They also have three Zoom-based workshops called Developing Dolphins, Raising Resilience, and Solace.

You can contact the team on [training@beateatingdisorders.org.uk](mailto:training@beateatingdisorders.org.uk) or call on 01925 912829.

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

## National Wellbeing Hub



<https://wellbeinghub.scot/resource/unpaid-carers/>

They know that unpaid carers are likely to be under additional pressure at this time.

They know that you may not be getting the support or breaks from services that usually help you cope or that you may be caring for loved ones at home to shield them from the virus. Some of you are also carers in your work lives as well as being unpaid carers at home.

At this time it may seem that taking care of your mental health and wellbeing comes way down the priority list of things to do. Hard as it may seem, it is important to find even small ways to look after yourself. Please have a look at the resources on the above website and see if there's anything that might help you during these difficult times.

## Mind to Mind



The Scottish Government has launched the Mind to Mind Campaign, which highlights the new dedicated NHS inform website to help people who may be facing challenges with their mental wellbeing.

The Mind to Mind website features real people talking about their own experiences and offers advice to others to support them with their challenges. Topics include dealing with anxiety and panic, handling stress, sleeping better, lifting mood, and moving through grief.

<https://www.nhsinform.scot/mindtomind>

## Carers UK Listening Support Service



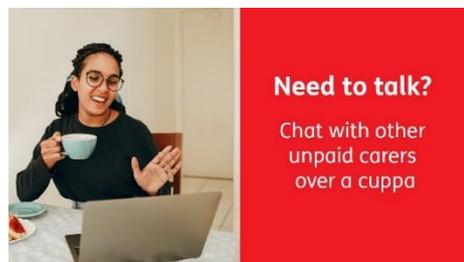
Need someone to talk to? Carers UK Listening Support Service offers carers the opportunity to chat on the phone with someone who understands.

You'll receive four calls from one of their friendly, trained volunteers who are there to listen and offer emotional support.

Find out more on their website:

<https://www.carersuk.org/listen>

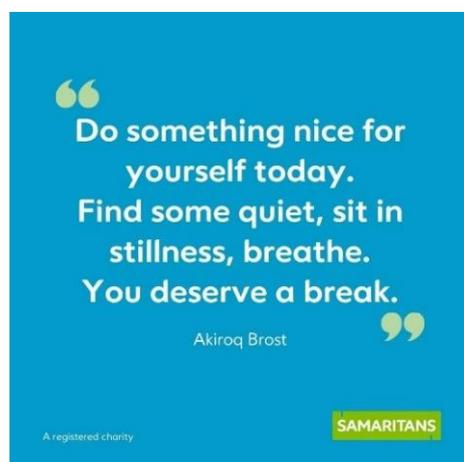
## Carers Scotland Care for a Cuppa



Carers Scotland run regular online Care for a Cuppa and other learning sessions, where you can meet other carers in Scotland, have a chat and get things off your chest in a supportive environment.

Sign up for free at:

<https://www.carersuk.org/cuppa>



## 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.

Sibling Group had a brilliant summer! We didn't let the weather stop us at all, and managed to fit in an ice cream on nearly every session. We had a trip to Bain's Beach, a fact finding mission in Lerwick, a very wet and soggy Nature Connections session at Sands of Sound and a brilliant bus trip to Sumburgh Head and the puffins! In August, we went to the Sensory Rooms at the Clickimin – highly recommended by everyone who came! Our next sessions are in the process of being finalised. 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.

We also had a great Family Day with bouncy castles and soft play at the Clickimin in the summer holidays. This was really well received by everyone who came and was a good chance for families to catch up with each other. Further Family Day sessions will be announced on <https://www.shetlandcarers.org/meetings> Contact Laura on 01595 743909 or [laura.russell@shetland.org](mailto:laura.russell@shetland.org) for more information.

Parent Group is open to any parent who has a child with an additional support need, and we meet four times a year to do a time out activity and get peer support. The next session will be on Friday 2<sup>nd</sup> December 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. Contact Laura on 01595 743909 or [laura.russell@shetland.org](mailto:laura.russell@shetland.org) for more information.

Lego Group made a comeback over the summer, with three sessions that were fully booked. We are in the process of arranging dates for our next sessions, so keep an eye on <https://www.shetlandcarers.org/meetings> for any announcements.



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

☎ Adult Support Worker (currently vacant): 01595 743980

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

☎ Laura Russell: 01595 743909

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

☎ Amanda Brown: 01595 743923

✉ Market House, 14 Market Street, Lerwick, Shetland, ZE1 0JP ☎ Laura Mackenzie: 01595 743906