

# 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

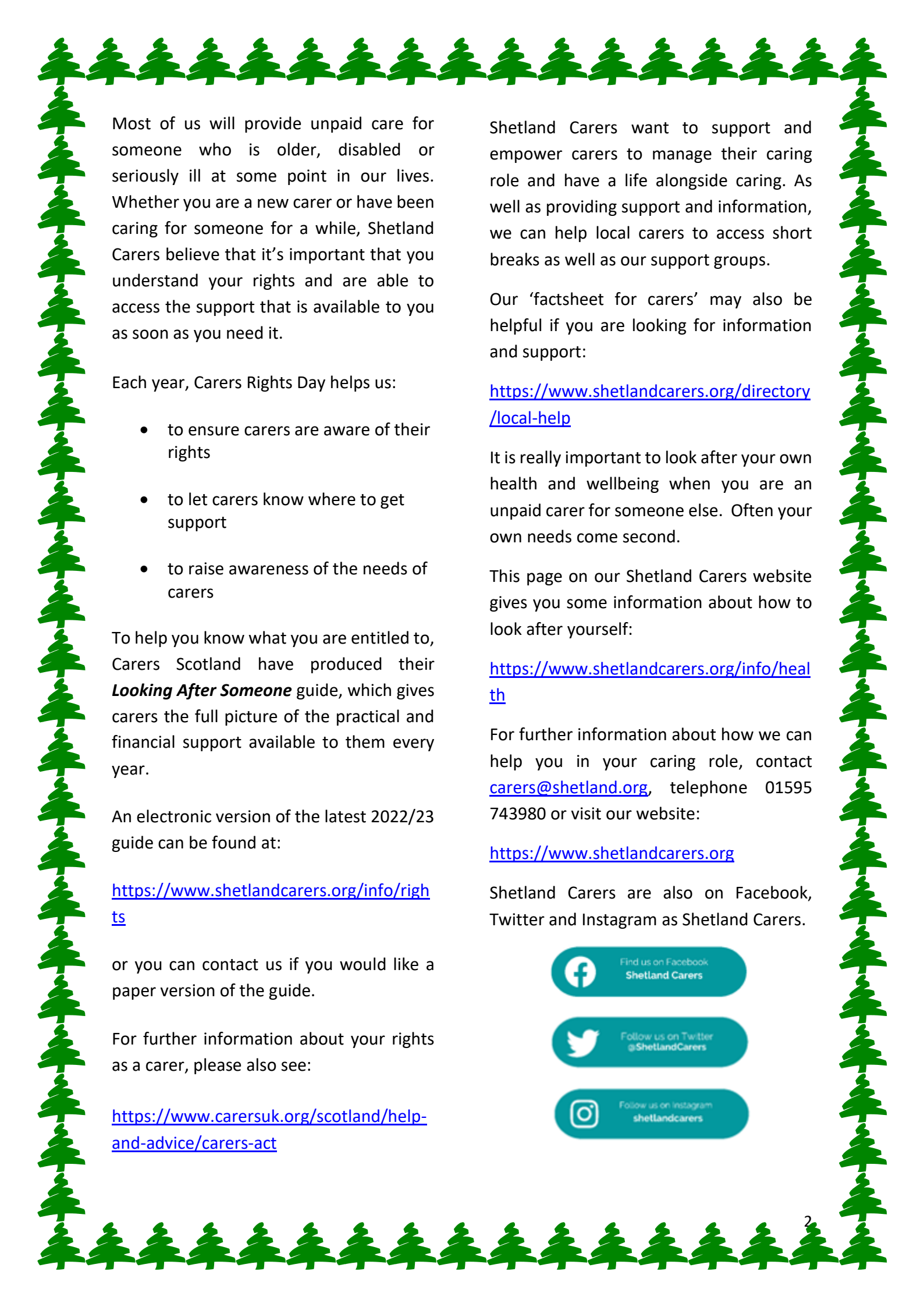
*December 2022*

## Carers Rights Day 2022



Carers Rights Day took place on Thursday 24<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 **Caring Costs!**

Caring Costs in so many ways. It could be the cost to unpaid carers' wellbeing and ability to access health services. Sometimes it's the financial costs associated with looking after someone – or the effects on carers' employment options. Taking care of someone may cost carers the quality of their relationships, through not being able to take time out to spend with friends and family or through changes to the relationship with those they care for. And the current cost of living crisis is being felt even more acutely by carers throughout the UK.



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.

Each year, Carers Rights Day helps us:

- to ensure carers are aware of their rights
- to let carers know where to get support
- to raise awareness of the needs of carers

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 2022/23 guide can be found at:

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

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 also see:

<https://www.carersuk.org/scotland/help-and-advice/carers-act>

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 as well as our support groups.

Our 'factsheet for carers' may also be helpful if you are looking for information and support:

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

It is really important to look after your own health and wellbeing when you are an unpaid carer for someone else. Often your own needs come second.

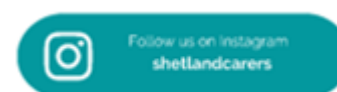
This page on our Shetland Carers website gives you some information about how to look after yourself:

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

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>

Shetland Carers are also on Facebook, Twitter and Instagram as Shetland Carers.



## Respitality Update



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).

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.

For more information about the Scheme, or to apply for a Respitality break, please visit:

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

Shetland Carers have recently awarded Marie and Brian Leask of Seabirds-and-Seals, and Joyce Anderson of Isles Reflexology with their Respitality certificates, for donating breaks to the Scheme and allowing carers to take a much needed break from their caring routine.



Since the project began locally in Autumn 2017, Shetland Carers have provided 152 breaks to carers through the Respitality Scheme at an estimated cost to local businesses of £20,230.

A continued thanks goes to all donors for their kindness and generosity.

## Time to Live funding



Short  
breaks fund

*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.*

Since October 2021 we have granted 65 Short Break grants to carers, through Time to Live funding, worth £17,550.

This fund remains open for carers to apply for a Short Break grant, and will close when all monies have been spent. We are hopeful to receive further funding for awarding grants in April 2023.

For more information:

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

## Shetland Islands Citizens Advice Bureau



There is a lot of information out there just now about the Government's Cost-of-Living Support and it can be quite tricky to filter through.

Shetland Island's Citizens Advice Bureau thought it would be helpful to post a weekly guide explaining the key points of each support payment. This information can be found on their Facebook page.

If you require help with cost-of-living support, please contact CAB using the details below:

Tel: 01595 694696

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

Website: <https://www.shetlandcab.org.uk>

\*\*Please note, their 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 and therefore are not currently available to give advice to people dropping by\*\*

## Cost of Living causing you worry?



Lots of people are worried about money right now.

By now, all households in Shetland will have received a leaflet with details of support available for finance, energy efficiency, food and mental health.

Shetland Island Council's website also has links to advice for households, businesses and local communities, or, if you'd prefer to speak to someone directly, you can call their dedicated support line.

<https://www.shetland.gov.uk/costofliving>

Tel: 0800 030 8780

## St Ringans Hub

### St Ringans Hub Lower Hillhead, Lerwick

Come along for access to free:

- Clothing for children
- Items to help people through the winter like blankets, duvets, hot water bottles and thermos flasks.

Open:

**Monday and Thursday: 1pm-5.30pm** for families, services and community groups to drop along to collect.

By arrangement call: **0800 0308780**

[www.shetland.gov.uk/costofliving](http://www.shetland.gov.uk/costofliving)

Shetland Islands Council

A new hub has opened next to the former St Ringans Church on Lower Hillhead in Lerwick, offering support for cost of living pressures being faced by households across Shetland.

The hub has been established by Shetland Islands Council and is open for anyone to come along – families needing support, services wishing to access items to support families, and communities wanting to establish pop ups in their local areas.

The St Ringans Hub contains clothing for babies, children and teenagers, and items such as hot water bottles, blankets and duvets. Staff will also be on hand to discuss support options for anyone, including finances and support for energy bills.

The Hub is currently open Mondays and Thursdays, for anyone to drop along between 1pm to 5.30pm, or at other times by arrangement on 0800 030 8780.

## Carnegie Hall

The Carnegie Hall in Sandwick is currently open once a week, to give people struggling with rising energy costs, a warm place to spend the day.

In conjunction with the village's Church of Scotland St Magnus kirk, the Hall will be open on Fridays between 10am and 4pm to offer hot drinks, charging points, WiFi and newspapers.

There is no cost to those who wish to attend.



## Anchor for Families Shetland



The Anchor Team is always ready to listen to whatever pressures your family are under.

Working with you, they will help you get all the support you need to thrive, and will continue to do so as long as you need it.

This might be making sure your family is receiving all the financial support and benefits you are entitled to; speaking with housing or other services on your behalf; helping communicate with the school or talking through relationship issues.

They provide practical help, like food parcels and clothing, as well as a friendly ear, to listen and chat about anything that is bothering you.

Tel: 01595 744000

Email: [anchor@shetland.gov.uk](mailto:anchor@shetland.gov.uk)

Website: <https://bit.ly/EarlyHelpTeam>

## Scottish Child Payment



Scottish Child Payment applications are now open for children aged under 16. You can apply for the payment of £100 every 4 weeks if you:

- ✓ get Universal Credit, tax credits or other qualifying benefits
- ✓ have a child or children aged under 16

The quickest way to apply is online at:

<https://bit.ly/scottishchildpaymentunder16>

but you can also apply by phone, by post or in person.

If you have already been getting Scottish Child Payment for your child under 6 then you do not need to reapply.

If you have older children you can add them to your existing Scottish Child Payment award using the link above.

## Shetland Library – what is on offer?



*Shetland Library are delighted to announce that they have signed up to be a 'Playlist for Life' Help Point.*

🎵 Playlist for Life is a music and dementia charity with one very simple aim – for everyone with dementia to have a unique, personal playlist and for everyone who loves or cares for them to know how to use it.

The playlist of your life is made up of music with strong memories and emotions attached. Take a moment to think of a song that gives you that 'flashback feeling' – a song that transports you back to a certain time in your life and puts a big smile on your face. Having access to this music can be a lifeline for people with dementia and can make living with dementia easier and happier.

🎵 For more information go to <http://playlistforlife.org.uk> or pop into the Library.

*Shetland Library also offer 'Lunchtime Learning' drop-ins, 12 to 2pm on Thursdays.*

Staff from Adult Learning and Community Work will be there for you - get help with computers, find out about classes or get information and advice. They will also have

Benefits Check forms and can help you fill them in - are you claiming what you are entitled to?

Sessions started on 10<sup>th</sup> November and will run through the winter.



**Lunchtime Learning**  
**DROP-IN SERVICE**

Adult Learning and Community Work staff will be in the Library's Activity Room to help you with:

- ✓ Benefits check
- ✓ Using the Internet
- ✓ Literacy and learning

Thursdays  
12 noon to 2.00 pm

Adult Learning Shetland  
Learning can make a difference to your life. Give it a go now!

Shetland Library  
Shetland Islands Council

*The Sunshine Seat at Shetland Library is back!*



Why not try switching on their bright daylight spectrum light? (you can oust Panda from the comfy chair). Some folk find that 30-60 minutes in front of it can boost their mood and help tackle SAD (Seasonal Affective Disorder).

## Mind Your Head



A reminder that Mind Your Head, based in Market House, still have SAD lamps that you can borrow if you feel you would benefit from using one.

Tel: 01595 745035

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

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

## Dementia Training



Age Scotland have now released dates for their free training courses running between now and the end of the year.

You can view the complete calendar of courses and sign up via their website:

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

All training is free.

## State of Caring Report 2022

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

unpaid carers and reveals the crisis that unpaid carers are in.

Over a third

**34%**



of carers who were waiting for specialist treatment or assessment had been waiting for over a year

State of Caring 2022: A snapshot of unpaid care in the UK

 carersUK

The report is based on responses from over 12,400 people who are currently caring – their biggest ever survey. Carers told them that the broken health and social care system and the rising cost of living is pushing them to the brink.

Over a third of carers who are waiting for specialist treatment or assessment have been waiting for over a year, and two thirds of carers waiting for treatment say it's having a negative impact on their mental or physical health. Carers are being left in pain and unable to carry out their caring role.

Carers are simply not getting the practical support they need to cope. For the full report, please visit:

<https://www.carersuk.org/state-of-caring>

## Organ and Tissue Donation – it's your choice

ORGAN  
DONATION  
SCOTLAND

Scotland has an opt out system of organ and tissue donation.


If you're aged 16 or over you have the choice to be an organ and tissue donor, or to opt out.

Organ and tissue donation isn't something that comes up in conversation but making time to talk to your family and friends about your donation decision means they'll be able to honour it.

Find out more by visiting:

<https://www.organdonationscotland.org>

## The Herbert Protocol

THE  
HERBERT  
PROTOCOL   
Safe & Found

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:

<http://ow.ly/bRpD50GbdF1>

## Young Carers Service Update



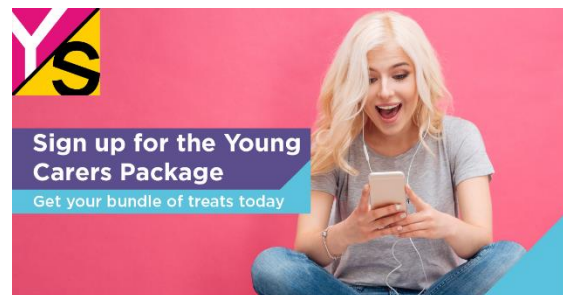
Shetland Carers Young Carers Service has been going steady with a few group sessions taking place since Summer.

They had the pleasure of Helen Robertson coming along to do Patchwork Clocks with some of the Young Carers in the October holidays, and for their last session of the year they went to Magnos and treated their Young Carers to pizza and desserts!

Laura Mackenzie, Young Carers Support Worker, will be going on Maternity Leave in January 2023. Look out for her maternity cover to be advertised in January!

We wish Laura all the best in her time off and can't wait to meet baby Mackenzie 😊

## Young Scot Young Carers Package



Young Scot Young Carers Package is a great initiative to get rewards, discounts, support and information on being a Young Carer.

Here at Shetland Carers we get weekly updates on rewards for the Young Carer Package - if you would like to sign up to receive information on this, please get in touch via messenger, email or text.

<https://young.scot/get-informed/national/young-carers-package>

## 'My Important Information for NHS 24' leaflet

Shetland Carers has been issued with 'My Important Information for NHS 24' leaflets.

During a phone call to 111 it may be useful to have this leaflet close by with all the key information about the injured party, to help ease the pressure at a stressful time. If you would like a leaflet, pop into Market House to get yours.

Alternatively, we can also post it to you or you can find them on the website:

<https://www.nhsinform.scot/campaigns/its-ok-to-ask>

(scroll down to the 'My Important Information for NHS 24')



**You can phone 111 if you:**

- think you need to go to Accident & Emergency (A&E) or a minor injuries unit
- are too ill to wait for your GP practice to open

Keep this card by your phone or in a handy place so you always have your information at hand.

Your name: \_\_\_\_\_  
Date of birth: \_\_\_\_\_  
Address: \_\_\_\_\_  
Post code: \_\_\_\_\_  
Phone number: \_\_\_\_\_

Medication  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Allergies  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

GP name: \_\_\_\_\_  
GP practice: \_\_\_\_\_  
GP phone number: \_\_\_\_\_  
Pharmacy name: \_\_\_\_\_  
Pharmacy phone number: \_\_\_\_\_

Illnesses or conditions  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you take multiple medications you might want to keep a copy of your repeat prescription form with this card.

## Autism Understanding Scotland



The link below has excellent information on Autistic Rights, with easy read versions available too!

<https://www.autismunderstanding.scot/information-hub/autistic-rights?rq=rights>

The rest of the Autism Understanding Scotland website is packed full of useful information so please do take a look 😊

## Enquire – Scottish advice service for additional support for learning

# ENQUIRE

Enquire is the Scottish Advice Service for Additional Support for Learning. If a child or young person needs extra support within education for any reason, they can provide advice and information via their helpline, website and guides.

Their Facebook page will feature varied additional support for learning content for parents, carers and professionals.

Enquire also offers advice and information for children and young people through the Reach website - [www.reach.scot](http://www.reach.scot)

Reach can help you and your child to understand children's rights to extra support with their learning and to be involved in decisions about their support.

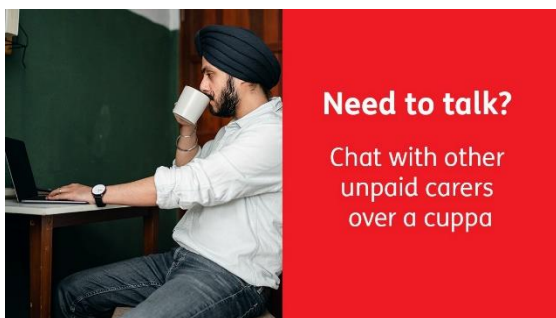
Enquire's new quick read guide has lots of information about what you need to know when your child's support is being planned in school:

<https://enquire.org.uk/enquire-resources/>

They also recently posted this link on their Facebook page on your child's school attendance and exclusion rights, which you may find useful:

<https://www.youtube.com/watch?v=zf1X YnP843c>

## Carers UK – what is on offer?



**Online forum** - Their online forum offers a space for carers to share experiences, get things off your chest and find mutual support.

Join them as a member for free and gain access to the forum:

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

**Share & Learn sessions** - Carers UK offer Share & Learn sessions. If you'd like to take part in an activity with other carers, their weekly online Share and Learn sessions offer a wide range of free activities, from tips and guidance with their Helpline team to Pilates and ballet.

You can sign up here:

<https://www.carersuk.org/share-and-learn>

**Being Heard guide** - If you feel that you are struggling to be heard by GPs, social workers, or other professionals then Carers UK's 'Being Heard' guide provides information to help you get your point across with professionals, understand your rights and challenge decisions when things aren't right.

Check it out at:

<https://www.carersuk.org/self-advocacy>

**Listening Support Service** - Carers UK also offer a Listening Support Service. This

service gives carers emotional support and a chance to speak to someone who understands the issues which carers face.

You can receive up to four calls from one of their trained volunteers, providing a listening ear and a confidential space to talk.

If you are currently or have recently been caring for someone and would like to find out more, please visit:

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

**Care for a Cuppa** - Meet fellow unpaid carers and share experiences over a cuppa.

Sign up for free:

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

## Tiny Ways to Keep Active

### BEWARE THE CHAIR

Get up and get moving! Three minutes every hour can make all the difference to your muscles and your mind. Set an alert to:

**TAKE 3 MINS**  
for a jolly jig,  
song or dance



**TAKE 3 MINS**  
for a snack



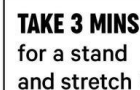
**TAKE 3 MINS**  
for a cuppa



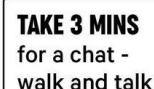
**TAKE 3 MINS**  
for fresh air



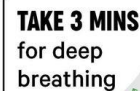
**TAKE 3 MINS**  
for a stand  
and stretch



**TAKE 3 MINS**  
for a chat -  
walk and talk



**TAKE 3 MINS**  
for deep  
breathing



**VERSUS**  
**ARTHRITIS**

Contact [corporatepartners@versusarthritis.org](mailto:corporatepartners@versusarthritis.org) to find out more about how you can keep moving and stay healthy in the home and the office

When the weather is cold and wet outside, it's easy to spend more time indoors and sitting... sofa, office chair, recliner... but a few minutes of activity every hour can make a difference to our health.

## 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 01595 743909 or [laura.russell@shetland.org](mailto:laura.russell@shetland.org) to find out more. The next meeting will be Saturday 28<sup>th</sup> January 2023 – activity to be confirmed.

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. Our next meeting will be in the Spring. Contact Laura on 01595 743909 or [laura.russell@shetland.org](mailto:laura.russell@shetland.org) for more information.

Friday Group have been meeting fortnightly during the last term. This group will restart again in January 2023. 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.

Lego Group will be restarting in January 2023! 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)

 Adult Carers Support Worker (currently vacant): 01595 743980

 Laura Russell: 01595 743909

 Laura Mackenzie: 01595 743906

 Amanda Brown: 01595 743923

 [iim.guyan@shetland.org](mailto:iim.guyan@shetland.org)

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

# Christmas Word Search

I	I	J	L	L	S	D	Y	R	J	E	I	P	J	J	C	C	V	I	P
W	M	V	G	K	N	S	A	V	C	M	R	L	Z	O	A	A	B	V	J
G	R	H	O	G	S	X	D	T	T	D	Z	C	K	L	K	R	O	D	J
B	I	A	Q	W	L	W	I	C	H	X	K	D	P	L	R	O	I	N	I
V	R	I	P	R	X	W	L	T	T	X	N	R	I	Y	X	L	J	Q	N
O	S	Q	E	P	D	O	O	M	W	R	E	A	T	H	Q	E	E	K	G
F	T	B	N	E	I	C	H	R	I	S	T	M	A	S	T	R	E	E	L
N	G	O	Q	A	N	N	Q	L	E	E	X	E	D	J	N	S	O	Y	E
D	A	E	R	B	R	E	G	N	I	G	N	E	L	A	C	T	F	N	B
K	I	C	E	N	G	S	T	P	F	G	C	A	M	V	E	Y	G	Z	E
Z	Q	A	N	K	A	S	H	R	A	O	Y	W	C	L	E	Q	K	Y	L
P	Q	L	U	W	Q	M	G	W	R	P	O	D	T	Y	R	S	A	A	L
H	L	P	C	A	Z	T	E	A	H	N	E	S	M	Z	D	T	K	W	S
W	J	E	C	D	K	R	T	N	S	Z	I	R	E	E	D	N	I	E	R
O	M	R	A	H	N	I	V	H	T	M	G	U	Y	N	D	W	A	V	M
J	V	I	C	O	O	A	W	P	D	S	N	W	D	O	S	K	Q	C	S
U	T	F	R	N	O	B	L	D	N	O	R	T	H	P	O	L	E	A	S
H	L	S	S	F	L	G	M	R	K	L	U	T	H	Z	B	L	N	Y	E
C	O	B	S	G	E	F	G	U	A	M	W	D	X	Y	D	T	L	U	D
W	O	B	H	B	A	K	B	H	D	G	Z	O	H	T	A	I	F	K	L

\*\*\*\*\*

JINGLE BELLS

FIREPLACE

NORTH POLE

BOW

GARLAND

ORNAMENTS

CANDY CANE

GINGERBREAD

PRESENTS

CAROLERS

HOLIDAY

REINDEER

CHRISTMAS TREE

JOLLY

SNOWMAN

DECORATIONS

SANTA

WREATH

ELVES

MISTLETOE

WRAPPING PAPER



# Christmas Quiz

1. Which country started with the tradition of putting up the Christmas tree?
2. In which tin of chocolates would you find 'The Green Triangle'?
3. If you are born on Christmas Day, what is your star sign?
4. How many reindeers pull Santa's sleigh (including Rudolph)?
5. What item is traditionally hidden in a Christmas pudding?
6. In which year was the first Christmas card sent? 1743, 1843 or 1943?
7. Which one of Santa's reindeers has the same name as the god of love?
8. According to the song, what do you deck the halls with?
9. December 26th marks which Saints Day?
10. How many gifts were given in total in 'The Twelve Days of Christmas' song?
11. What is the most popular Christmas plant in the UK?
12. Roughly how many turkeys are consumed in the UK every Christmas? 10, 20 or 30 million?
13. What is the bestselling Christmas single of all time?
14. According to tradition, when should you have your Christmas decorations down by?
15. How do you say Merry Christmas in Spanish?

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