



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 2023

Time to Live Short Break grants



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

However, we will have more funding available from 1st April 2023 for the new

grant period!

Over the past 18 months we have been able to offer a grant up to a maximum of £300 per carer towards your chosen short break. To date, for this grant period, we have awarded 91 Short Break grants to carers totalling just under £23,000.

Carers have used their grants for all different types of breaks including:

Trips away, SRT More4Life memberships, overnight stays, massage sessions, counselling sessions, pampering sessions, meals out, horse riding lessons, new bike,

new scooter, metal detector, gardening items and driving lessons.

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.

Please keep an eye on our Social Media pages, and our website, for the new funding becoming available.

For more info:

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

Respitivity Scheme Update



Cheryl Jamieson of Glansin Glass and Amanda Brown, Admin Support, Shetland Carers

Thanks so much to Cheryl Jamieson of Glansin Glass for kindly donating breaks to our Respitivity Scheme.

An adult carer was able to enjoy a two hour glassmaking session in Cheryl's visitor centre in Unst - a welcome break from everyday caring duties.

Cheryl recently popped along Market House to receive her certificate and get her photo taken.

A reminder also that if any carer would like to take a break through our Respitivity Scheme, it is OPEN!

We have a variety of breaks on offer for carers including dining vouchers, overnight stays, reflexology sessions, glass making sessions, boat trips, self-catering stays in Unst and even motorbike runs!

If you are interested in applying for a break through our Respitivity Scheme, or for more information about the Scheme in general and how to apply, please visit:

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

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

Respitivity Opportunity at Killean Farmhouse, Argyll



Respitivity Scotland are offering a carer in Shetland the opportunity of a Respitivity stay at Killean Farmhouse's one bedroom Sycamore cottage in Inveraray, Argyll from 30th September – 7th October 2023.

Sycamore cottage sleeps two and is a self-catering cottage. Full details of the cottage can be found at:

<https://killean-farmhouse.co.uk/>

There are six other cottages on the grounds, which have also been donated for the same week to other organisations in Scotland, for carers to access through Respitality.

Sycamore cottage has two floors and at least one step to access. Dogs are welcome, and there is a secure paddock for their use.

If any carer is interested in this stay, please contact Amanda Brown at amanda.brown@shetland.org or telephone 01595 743923 to discuss further.

Respitality Study



Professor Lynn Minnaert, Edinburgh Napier University

Do you have 30 minutes to spare over the coming months?

Respitality Scotland are looking to speak to people who have experienced Respitality in Scotland for an exciting study carried out by Edinburgh Napier University!

Pictured above is Professor Lynn Minnaert who will conduct the research to identify what works best with the Scottish model, where there are potential opportunities

for growth and the impact it has on those who come into contact with Respitality.

If you would like to register your interest, please fill out this short form:

<https://forms.office.com/e/QtzaDiNhmY>

Baby News!



As mentioned in our Winter newsletter, Laura Mackenzie, our Young Carers Support Worker, went on Maternity Leave in January 2023.

We are delighted to announce that Laura had a gorgeous peerie lass, Matilda Mae, on 24th February.

We look forward to meeting them both very soon!

Young Carers Action Day

Young Carers Action Day takes place this year on Wednesday 15th March 2023.



This day raises awareness about young and young adult carers, the challenges they face and the support they need.

Keep an eye on our Social Media pages on the day for information and advice as well as links to accessing the Young Carer grant and Young Carers Package as well as the opportunity to win a wellbeing box!

Young Scot have also been in touch with Shetland Carers to share a special Young Carers opportunity, exclusive to young carers in Shetland!

****They have an Acer laptop that is available to win! This reward is live NOW and closes on 15th March at 23.59 hours!****

<https://membership.young.scot/home/?opt=rewards/a9e66e53-7b2c-3ede-b8ba-e5b5f3184c2a/Shetland-Young-Carers-Can-Enter-to-Win-a-Acer-Laptop>

To enter, young carers MUST be registered with Young Scot.

<https://young.scot/>



Helpline for Young Carers

Sidekick is a confidential helpline for Young Carers in the UK. You can message them at any time, about anything that's bothering you as a young carer.

Find out more:

<https://sidekick.actionforchildren.org.uk/>



Young Carer & Young Adult Carer Advisory Group



Carers Trust Scotland are calling all young carers and young adult carers! They are looking for new members to join their Young Carer & Young Adult Carer Advisory Group!

Sign up today to meet new friends, learn new skills and raise awareness on important issues!

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

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>



Scambusters Shetland



Shetland Carers have recently received some 'Scambusters Shetland' advice packs which has materials to help people to deal with all kinds of uninvited contacts (whether at the door, or by phone, email, text message or post)

If anyone would like one of these packs, please just get in touch by emailing carers@shetland.org or by telephoning 01595 743923 and we can arrange for a pack to be sent out to you.

Alternatively we have some available in Market House reception if you want to collect one yourself.

For further information about what help and support is available or to chat through any issues you might have, please contact:

David Marsh
Team Leader - Trading Standards
Phone: 01595 744887
Email: trading.standards@shetland.gov.uk

Adult Support and Protection Day



Adult Support and Protection Day 2023, took place on 20th February. Shetland Public Protection Committee continue to ask the public to look out for signs of neglect among vulnerable adults in our community.

Across Scotland, the number of people referred to Adult Support and Protection has risen by more than 200 a week in the

last year, up from around 700 in 2021, to 940 in 2022. There has been a general upward trend in Adult Support and Protection referrals since March 2021, with most harm to adults taking place in individuals' own homes.

Locally, 275 Adult Support and Protection referrals were received between April 2021 to March 2022.

Tam Baillie, Chair of Shetland Protection Committee said:

"It's sometimes hard to see when someone is struggling to manage, or you might feel you don't want to interfere. Yet we know that in our close-knit communities, people keep an eye out for each other and sharing your concern is the right thing to do and can be the trigger for support to be offered. Harm can happen anywhere: in someone's home, where they work, in a public place – often caused by the people closest to them."

"Right now, many people are finding it even more difficult, and the cost of living crisis is making already challenging situations worse, especially for those people who may be living on their own or in need of additional support. In Shetland, we are geared up and committed to responding to adults needing additional support and providing it when it is needed."

If you're worried that someone isn't taking care of themselves, or those they look after, or is doing things that might put their safety at risk, contact Duty Social Work on 01595 744468, out of office hours 01595 695611 or in an emergency situation contact Police Scotland on 999.

For more information visit: www.safersheland.com or the Act Against Harm website: www.actagainstharm.org/

<https://www.shetland.gov.uk/news/article/2458/spotting-signs-of-neglect-and-self-neglect>

Family Fund



Are you a low-income family living in Scotland with a disabled or seriously-ill child aged between 0-17? Then you may be eligible for a Family Fund grant.

Family Fund want to support even more families raising disabled children across Scotland.

For more information:

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

Coping with Money Worries



The rising cost of living is on everyone's mind right now and is having an impact on most people's personal finances.

Money worries can also have an impact on our mental health and wellbeing. If you're having to make hard decisions about what you can afford, it's normal to feel stressed or down.

If you're struggling with money worries and the cost of living, please visit the following page for some sources of practical advice:

<https://www.nhsinform.scot/healthy-living/mental-wellbeing/stress/coping-with-money-worries>

Shetland Islands Citizens Advice Bureau

Shetland Citizens Advice Bureau are also there to help with benefits, housing, debt and money amongst many other things. Have a look at their website by visiting the link below to find out more:

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

Or you can call them on 01595 694696.

Looking after someone guide



Our information and support guide for carers in England

Updated for 2022-23



Caring for a friend, neighbour or family member who relies on you for support?

Carers UK have their 2022-23 'Looking after someone' guide available now, which explains your rights as a carer and how to access practical and financial support, including a directory of useful organisations.

You can download the guide for Scotland here:

<https://www.carersuk.org/help-and-advice/guides-and-tools/looking-after-someone-guide/>

Carers Scotland Summit



Register now for the Carers Summit
16 March 2023



The Carers Scotland Summit will take place on Tuesday 16th March and it will be a hybrid event, held both online and at COSLA's conference centre in Edinburgh. Planned speakers include Leuchie House, the Minister for Mental Wellbeing and Social Care, Kevin Stewart and carers themselves.

It will be a great opportunity to talk about and contribute to development of policy and information on rebuilding social connections and networks, tackling isolation and loneliness and employability and education.

Find out more and register now:

<https://www.eventbrite.co.uk/e/carers-scotland-summit-and-members-conference-2023-tickets-519566115237>

REACH



REACH can help you understand children's rights to support with their learning.

Check out the link below which takes you to their website. The website is aimed at young people and their parents/guardians:

<https://reach.scot/>

Scottish Autism



Scottish Autism have online groups that you can attend if you autistic or have an autistic family member. They are all free and you can book for a single session or a block.

Groups include Mindfulness, Art, Choir and a support group. Please see the link below for more information and how to book:

<https://www.scottishautism.org/>

Autism Understanding Scotland



Do you want to know more about autism?

Autism Understanding Scotland have brilliant, up to date and easy to understand information on their website.

Check out the link below:

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

ENQUIRE – Scottish advice service for additional support for learning

The law says that local authorities must have a way of identifying which pupils in their area need additional support. Every local authority must publish information about the arrangements they make for identifying which pupils need extra help.

You can find information about your local authority's arrangements on their website. You also can find links to each local authority from ENQUIRE's website:

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

Top tip

Looking at how your local authority says it supports children with additional support needs can be helpful when talking to your child's school.

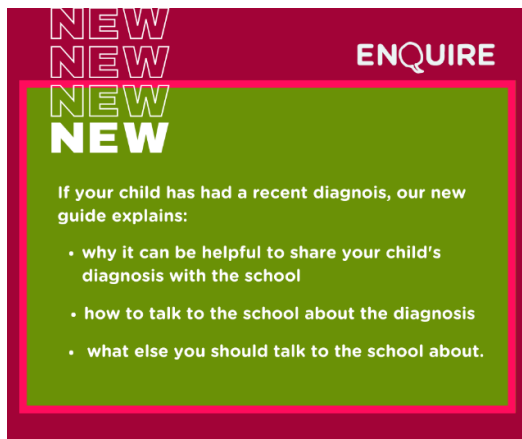
Find links to your local authority on our website.



Often when a child receives a new diagnosis, the focus is often on the practical implications. However, it is also important to acknowledge how your child may feel about their new diagnosis and share this with their school.

ENQUIRE's newest guide looks at how to talk to your child's school about a recent diagnosis including advice on how to approach those conversations – and why they are important.

<https://enquire.org.uk/enquire-resources/talking-to-your-childs-school-about-a-recent-diagnosis/>



What's on in the Community?

Alzheimer Scotland, Shetland



Alzheimer Scotland's Shetland branch now have a revised activities list for MARCH.

To view the revised list, please visit:

<https://www.shetlandcarers.org/news/a-reminder-about-alzheimer-scotland-shetland-activities-january-to-april-2023>

Living Well Hub

What is the Living Well hub?	Can I come along to the Living Well hub?
<p>The Living Well Hub is a place to have a face-to-face chat and find out about:</p> <ul style="list-style-type: none"> • Living independently • Local groups and activities • Support for unpaid carers • Services who could help you and your family • Being healthyand more! <p>It is about building on local knowledge and initiatives; combining what is already working; making connections within and across Health, Community and Social Care, and joining up good practice, common sense, empowerment and trust.</p>	<p>YES! The Living Well hub belongs to our community and is for everyone, whenever they might need it.</p>

The Living Well Hub at the Brae Youth and Community Centre is a place to have a face to face chat and find out about:

- *Living independently
- *Local groups and activities
- *Support for unpaid carers
- *Services who could help you and your family
- *Being healthy...

...and more!

Open Fridays 10am – 4pm and Mondays 10am – 2pm.

Telephone: 01595 744120 for more information.

Shetland Community Connections Relaxed Swimming Group

Shetland Community Connections is running a weekly swimming group. All welcome!

Wednesdays at 12pm at Clickimin Leisure Complex.

For more info, contact Julie Williamson on 01595 745081 or email julie.williamson4@shetland.org



Ability Shetland classes

Ability Shetland have a variety of classes on throughout March including badminton, rugby, walking netball and Shetland dancing!

For more information contact Ability Shetland on abilityshetland@shetland.org or telephone 01595 743922.

Take Time Out at Staney Hill Hall



This class takes place every Monday from 12 – 3pm. Bring a hobby, a book or a friend!

Light lunch, refreshments, board games, cards, good company and FREE to all!

Shetland Befriending Scheme Tea & Cake sessions

Shetland Befriending Scheme Tea & Cake at Islesburgh

A FREE group for adults to meet, eat cake, chat and make new friends!

Friday 17th March 2.30-4pm

Featuring: Ability Shetland and a taster Boccia session - suitable for all!



For more details contact Ian Edwards on 01595 743 964

These sessions take place at Islesburgh Community Centre twice a month on Fridays from 2.30 – 4pm. An opportunity for you to meet, eat cake, chat and make new friends! The next session includes a taster Boccia session!

For more information, please contact Ian Edwards on 01595 743964.

Shetland Library – Mak N Yak



Bring your makkin to the comfy seating area on the first floor.

Every Saturday 2 – 3pm at Shetland Library

February – May 2023. FREE – All welcome.

Clickimin Centre

Social Table Tennis

Their new 🏓 Social Table Tennis 🏓 classes for 50+ started in January – led by Brian Goddard who is taking the sessions.

Brian has been playing table tennis on and off since he was small and found it a great way to get to know people and get some exercise. After many years away from the game he has taken it up again and enjoys being able to play with lots of space around the table, and chat to people in-between games.

He likes a sociable, friendly game and helping people develop their table-tennis and movement.

He has recently settled with his family in Burra, after living in several countries around the world, and is loving Shetland.

Tuesdays 10 – 12pm in the Multi Use.

Contact Clickimin Centre on 01595 741000 for more information.

Walking Groups

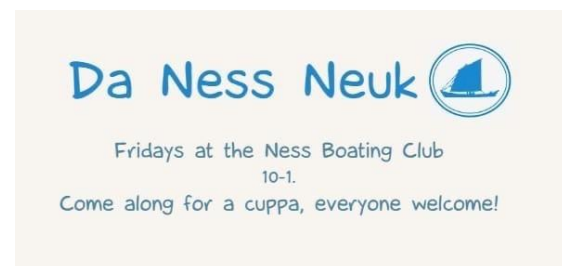
Clickiming Centre also have two walking groups available for people to join.

The Senior Walking group meet every Wednesday at 10am in reception. They walk for about 45 mins with 45 mins for a cuppa afterwards. Come dressed for the weather!

The Bumps, Babies, Toddlers and Buggy Walk group meet every Wednesday at 11.30am in reception. They walk for about 45 mins with 45 mins for a cuppa afterwards. Anyone with a child is welcome – it is FREE!



Da Ness Neuk



Da Ness Neuk are holding a Friday morning 'community cafe' at the Ness Boating Club every Friday until the end of March (except 10th March).

This is a community space with free wifi, TV, Shetland Times, tea/coffee and biscuits. Go along for a heat up, a catch up or for some quiet space to work or study.

They are working with Diane Taylor from Shetland Resolve, who's going to come along and be available to speak to people, and listen, and teach simple stress management techniques.

Everyone is welcome to come along!

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.

We had a Family Day session at the Clickimin on Monday 27th February 2023 – we had great fun playing on the bouncy castle and soft play, and trying to get goals in football!

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. We met in January to see Shrek Forever After at Mareel – it was brilliant! The next meeting will be Saturday 25th March 2023. We have booked the Conference Room at Market House to do activities but if it is a nice day we will go out! Contact Laura on 01595 743909 or laura.russell@shetland.org to book places and find out more.

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.

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 for more information.


Lego Group has restarted! We have two play sessions on Saturday 25th March 2023, 2-3pm and 3.15-4.15pm. Places must be booked. If you would like to book places, or want more information, please contact Laura on 01595 743909 or laura.russell@shetland.org




You can contact us:

 www.shetlandcarers.org

 carers@shetland.org

 Adult Carers Support Worker (currently vacant): 01595 743980

 Laura Russell: 01595 743909

 Young Carers Support Worker (currently vacant): 01595 743906

 Amanda Brown: 01595 743923

 jim.guyan@shetland.org

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