



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

Our Funders



Summer Newsletter

June 2023

Carers Week 2023



This year, Carers Week took place from 5th to 11th June 2023 and Shetland Carers thoroughly enjoyed being part of it once more.



Anjani Devi, from Holistic Yoga Shetland, during Carers Week



Aa Fired Up pottery session, as part of Carers Week

Congratulations to Nadia Davenport who was the winner of our Photo Competition for Carers Week! Well done Nadia.

Nadia particularly enjoys being out in the quiet, breathing in the fresh air, hearing the birds and watching her dog play happily - especially when the weather is kind!



Thanks to all carers who entered our competition - we had such a lovely selection of photos showing how carers take a moment out for themselves. From walking, painting, having a cuppa, being at the beach and having some time in the garden - to spending time with pets, listening to birds, breathing deeply and watching cloud formations in the sky! So nice to see.

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



Short Break grant scheme



Shetland Carers received new funding in April 2023 from both Shetland Charitable Trust and Shared Care Scotland, which allows us to carry on with our Short Break grant scheme.

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 £250 per carer towards your chosen short break. This could be towards the cost of a holiday, activity, hobby or therapy etc. Young carers can also apply.

If you would like to apply for a Short Break grant then please email 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.

For more information, please visit:

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

Respite Scheme



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

Shetland Carers currently has 15 local businesses signed up to the Respite Scheme.

We have breaks available now and especially over the Summer months including glass making sessions, pottery painting 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 Respite Break, please visit:

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

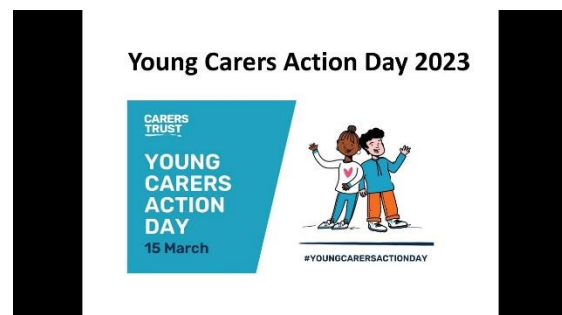
Respite Scotland have recently totalled their numbers and this is a snapshot of how 2022 went for Scotland:

- 718 carers took a Respite break
- 116 businesses donated a break
- 20 delivery partners out of 21 local authority areas have signed up to Respite
- Value of breaks donated equalled £104,891



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

Young Carers Action Day Summary



On 15th March, Shetland Carers took part in Young Carers Action Day by providing information virtually to young carers.

Competitions were available for young carers to enter, with the possibility of winning a wellbeing box or a new laptop.

Shetland Arts gift vouchers were also sent out to all young carers and young adult carers who were registered with the service, as a thank you for all that they do in their caring role.

Young Carer Grant

Have you heard of the Young Carer Grant?

The Young Carer Grant is a yearly payment of £359.65 for young carers in Scotland. To be able to get Young Carer Grant, you must be 16, 17 or 18 years old.

You must also have been caring for 1, 2 or 3 people for an average of 16 hours a week for at least the last 3 months. If you care for more than one person, you can combine the hours of the people you care for to average 16 hours a week.

You can get Young Carer Grant once a year, up until you turn 19. You'll need to fill in a new form or call them each year you want to apply.

How you spend the Young Carer Grant is up to you. You could use it for things like new clothes, driving lessons or a holiday. You do not need to tell them what you spend the money on.

For more information:

<https://www.mygov.scot/young-carer-grant>

Young Carer Package

Do you know about the Young Carers package?

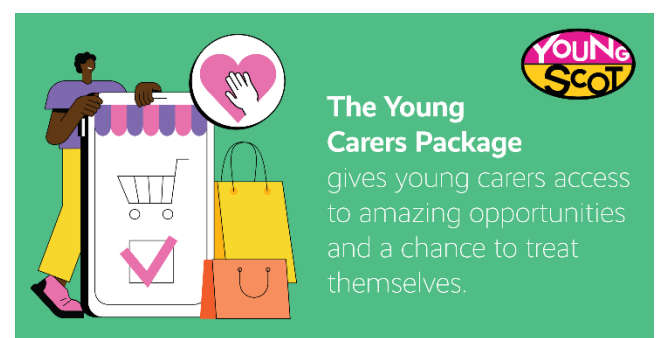
The Young Carers Package is a special bundle of treats available to all young carers who are 11 to 18 years old (inclusive) in Scotland. It's filled with special treats to help you make the most of your free time and support you in your caring role. Best of all, it's completely free!

The Young Carers Package is part of the Scottish Government's commitment to recognising the contributions of young carers across Scotland. The package includes digital vouchers, access to subscriptions and exclusive opportunities. They hope that these treats will support you to make the most of your free time and allow you to feel supported in your caring role.

The great thing about the Young Carers Package is that the treats change regularly. This means that there's always something new for you to claim, enter to win, or apply for!

For more information and to sign up, please visit:

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



Carer Support Payment

Thank you to all carers who attended the presentation/workshop at Islesburgh Community Centre in April regarding the new benefit which will be replacing Carers Allowance - there was a good turnout.

Thank you also to those carers who volunteered to take part in the interviews – the researchers had a busy week whilst in Shetland!

After Carer Support Payment (which will replace Carer's Allowance in Scotland) launches in Spring 2024, Scottish Government are committed to considering increasing the earnings threshold (currently £132 a week or less a week after tax) for this support.

They also plan to extend Carer Support Payment to full time students in Spring 2024, which will help reduce financial barriers to education.

For more information, please visit:

<https://carers.org/carers-and-the-law/policy-and-legislation-in-scotland>

<https://www.carersuk.org/briefings/carers-support-payment-regulations>

Carers Allowance supplement

Carer's Allowance Supplement is an extra payment for people in Scotland who get Carer's Allowance on a particular date.

The next 2 payments will be:

- £270.50 in June 2023 – you'll get this payment if you were getting Carer's Allowance on 10 April 2023

- £270.50 in December 2023 – you'll get this payment if you're getting Carer's Allowance on 9 October 2023

For more information on Carer's Allowance Supplement please visit:

<https://www.mygov.scot/carers-allowance-supplement>

Age Scotland



Would you like to increase your knowledge of dementia or carers' rights?

Age Scotland have now released dates for their free training courses running during July and August 2023. You can view the complete calendar of courses and sign up via their website:

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

All training is free.

Coffee Conversation

As part of their dementia inclusion training programme, look out for their monthly 'coffee conversations'. Join them with a cuppa (and cake?) and spend an hour chatting and learning about the month's topic.

Thursday 6th July 10:30 - 11:30

Dementia Coffee Conversation: About Dementia's Peer to Peer Fund

To book:

<https://www.eventbrite.co.uk/e/dementia-coffee-conversation-peer-to-peer-fund-6th-july-2023-1030-tickets-656623026147>

Living with Dementia Survey

Are you, or someone you know, living with dementia?

Shetland Allied Health Professionals are keen to hear from people living with dementia.

Alzheimer Scotland has funded a project in Shetland to evaluate and improve Allied Health Profession (AHP) services for people living with dementia.

Hearing from people with lived experience is vital to help them understand what is going well and what they can do to improve services.

Find out how to get involved by visiting:

<https://www.shetlandcarers.org/news/shetland-allied-health-professionals-are-keen-to-hear-from-people-living-with-dementia>

or email karis.georgeson@nhs.scot for more information.

Lets talk about dementia services

What is this all about?

Alzheimer Scotland has funded a project in Shetland to evaluate and improve Allied Health Profession (AHP) services for people living with dementia.

We would like to hear from you

Hearing from people with lived experience is vital to help us understand what is going well and what we can do to improve services.

How do I get involved?

Face to face feedback

Use the QR code or email karis.georgeson@nhs.scot to book a face to face meeting at a time and location that suits you.

Online feedback

Use the QR code or email karis.georgeson@nhs.scot for a link to our online survey.

Who are the AHPs in Shetland?

Diagnostic Radiographers
Dietitians
Occupational Therapists
Orthotists
Paramedics
Physiotherapists
Podiatrists
Speech and Language Therapists



Life Story Work

Life Story Work is an activity in which the person with dementia is supported by family members to gather and review their past life events and build a personal biography. Here is a useful guide from tide on how to get started:

<https://www.tide.uk.net/life-story-work/>

This video from the University of York is also a useful starting point and shows the benefits that Life Story Work can have:

<https://www.youtube.com/watch?v=GIR9lfJv69E>

For a brilliant example of Life Story Work in action, take a look at this short film about 16-year-old Philip, whose gran, Scilla, is living with Alzheimer's. Philip is on a mission to recreate the photographs of London landmarks that Scilla took herself in 1955. Watch the film to feel inspired:

<https://www.bbc.co.uk/news/av/uk-england-london-64660582>



Boy recreates his gran's 1955 photos to help her with Alzheimer's

Carers UK

A reminder that if you are caring for a friend, family member or neighbour who relies on you for support, then you can join Carers UK as a member for free and receive exclusive member offers, including discounts and giveaways for carers:

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

Their Helpline is there for unpaid carers. They can provide specialist information on a range of topics, including:

- benefits and financial support
- how to get practical support
- challenging decisions

You can get in touch by emailing advice@carersuk.org or telephone: 0808 808 7777.

Our Helpline is open from
9am-6pm, Monday-Friday on
0808 808 7777 or you can email
advice@carersuk.org at any time

Carers UK also hold 'Share and Learn' sessions each month on a variety of topics. Carers can register for free.

From yoga to singing, and first aid to photography, there's something for everyone. They add new sessions every week so keep an eye on the link below for more information:

<https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/online-meetups/share-and-learn>

If you are struggling to be heard by GPs, social workers, or other professionals, then Carers UK '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.

You can find it at:

<https://www.carersuk.org/help-and-advice/guides-and-tools/being-heard-a-self-advocacy-guide-for-carers/>

Carers Scotland factsheets



Carers Scotland are keen to promote their factsheets which cover the following issues:

- welfare benefits for carers
- help with Council Tax
- leaving hospital
- assessments for you and the person you care for
- taking a break from caring

Find all their factsheets on their website:

<https://www.carersuk.org/scotland/help-and-advice/guides-and-tools/our-factsheets>

Carers Trust Survey



Carers Trust annual survey of adult unpaid carers is now live!

Taking the survey is easy and should take 15-20 mins to complete.

Carers Trust are running the survey to understand unpaid carers' experiences of support. They will use the findings of the survey to raise the voices of unpaid carers as publicly as possible and influence Governments to make positive changes.

Answering the survey will mean unpaid carers have a chance to win a £45 Love2Shop voucher - all you need to do is provide your email address at the end of the survey so you can be entered into the competition.

<https://carers.org/our-social-care-campaign/are-you-an-unpaid-carer-get-your-voice-heard>

State of Caring Survey



The State of Caring survey 2023 is now live!

This is the most comprehensive research into the experience of carers in Scotland. They use what you tell them to shape their campaigns and make sure carers' voices are heard by the government.

Last year, over 2,000 carers in Scotland shared their experiences in the survey. This helped them secure new rights for unpaid carers with the Carer's Leave Act and also provided vital evidence to help them

campaign for improvements to support for carers.

But much more still needs to be done to get carers the practical and financial support they need.

They want to hear what your priorities are, the challenges you're facing and what support you need.

To take part, visit:

<https://www.surveymonkey.co.uk/r/L8HKBQJ>

The survey closes on Thursday 3rd August.

Carers Leave Act



The Carer's Leave Act 2023 received Royal Assent in May 2023 and the law will be enacted in 2024.

The Carer's Leave Act 2023 will give employees the right to take unpaid leave from work to care for family or friends. This will help a huge amount of unpaid carers across the UK!

For more information:

<https://www.carersuk.org/for-professionals/support-for-employers/the-carers-leave-act/>

SBSS Memory Boxes

Shetland Bereavement Support Service family memory boxes are available free of charge to families living in Shetland who are struggling to cope with a shared bereavement.

Contents are suitable for young children right through to teenagers. Sometimes it can be difficult to find the right words, or maybe you are concerned about your child's reaction to grief. Whatever your reasons, you'll find further details and a request form on their website:

<https://www.shetlandbereavementsupportservice.com/memory-boxes>



Call blocker



A new release of national funding has enabled Shetland's Trading Standards team to recently obtain free call blockers for people impacted by scam and nuisance calls on their landline phone.

These call blocker units block over 90% of scam and nuisance calls at source so the phone won't even ring, giving folk time back in their day and preventing the anxiety and worry associated with these calls coming through.

The unit plugs into an existing phone line and can work alongside broadband and/or lifeline/pendant devices that are already installed.

They have a limited supply of these call blockers so please get in touch with Trading Standards to see if they have any left.

Contact Trading Standards by emailing trading.standards@shetland.gov.uk or telephone 01595 744887.

Living Well Hub – Bressay

The Living Well Hub

Do you know how to get support?

Are you living the life you want?

What matters most to me?

Do I feel part of the community?

Pop in along and see how we can help

What matters most to me?

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

©Imogen Leslie

Community – we're better together
Speldiburn
Wednesdays 2pm - 4pm

The hubs offer an information drop-in service for those who want to find out more about local health and social care support.

They are a place where people can call along for a chat, whether that be about local groups/activities or just looking for support but not sure what may be available. They are hopeful they would be able to assist, whether that is referring for a service, linking someone with a voluntary/community group or just offering a listening ear.

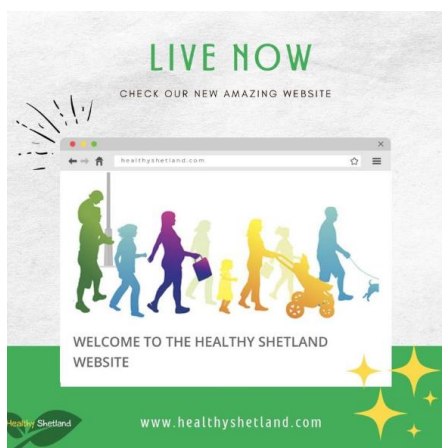
They can also apply for Fuelbank vouchers for people - this is a fund to assist with electrical costs at home.

The hub in Bressay will be open on Wednesdays from 2-4pm, starting on Wednesday 28th June.

Opening times for the Scalloway hub are Wednesdays 9am – 2pm and for Brae are Mondays 10am – 2pm and Fridays 10am – 4pm.

For more information, please email livingwellhub@shetland.gov.uk or telephone: 01595 744120

Healthy Shetland – new website



In April, the Health Improvement team at NHS Shetland launched a new website, which aims to share information about health and wellbeing, along with details of projects and services that are delivered locally.

The new website can be found at <https://www.healthshetland.com>

Yasp

World Parkinson's day took place in April. There are over 40 symptoms of Parkinson's, but the 3 main symptoms of Parkinson's are a tremor (shaking), slowness of movement and rigidity (muscle stiffness).

- We now know that physical activity can have a positive impact on all your symptoms, both physically and mentally.
- Being active can be as important as your medication to help you take control and manage your symptoms.
- Being active for 2.5 hours a week can help manage Parkinson's symptoms.

Yasp run an online exercise class for people in Shetland who have Parkinson's. For those who can't attend the class they can offer face to face sessions to teach you how to exercise for your condition at home.

This service is fully funded by Parkinson's Shetland, and so free for users.

Phone Margaret on 01595 747074 to find out more.

Useful websites

The following websites may be useful for advice and information:

VERSUS ARTHRITIS

Call them for free on 0800 5200 520, email helpline@versusarthritis.org, or find information on their website 24/7: <https://www.versusarthritis.org/>

ASTHMA + LUNG UK

Call them on 0300 222 5800, email helpline@asthmaandlung.org.uk, WhatsApp them on 07378 606 728 or find information on their website: <https://www.asthmaandlung.org.uk/>

BEAT

BEAT is the UK's largest eating disorder charity and they have just launched a new programme called Harnessing Hope for carers of a person with an enduring eating disorder - one that has existed for 5 years or more.

Groups running in July can be booked via Beat's POD online platform for carers, where you'll also find a range of other resources including forums, e-learning modules and ask-the-expert opportunities.

POD is easy to sign up for via Beat's website – www.beateatingdisorders.org.uk

Anyone affected by an eating disorder, or supporting or worried about someone else, can call their 365 day a year Helpline on 0808 801 0432 where help is available.

Contact – for families with disabled children

If you need expert advice, information or support related to your disabled child, get in touch with them:

Scotland Enquiry Line: **07458 046 071**, email scotland.office@contact.org.uk or find information on their website: <https://contact.org.uk/scotland/>

Autism Understanding Scotland

An autistic-led charity working to reframe the narrative around autism. The services they deliver are open to anyone – autistic, neurodivergent or neurotypical.

You can email them at: help@autismunderstanding.scot, join their mailing list or find more information at: <https://www.autismunderstanding.scot/>

Sibs – for brothers and sisters of disabled children and adults

Their Young Sibs pages have lots of information for siblings aged 7-17 who are growing up with a disabled brother or sister. More info can be found at: www.sibs.org.uk/youngsibs

Different Minds. One Scotland.



Learn more about the different ways we all communicate. Written and co-co-created with autistic people living in Scotland, the Social Rulebook eBook is the perfect place to start.

Read the eBook here:

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

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, we had two sessions during the school holidays. We went to Mareel to watch 'Mummies' and played Uno and ate ice cream in Islesburgh. In May, we had another trip to Mareel to watch 'How To Train Your Dragon: The Hidden World' and in June, we made pancakes and went to the park. 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 www.shetlandcarers.org/meetings

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. We have had one session this year – a lovely pottery painting session at Aa Fired Up in June. Our next session will be after the summer holidays, activity and day to be confirmed.

Friday Group is open to young people in secondary school who have social communication difficulties. These sessions continue to be well attended and enjoyed by all who come along. We are now finished until after the summer holidays.

We are planning a Family Day session for the summer holidays and this will be announced shortly! Keep an eye on www.shetlandcarers.org/meetings

Lego Group have had 6 sessions so far, and we will be organising some play sessions over the summer holidays. Keep an eye out for announcements on our Facebook page (Shetland Carers) and on www.shetlandcarers.org/meetings

For all the groups above, to find out more or to book a space, please contact Laura on 01595 743909 or 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

 carers@shetland.org

 Laura Mackenzie: 01595 743980 (Adult Carers Support Worker)

(Due back from Maternity Leave in January 2024)

 Laura Russell: 01595 743909 (Children and Families Support Worker)

 Amanda Brown: 01595 743923 (Admin Support Worker)

 jim.guyan@shetland.org (Carers Representative on Shetland Carers Strategy Group)

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