



Shetland Carers

Shetland Carers

A project supported by Voluntary Action Shetland

A single point of access for Support and Advice for the Third/Voluntary Sector



www.shetlandcarers.org



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

Our Funders



Summer Newsletter

July 2024

HELLO SUMMER!

We are past halfway of 2024 and hopefully the weather can stay brighter and lovely for longer (fingers crossed). We have had a busy couple of months on the lead up to Carers Week and the opening of the Short Break Grants. There has been Adult carer support groups happening monthly and we have been getting feedback from carers for more group sessions. The last session at the moment will be Monday 29th June 6-8pm.

At the start of June we had Carers Week and it was a successful week with the various activities we had on offer. We are very grateful to all the services and other organisations that helped make it, to give carers the much needed break that they deserve. Over the holidays, we will be taking our own much-needed breaks from the office. We hope you enjoy your summer and take the necessary time for yourself to recharge and to feel you have a life alongside your caring role!

HAPPY READING! ☺

Laura x

Short Break Grants –

TFM & TTL Update



We can provide grants to enable carers (including young carers) to take a Short Break via the Scottish Government Time to Live (TTL) fund or our Time for Me (TFM) fund, with funding from Shetland Charitable Trust. We had an overwhelming response from carers at our most recent panel meeting, which is fantastic, but it also puts a longer time scale on getting the applications processed. Amanda will be in contact with all applicants of their award in due course and we hope you enjoy your grant to have a break from your caring role.

Respite Scheme Update

Shetland Carers recently presented a certificate to Jennie Gunn, of Reset Well-being Therapies, in recognition of her support of unpaid carers in Shetland, through the Respite Scheme.



Shetland Carers co-ordinate the Scheme locally, with support from Shared Care Scotland, who now support carer centres in 25 local authority areas to run Respite Schemes.

Respite (respite + hospitality) is a way the hospitality and leisure sector can help

their local communities by recognising and appreciating the contribution of unpaid carers, by donating short breaks to carers at quieter times of the year. This enables a carer, plus a companion where possible, to have a break away from their caring responsibilities to recharge their batteries and have a little time for themselves.

We are delighted to have Olive MacLeod (Board of Directors member of Voluntary Action Shetland) champion with us to help source more businesses to become a part of our Respite Scheme for unpaid carers.

If you know a business or organisation that would like to be involved, please get in touch with Amanda.

"It was lovely just to concentrate on myself and relax."

"A pampering session from Jennie is great for the body, mind and soul. A perfect treat for carers, what a great collaboration between 2 brilliant services!"

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

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

You can also contact Amanda Brown



01595 743923



amanda.brown3@shetland.org

Carers Week

Carers Week took place from Monday 10th June to Sunday 16th June inclusive.

Shetland Carers arranged a variety of activities, including a Glansin Glass Taster session, Cuppa and Tab Nabs, and wellbeing sessions offered from other services. Throughout the week, Fjara also offered 'cuppa and cake' for a carer and companion, courtesy of Shetland Carers. It was a successful event, with carers who attended the sessions benefitting from some time out. Here are a couple of carers' comments from the sound meditation session that took place on Tuesday 11th June, with Niomi from New Sky Yoga.

"We absolutely loved this! We had to leave too soon after, for school pick up but what a wholesome hour! Thank you so much 💙"

"Thank you again, it was perfect! 🥰"

Before, and during, Carers Week, Shetland Carers asked unpaid carers to describe their caring role in three descriptive words. As the theme was 'Putting Carers on the map', all the words were made into a 'word art' form, of the map of Shetland.

The top three descriptive words were **Love, Rewarding and Hard.**

Some of the words are blurry but the number of words signifies the number of carers registered within Shetland Carers.



A photo competition was held during the week, to enter a photo of your local area, or a feature, to coincide with the theme 'Putting Carers on the Map'. The winner, chosen at random, received a Northlink Ferries voucher for a return trip for two to Kirkwall or Aberdeen, with a standard cabin.

The winning photo was of "Urabug" in West Sandwick, Yell by Rachael Marriott



Congratulations Rachael

Carers UK

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 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

Telephone: 0808 808 7777

Email: advice@carersuk.org

State of Caring 2024



State of Caring 2024

Link below to complete the survey before closing date on Sunday 11th August:

<https://www.surveymonkey.com/r/SQ5CDPG>

Carers Active



Carers Active's online video sessions are an opportunity for carers and the people they care for to access and enjoy a range of movement or stretching based activities. The video sessions below are replays of live Carers Active Share and Learn sessions and can be viewed at any time. You don't need any special equipment and you can do the sessions from the comfort of your home, at any time that suits you: <https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/carers-active-hub/carers-active-online-sessions/>

Share and Learn sessions

“

When sitting in on these sessions I don't feel so alone. I look forward to the next one”

- Share and Learn attendee



Carers UK Share and Learn sessions offer free activities and information sessions for carers, held via Zoom. From yoga and singing to wellbeing and information workshops, there's something for everyone.

Carers can sign up for free:

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



National Carers Organisations



There are six national carer organisations in Scotland and together they share the same vision to all unpaid carers in Scotland, to feel valued, included and supported as equal partners in the provision of care.

Here is a little summary of each NCO and contact details to find out more information.



Carers Trust works to transform the lives of unpaid carers. We partner with our network of local carer organisations to provide funding and support, deliver innovative and evidence-based programmes, raise awareness and influence policy. We are positioned centrally to support local carer organisations to deliver localised action, whilst influencing the environment for unpaid carers UK-wide.



www.carers.org



scotland@carers.org



0300 772 7701



Carers UK has a history stretching back to the 1960s when a carer called Rev. Mary Webster founded the first ever carers' organisation. This organisation merged with another carers' organisation to form Carers UK. Over the years countless thousands of our members have fought alongside us for a better deal for carers and have helped to lead and shape the charity.



www.carersuk.org/scotland



advice@caresuk.org



0141 378 1065



We are a coalition of carers and local carer organisations and work to promote the voice of carers in the development of services, policy and legislation. Our aim is to improve carers' rights and recognition in Scotland, and we do this through:

- Our regular meetings that bring carers and key decision makers together to discuss issues affecting carers in Scotland.
- Our engagement work and campaigning for better rights, support and recognition for carers in Scotland
- Responding to enquiries from carers and organisations about carer policy and practice.



www.carersnet.org



coalition@carersnet.org



01786 850 247



The Scottish Young Carers Services Alliance (SYCSA) is funded by the Scottish Government and is an informal network of young carers services across Scotland. The SYCSA is hosted by Carers Trust Scotland and is considered one of the National Carer Organisations, currently there are 51 members providing direct face to face support to young carers. The SYCSA is positioned centrally to support local young carer organisations, whilst also influencing the environment for young carers across Scotland.



www.carers.org



lgibson@carers.org



0300 772 7701



MECOPP (Minority Ethnic Carers of People Project) was established as a Company Limited by Guarantee in December 1999 and as an independent charity in January 2000. The work undertaken by MECOPP at both local and national levels, whether it is direct service provision, policy or developmental, must ultimately enable BME (Black, Minority and Ethnic) carers and carers from other marginalised communities to achieve, either partially or fully, improvements across a range 'quality of life indicators'.



www.mecopp.org.uk



info@mecopp.org.uk



0131 467 2994



Shared Care Scotland is an organisation that places values at the core of what we do. Our vision is for a Scotland where every unpaid carer can enjoy a balanced life, with the necessary support to take regular, quality breaks from their caring responsibilities. Guided by this vision, our mission focuses on improving the quality, choice, and availability of short breaks and respite care across Scotland.



www.sharedcarescotland.org.uk



office@sharedcarescotland.com



01383 622462

Shared Care Scotland fund our Time to Live Short Break Grants and our Creative Breaks for Carers Week and group activities. Shared Care Scotland also coordinate the Respite Scheme nationally.

Take part in the **National Carers Survey** to have your say

<https://www.surveymonkey.com/r/carerbreaKs24>



NEW Resource for Carers



The Neurological Alliance of Scotland is an umbrella body of organisations that represent people with a neurological condition and those who support them. They work to improve the care and support that people receive.

They have published an interactive guide of information for unpaid carers and professionals. Its aim is to provide vital support for unpaid carers of individuals with neurological conditions.

For more information visit:

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

Mental Health



You may be caring for someone with a physical health problem, a mental health problem or both. For mental health problems, you may face slightly different or additional challenges. You may not see yourself as a carer, if you don't do many physical caring tasks. However, there are many other ways you might support someone. For example, you might

- provide emotional support
- help them to manage day-to-day tasks
- support them in challenging times
- advocate for them (see Mind's pages about advocacy)

- encourage and support them to seek help
- make phone calls for them
- encourage them to feel confident in making decisions
- be there for them during treatment

You may find that other people, such as family and friends, don't see you as a carer either. It may help to show them this information and visit the website www.mind.org.uk for more advice, tips and support. (Below are some quotes from the website)

"My work was incredibly supportive when I told them. I'm fortunate in that much of my job is flexible."

"I looked after my friend who was suicidal for weeks, not knowing what to do to help. When I was finally at the end of my tether, I called Samaritans. I didn't realise they were able to help me too. After a relatively short phone call I was pointed in the right direction to get help for my friend and also for me."

Need support? Here's who to call.

	0300 123 3393 Open 9am-6pm weekdays
	116 123 Always open
	0800 58 58 58 Open 5pm - midnight
<p>If you're in Wales:</p> 	0800 132 737 Always open
<p>If you're under 25:</p> 	Text THEMIX to 85258 Always open

WHATS ON...

CUNNINGSBURGH SHOW –

Wednesday 4th August, Cunningsburgh Hall

UNST ANNUAL SHOW –

Saturday 31st August, Haroldswick

VOE & DISTRICT ANNUAL SHOW –

Saturday 3rd August, Tagon Showfield

WALLS & DISTRICT ANNUAL SHOW –

Saturday 10th August, Walls Hall

YELL ANNUAL SHOW –

Saturday 2nd September, East Yell Hall

Living Well Hubs

Brae – Monday and Fridays 10am – 2pm Brae Youth Centre

Bressay – Wednesday 2pm - 4pm, Speldiburn Café

Scalloway – Wednesday 9am – 11am, Scalloway Youth and Community Centre

Shetland Museum Social Drop Ins – Every 2nd week on Wednesday 2pm – 3.30pm Learning Room, Shetland Museum & Archives

Go along to their informal Shetland Museum Socials – each session will have a heritage theme as the focus - they will explore various topics, from tours of new exhibitions to discussion on images in their photo archive.

These sessions are FREE and open to all!

Shetland Befriending Scheme Tea & Cake at Islesburgh

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

Friday 12th July 2024
2.30–4.00pm

Featuring a chance to
relax with a cuppa, chat
and play games

Future Dates:
16th August & 20th September

For more details contact Ian Edwards on 01595 743 964



Shetland Carers are hosting *Adult Carers Group -* **SUMMER ACTIVITY**

COME ALONG FOR A CHAT AND A BREAK

WHY NOT TRY PUTTING, TENNIS OR A
WALK AROUND THE FLOWER PARK



Monday 29th July
6.30pm - 8.30pm

Islesburgh Community Centre,
King Harald Street, Lerwick



CONTACT LAURA FOR MORE INFO - laura.mackenzie@shetland.org

LERWICK SUMMER CYCLE

Sunday 25th August
2.00-4.00pm
KING GEORGE V
PLAY PARK

Come join us and enjoy a chance for the whole family to cycle on closed roads around Lerwick!

BRING YOUR BIKE AND HELMET

(Some bikes and helmets will be available to borrow)



Wide range of adapted bikes available for children and adults with ASN

FUN BIKE SKILLS OBSTACLE COURSE IN PLAY PARK
NO BIKES WITH STABILISERS

IN THE FLOWER PARK

TEAS
(operated by Relay for Life Shetland)
FREE TENNIS
FREE PUTTING



KEEP AN EYE ON OUR FACEBOOK PAGE FOR UPDATES AND ONLINE REGISTRATION OPENING!
FACEBOOK - SHETLAND SPORT AND LEISURE



The Art of Optimism



15
Aug
7- 9pm

FREE @ MAREEL



Adult Recreational Club

SWIMMING
Gala



Monday 19th August
7pm-8.30pm

Fun games plus timed races for anyone who wants to compete.



We ask for a £1 contribution fee to all our clubs and activities



SHETLAND
ISLANDS COUNCIL



LOOKING FOR SUPPORT?

Our team of Support Workers provide a daily drop in for anyone looking to:

- Update your CV
- Apply for jobs or courses
- Support your health and wellbeing
- Access free training courses
- Interview skills
- Employability training
- Access social groups
- In-work support

Wed - Fri

10:00 -13:00

THE HUB, 66/68 COMMERCIAL ROAD

01595 74 4490

employability@shetland.gov.uk

SHETLAND
LOCAL EMPLOYABILITY
PARTNERSHIP



The Hub Drop in



66 / 68 Commercial Road

THIS WAY

Every Wednesday from 13:00-17:00
For young people 12+

FREE

WiFi



ENTRY

You can contact us:

www.shetlandcarers.org

carers@shetland.org

Laura Mackenzie: 01595 743980 (Project Lead /Adult Carers Support Worker)

Amanda Brown: 01595 743923 (Admin Support Worker)

jim.guyan@shetland.org (Carers Representative on IJB)

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