

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



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

Our Funders



Autumn Newsletter

September 2024

Goodbye Laura

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

Thank you to Laura for all her hard work, dedication and enthusiasm to the role of Adult Carers Support Worker whilst in post and we wish her well in her new job.

Shetland Carers are currently running a reduced service, and we would like to thank everyone for their patience and understanding at this time.

Time to Live Short Break grant Scheme



We still have some funding left within our Short Break grant scheme, 'TIME TO LIVE', to provide grants to carers who are caring for someone of any age.

Our funding is from both Shetland Charitable Trust, and Scottish Government Short Breaks Funding, which is

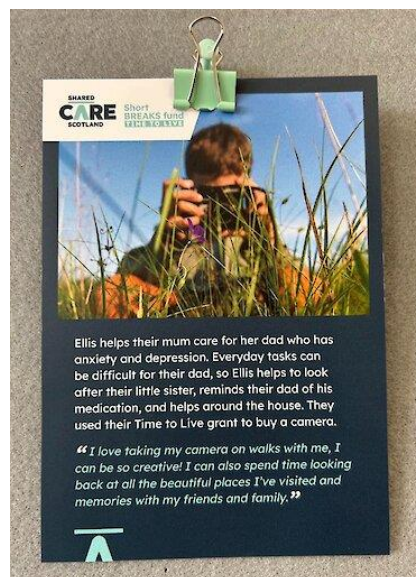
administered through Shared Care Scotland. *Young Carers can also apply.*

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.

Shared Care Scotland have recently developed some 'Time to Live' flashcards which you may find useful in helping you make a decision on what to spend your Short Break grant on. We have divided the flashcards into groups:

- Arts & Crafts & Cookery
- Digital & Technology
- Equipment
- Garden & Outdoors
- In the Community
- Self-Care
- Sport & Leisure
- Young Carers

Why not have a look on our website at some real life stories to give you some ideas?



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.

Here are some quotes from carers who have recently enjoyed a Short Break grant:

“The short break was a great opportunity to spend some time with my oldest child, who I often don’t have much chance to do activities with. We thoroughly enjoyed the break. Thank you.”

“The chance to relax for a short time meant a lot to us. Orkney's beautiful scenery and the many Neolithic places to visit meant we just chilled out completely.

We're just so thankful to your organisation for providing the opportunity to apply for this grant.”

“We spent a long weekend in Glasgow, chilling out, having nice meals, and visiting some places of interest.

It certainly enabled me to recharge my batteries and have some chill out time before resuming caring duties, with renewed patience and compassion, once I got back home.”

“We used our grant for an overnight stay at Busta House. This gave us something to look forward to and a small but much needed break away from many of my caring duties.

We would not have booked this stay if not for the grant received, which was greatly appreciated by us both.”

If you would like to apply for a Time to Live Short Break grant then please email carers@shetland.org or telephone Amanda Brown on 01595 743923 (Monday, Wednesday, Thursday) 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, or can post you out a paper application form if you prefer.

For any new applications submitted, our next panel meeting will be 4th November 2024.

For more info:

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

Respitivity Scheme



Our Respitivity Scheme is OPEN with a variety of breaks on offer for carers.

Respitivity is needed because caring for someone can be mentally and physically challenging, and short breaks are vital for unpaid carers' mental and physical health.

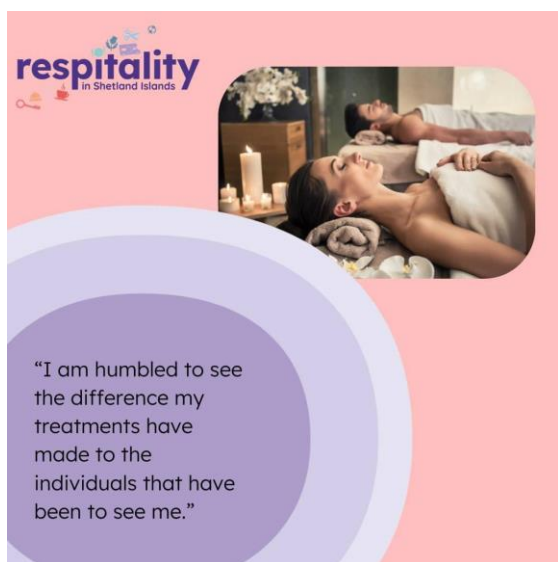
We have recently welcomed 'Holistic Yoga Shetland' as a new donor to our Respitivity Scheme. Anjani Devi has kindly donated five sound therapy sessions, which can be awarded to carers who apply for a Respitivity break.



Some of our other current breaks available include: Friday/Saturday night stays in a local hotel in Lerwick with breakfast included, self-catering stay in Lerwick or Unst, dining vouchers for Fjara Café bar, wellbeing sessions (indian head massage, reflexology, massage, facial etc) with either Hjemli Reflexology or Reset Well-being Therapies, pedicure treatments with Soulful Bliss or even a motorbike run with Steve Henry. There may even be a boat trip on either The Mousa Boat or Seabirds-and-Seals (**this is weather dependant, and season ending very soon**).

'Respality' recently acknowledged, on their Facebook page, a couple of breaks which had been enjoyed by carers in Shetland. It's always nice to get a mention! See their post below:

"This week we are shining the spotlight on pamper/wellbeing breaks donated by businesses in the Shetland Islands in partnership with Shetland Carers. Thanks to Reset Well-being Therapies for sharing their thoughts on donating breaks and for the feedback shared by a carer about their break donated by Soulful Bliss."



Here is a snapshot of how Respality has performed in Scotland during 2023:

**1807 carers went on a break*

**1820 companions went on a break*

**236 businesses donated to Respality*

**25 local authority areas offer Respality*

Shetland Carers would like to thank all their donors for being part of the Scheme and for their kind and generous donations of breaks, which can be awarded to carers who apply to the Scheme.

If you have not yet had a Respality break during 2024 and are interested in applying, or for more information about the Scheme in general, please visit:

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

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

Help Available Locally



There are many local organisations who can provide support to you in your caring role, and who can provide services for your cared for person.

Shetland Carers website has a directory with information about local organisations. These include Ability Shetland, Alzheimer's Scotland Shetland branch, Citizens Advice Bureau, Clan in the Community, Learning Disability Nurse, Mind Your Head, Shetland Care Attendant Scheme, Shetland Community Connections and many others.

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

Voiceability

Shetland Islands Council has contracted a new independent advocacy provider – Voiceability – with effect from 1st July 2024.

On the Voiceability website you will find information about how to make a self-referral or professional referral:

<https://www.voiceability.org/in-scotland/shetland>

Voiceability delivers services in Shetland for:

- Adults and children with an assessed need and/or diagnosed mental health disorder defined and covered by the Mental Health (Care and Treatment) (Scotland) Act 2003
- Adults and children with an assessed need and/or diagnosed learning disability who are in receipt of services provided by Shetland Islands Council and/or NHS Shetland
- Adults with an assessed need and/or diagnosed as having dementia who are in receipt of services provided by Shetland Islands Council and/or NHS Shetland
- Adults and children an assessed need and/or diagnosed with an autism spectrum disorder who are in receipt of services provided by Shetland Islands Council and/or NHS Shetland
- Unpaid Carers, including Young Carers, with an assessed need who are in receipt of services provided by Shetland Islands Council and/or NHS Shetland

What does an advocate do?

An advocate is an independent professional who supports people to have their say, be heard, and understand their rights.

Your advocate can meet with you over the phone, over video call, or in person. An advocate will support you in the way that works best for you so you can understand what is happening and say what you want.

An advocate can help you to:

- listen to what you think about your situation
- help you say what you want and don't want
- help you understand information about your situation
- explain your options
- plan with you about what to do next

Your advocate will:

- listen to you and be on your side
- talk with you about your options
- plan with you what you want to do
- represent you, if you are not able to represent yourself
- support you to make decisions

Shetland Library



Shetland Library
Shetland Islands Council

Did you know Shetland Library offers mobile, home delivery and talking newspaper services?

Mobile Library

Their mobile library covers most of Shetland. They can usually stop the library van close to your house. In general they call every six weeks. On islands not served by mobile they can arrange home deliveries.

Home Library service

If you are not able to visit the library, ask staff about home deliveries.

Whether your needs are long or short term, they can arrange to bring books and other library materials to your home.

They deliver monthly on Wednesdays in Lerwick and Scalloway. In the country, deliveries are done every six weeks. They can also deliver to hospitals and residential homes.

Talking newspapers

With the help of volunteers, the Library records local newspapers and magazines and delivers them to customers with visual impairments.

You can choose from:

- The Shetland Times (weekly)
- The Shetland Times Extra Features (monthly)
- The New Shetlander (3 times a year)

They are recoded on USB memory sticks which can be played on a simple player, or your computer. You can also access recordings via their website.

All these services are free. Please contact Shetland Library for more information:

Telephone: 01595 743868

Email: shetlandlibrary@shetland.gov.uk

Website: www.shetland.gov.uk/libraries

Shetland Islands CAB



For the financial year 2023/24, Shetland CAB assisted carers within Shetland to claim:

Just under £40,000 in Carers Allowance and Carers Allowance Supplement.

The figures are broken down as follows:

£34,848.25 – Carers Allowance

£4,941.40 – Carers Allowance Supplement

Here are ways to get in touch with them:

Phone – Give them a call to get advice on any issues or problems you're facing, or to arrange an appointment at the bureau.

Telephone: 01595 694696

Email – Send them an email with information about the issue you're having and what type of advice you would like. Email is a useful way to contact them if you don't need an answer urgently. They'll aim to get back to you as soon as possible.

To submit your email query, visit:

<https://www.shetlandcab.org.uk/contact-us>

Self-help – Visit the Citizens Advice website for detailed information on a wide range of topics, including guidance on benefits, debt, money, work, housing and much more.

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

Living Well Hubs

There are three Living Well Hubs in Shetland, one in Brae at the Brae Youth Centre (Monday and Friday), one in Scalloway (Wednesday mornings) at the youth and community centre - and one at the Speldiburn in Bressay (Wednesday afternoons)

The Living Well Hub 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!

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.

Please feel free to pop along, have a chat, browse the selection of leaflets and see what the hub is all about.

For more information:

<https://www.shetland.gov.uk/health-wellbeing/living-well-hub>

If you have any questions please do not hesitate to get in touch with them:

Email: livingwellhub@shetland.gov.uk

Telephone: 01595 744120

Alzheimer Scotland, Shetland



Alzheimer Scotland, Shetland offer a range of support and activities for people with dementia, their partners, families and friends to help maintain abilities, social activities, relationships and community connections.

The Dementia Resource Centre is located at:

Shetland Dementia Resource Centre, 66 Burgh Road, Lerwick, ZE1 0HJ. The Dementia Advisor is Alanda Anderson. Tel: 01595 720344 or Mob: 07760 177049

There are a range of activities and events provided each month by Alzheimer Scotland, Shetland. For more info, visit:

<https://www.shetlandcarers.org/news/alzheimer-scotland-shetland-activities-september-2024>

The Commissioned Service Lead is Catriona MacRitchie who can be contacted on 07824 561305 or email: cmacritchie@alzscot.org. The 24 hour helpline is Freephone 0808 808 3000 or email: helpline@alzscot.org

The National Dementia Advisor Service 0300 373 5774 is available from 9am - 5pm Monday to Friday and charged at local rates.

Community Pop Ins – Bressay

**Community Pop Ins
BRESSAY HALL**

FREE
**EVERYONE IS
welcome here**

WHEN?
**Bressay Hall
Tuesdays
3.30pm to 6pm**

From:
**27th August to
8th October 2024**

Come Along For
Warm drinks & food
Games, crafts and
activities
Visiting Services
Cuppa & Company

SHETLAND
ISLANDS
COUNCIL

aportshetland
activeschools
SHETLAND ISLANDS

SHETLAND
LOCAL EMPLOYABILITY
PARTNERSHIP

If you would like support to attend
or would like more information:
CONTACT US
Email: communitydevelopment@shetland.gov.uk
Tel: 01595 743888
@Shetland Community Hub
@SIC Youth & Employability Services

Go along to the Bressay Hall for warm food, crafts, activities, and some good company. Free of charge and open to all!

Tuesdays 3.30 – 6.00pm at the Bressay Hall.

Shetland Bereavement Support Service – Life After Loss

SHETLAND BEREAVEMENT SUPPORT SERVICE

Life After Loss

a new informal bereavement group where you can speak about your loss and feelings, or just chat to others knowing they have experienced grief too.

Our aim is for those grieving, who may feel isolated and alone in their grief, to make new connections and friendships.

Fridays 3-4pm, fortnightly
Living Well Hub at the Brae Youth Centre
2nd, 16th, 30th Aug - 13th, 27th Sept
(new dates added regularly - check website for details)

- Open to anyone bereaved, to come together in a kind, supportive and welcoming group where it is safe to talk about your grief.
- Drop in sessions, come along have a cuppa and cake. Socialise, meet others and make new friendships.
- Facilitated by qualified bereavement support workers.
- Please respect others privacy in the group, by keeping shared conversations strictly confidential. We want everyone to feel relaxed and able to talk freely.

WWW.SHETLANDBEREAVEMENTSUPPORSERVICE.COM
SBSS@SHETLAND.ORG 01595 743933

‘Life After Loss’ is a support group where you can talk about your loss and feelings and chat to others knowing they have experienced grief too.

Their aim is for those grieving, who may feel isolated and alone in their grief, to make new connections and friendships.

Sessions take place at the Living Well Hub at the Brae Youth Centre on Fridays 3.00 – 4.00pm.

No need to book, just drop in!

For upcoming dates, please visit:

<https://www.shetlandbereavementsupportservice.com/group-support-life-after-loss>

National Care Service – Island Community Impact Assessment – Engagement Sessions

The Scottish Government is introducing a National Care Service (NCS) to improve community health, social work and social care support in Scotland. They are shaping the NCS with organisations and people who have experience of accessing and delivering services.

The Scottish Government is holding online engagement sessions in September as part of the development of the National Care Service. These sessions are for island communities to share their views on social care, social work, and community health support. They are open to all. They welcome people with experience of using or delivering these services. This includes unpaid care.

Use the link below to sign up to one of the sessions. **Please note you do not need to attend both sessions:**

<https://forms.office.com/e/9aWsXnH2WV>

If anyone is unable to access the link please email NationalCareService@gov.scot to request to be signed up to one of the events and they will email you the link to the meetings.

Sessions available are:

18th September 2024 3.00 – 4.00pm

19th September 1.00 – 2.00pm

Carers Card UK



"The UK's No1 carers card"

"Our national carers card helps support, recognise and reward carers."

Carers Card UK was founded by Russ Berry and Rod Joseph. They want every carer in the UK to be recognised, supported and rewarded for the incredible work they do and role they play.

Recognised by enabling them to identify themselves as a carer. **Supported** by providing them with useful tools, a well-being hub, and support services. **Rewarded** by providing them with discounts on goods and services, treats, gifts and giveaways. All delivered through their national carers card and accompanying app.

The card you will receive provides reassurance by including your emergency contact details, whilst unlocking discounts, a wellbeing hub, their Carer Circle tool, and so much more through their app.

For more info and to create an account and register for your carers card (£8 for a 2 year membership), please visit:

<https://www.carerscarduk.co.uk>

Playlist for Life



Playlist for Life is a charity that specialises in harnessing the power of music to connect people, and to help those living with dementia and those who care for them. **They want everyone to have their own playlist of music that means something to them.**

The 'soundtrack of your life' is a personal collection of songs that gives you that flashback feeling whenever you hear them. Start building the soundtrack of your life by collecting your musical memories using prompts. You can start with any prompt you like.

You could create a playlist for yourself or someone else. Building a soundtrack and discovering the memories associated with each song is a wonderful way to connect with family and friends.

- Your 'Memory Bump' (strong memories formed aged 10-30.) *Can you think of songs that remind you of your youth?*
- Special moments and milestones. *Which songs take you back to a special memory in your life?*
- Songs from childhood. *Are there nursery rhymes or songs from a children's TV show that you loved?*
- Important places. *What songs remind you of your hometown?*
- Important people. *Think of a person who's important to you. What songs remind you of them?*
- Party tunes. *Which songs always get you dancing and/or singing along?*

- Hobbies, interests and beliefs. *Are there pieces of music that make you think of a group that you belong to?*
- Holidays. *Which songs remind you of a favourite holiday?*
- TV themes. *Are there TV shows with theme tunes you'll always remember?*
- Concerts you've been to. *Which tunes remind you of the best live music event you've attended?*

To find out more about connecting through music, please visit:

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

Age Scotland

Age Scotland Dementia Training team are delighted to share further training dates and workshops for September and October.

Please visit the following link for more info:

<https://www.agescotland.org.uk/information-advice/information-workshops/dementia-training>

Carers Scotland Being Heard – A self-advocacy guide

Caring can be rewarding but also very isolating. You may not know what help to ask for, how to ask, or indeed who to ask. Self-advocacy is about being heard as well as speaking up for the person you care for.

Carers Scotland's guide provides practical guidance on how to get your voice heard when you care for someone in what may

be complicated and challenging circumstances.

To view the guide, please visit:

<https://www.shetlandcarers.org/news/carers-scotland-being-heard-a-self-advocacy-guide-for-carers>



Free Digital Support and Advice Helpline



People Know How operates a Digital Support Helpline, providing over the phone support to use digital devices.

Call them for free from anywhere in Scotland.

They can help with:

- Using devices like smartphones, tablets, laptops or desktop computers
- Connecting to the internet
- Navigating the web and social media
- Completing everyday tasks online
- Connecting with the community, family and friends
- Managing finances, paying bills and saving money online
- Reducing costs (energy, data plans, shopping, etc.)
- Finding opportunities for education and employment
- Feeling less isolated and having someone to talk to

The helpline 0800 0 590 690 is open Monday to Friday 10am - 4pm.

Donation Tins



Have you spotted our donation tins?

Find them at Scalloway Meat Co. Ltd, Brae Garage and Toll Clock Shopping Centre – Clocktower!

Any donations are greatly appreciated!

NHS

If you need urgent medical help but you're not sure where to go, use 111 to get assessed and directed to the right place for you.

Call, go online or use the NHS App.

<https://www.nhs.uk/111>



Shared Lives Shetland

Interested in exploring alternative day support?

From Shared Lives Shetland

Care Inspectorate Registered for Adults 18 +
referral following a social work assessment of agreed outcomes.

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SHARED
DAYS

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Please call us to hear if we can support your
specific outcomes and needs



Tel - 01595745093

email - sharedlives@shetland.org

www.shetandcommunityconnections.co.uk



You can contact us:

☎ Project Lead/Adult Carers Support Worker: 01595 743980 (*currently vacant*)

☎ Amanda Brown, Admin Support Worker: 01595 743923 (*Monday, Wednesday, Thursday*)

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

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

🌐 www.shetlandcarers.org

✉ carers@shetland.org