

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



Spring Newsletter

March 2025

Staffing update



Amanda Brown, Administration Assistant, will be leaving Shetland Carers as of 31st March 2025.

Amanda has really enjoyed her time at Shetland Carers, in particular helping to

award Short Break grants and Respite breaks to carers, and hearing how these breaks have made a real difference to people.

Amanda would like to pass on her very best wishes to all carers for the future.

As of 1st April 2025, whilst Shetland Carers will have no dedicated members of staff at this time, the service will continue to offer Short Break grants and Respite breaks to carers.

You can get in touch with Shetland Carers by:

Email: carers@shetland.org

Telephone: 01595 743923

For any carers requiring additional support, the following organisations and/or contact details may be useful:

Alzheimer Scotland, Shetland branch:

Email: aanderson@alzscot.org

Telephone: 01595 720344

Duty Social Work:

Email:

dutysocialworkadults@shetland.gov.uk

Telephone: 01595 744468

Mind Your Head:

Email: mindyourhead@shetland.org

Telephone: 01595 745035

Natasha Hamilton (RNID Near You Co-ordinator at Royal National Institute for the Deaf):

Email: natasha.hamilton@rnid.org.uk

Telephone: 07918 740 936

Shetland Bereavement Support Service:

Email: sbss@shetland.org

Telephone: 01595 743933

Shetland Care Attendant Scheme:

Email: scas@shetland.org

Telephone: 01595 743931

Shetland Community Connections:

Email:

communityconnections@shetland.org

Telephone: 01595 745091

Shetland Islands Citizens Advice Bureau:

Email: sicab@shetland.org

Telephone: 01595 694696

Time for Me Short Break grants



Our Time for Me Short Break Grant Scheme, funded by Shetland Charitable Trust, provides grants to carers providing a significant amount of care to someone **UNDER** 21 years. This fund has now been fully allocated for the current grant period, with 15 carers receiving a grant.

Further information and details on how to apply for the new grant period 2025-26 will be advertised through various means in due course.

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.

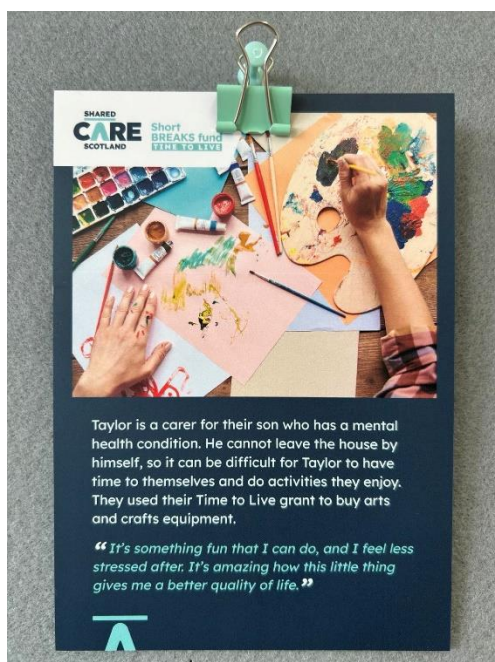
Over the past year, we have been able to offer a grant up to a maximum of £250 per carer towards your chosen short break. In

total, for this grant period, we have awarded 97 Short Break grants to carers totalling £19,772.

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

Trips to the mainland, staycations, massage sessions, SRT More4Life subscriptions, a pilates mat and sessions, crochet kits, horse riding lessons, crafting items, gardening products and plants, a rotovator, a digital piano, haircuts, a lego car kit, archery equipment, a waterproof suit and boots, a sad lamp and a jewellery making weekend.

Time to Live flashcards



As mentioned in previous newsletters, Shared Care Scotland have 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 the following groups:

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

This time around we will focus on 'Arts & Crafts & Cookery.'





Maybe in 2025-26 you would like to apply for one of the ideas mentioned on the above flashcards. A grant to buy arts and crafts equipment, baking equipment, model making kits or a sewing machine and sewing equipment? Or how about knitting supplies, pottery or woodwork classes?

*****Have you had a look on our website yet at some real life stories to give you some ideas?****

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

Further information and details on how to apply for the new grant period 2025-26 will be advertised through various means in due course.

Respitality Scheme



Respitality turns 10 this year and Shetland Carers would like to thank all their donors for being part of the Scheme and for their kind and generous donations.

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

Respitality breaks are breaks donated by local businesses, who are part of the Scheme. When carers apply for a Respitality break, we are able to award them with a donated break to suit their needs as best as we can.

Amanda recently met with Anjani Devi, of Holistic Yoga Shetland, to award her with her Respitality certificate and to thank her for her donations.



Here is a quote from a carer who recently enjoyed one of Anjani's donated sound therapy sessions:

"Thank you, thank you, thank you!"

It's easy to forget to care for myself and this is exactly what I needed. Worthwhile and a safe space to explore all emotions. Highly recommend to anyone.

Thank you for dedicating your time to a worthy project."

If you are interested in applying for a Respite break, or for more information about the Scheme in general, please visit:

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

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

Young Carers Action Day

Young Carers Action Day took place on Wednesday 12th March 2025.



This year's theme was "Give Me A Break."

A Young Carer is someone who is under 18 years of age, who provides unpaid support to a family member or friend, who could not manage without this help due to illness, disability, mental ill-health or a substance misuse problem.

If you care for someone in this way, help is available to you. A Young Adult Carer is anyone age 18-25 years providing the same support.

Every Young Carer's situation is different, but the help you give could include things such as:

- Shopping
- Cooking
- Washing
- Nursing care (such as giving medication or helping someone get in and out of bed)
- Helping someone get washed and dressed
- Spending time sitting with somebody for company or listening to their problems

You might also be looking after brothers or sisters because your parents are not able to, or they might need help at certain times.

The person you help to look after might have one or more of the following:

- A serious illness
- A disability or learning difficulty
- Elderly
- Mental ill-health
- An addiction to drugs or alcohol

While everyone is different, lots of Young Carers have similar experiences and feelings. Sometimes it might help to know that there are Young Carers out there who may think and feel the same way you do. In fact there are thousands of Young Carers in Scotland.

Lots of Young Carers feel good about what they do but it can be tough too. Maybe you worry a lot about the person you care for? Perhaps you find it hard to join in with

things or spend time with friends, because of the things you do at home? Sometimes it might be hard to concentrate at school, or you may find it hard to do your homework because you are tired? You might also feel different to others your age and be worried about being bullied?

If you need more information, please visit:

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

Living Well Hubs

Changes have been made to the opening hours for Shetland's three Living Well Hubs in Brae, Scalloway and Bressay. Their opening hours are currently:

- Brae – every Friday 10am-4pm
- Scalloway – every second Wednesday 2pm-4pm
- Bressay – every second Wednesday 9.15-11.15am

With increased pressure on staff and resources in the Adult Social Work team, and limited uptake of the drop-in facilities at some times, opening hours will be reviewed in the coming months to make sure that the focus is on targeting staffing and resources towards supporting individuals and families as early as possible. The new drop-in hours are expected to be in place for the next few months while that work goes ahead.

Hub staff can still be contacted by emailing livingwellhub@shetland.gov.uk or telephoning 01595 744120.

More details on the Living Well Hubs can be found at:

<https://www.shetland.gov.uk/adults-older-people/living-well-hub/1>

Shetland Befriending Scheme – Tea & Cake at Islesburgh



This is a free group for adults to meet, eat cake, chat and make new friends! It usually takes place on the third Friday of each month from 2.30 – 4.00pm at Islesburgh Community Centre.

Future dates include 25th April and 16th May 2025.

For more information, contact Ian Edwards on 01595 743964.

Shetland Bereavement Support Service – Life After Loss group

LIFE AFTER LOSS

Lerwick Support Group

an 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.

- Open to anyone bereaved to come together in a kind, supportive and welcoming group where it is safe to talk about your grief.
- Facilitated by qualified bereavement support workers

MONDAYS, FORTNIGHTLY
Starting on Monday 27th January then, 10th February, 24th February, 10th March, 24th March
see our website for further dates

MARKET HOUSE, LERWICK
11.30am - 12.30pm

DROP IN SESSIONS
Come along, have a cuppa and cake. Socialise, meet others and make new friendships.

FOR MORE INFO: www.shetlandbereavementsupportservice.com ebss@shetland.org



Shetland Bereavement Support Service have launched a new Lerwick support group 'Life After Loss'. This is based at Market House in Lerwick, Mondays 11.30am – 12.30pm and runs on a fortnightly basis.

This is a new informal support group, where individuals can talk about their loss and feelings or just chat to others knowing they have experienced grief too.

Who is it aimed at?

Sessions are open to adults looking for support. Following a bereavement, many may be struggling, feeling alone and isolated in their grief. Grief can be complicated and affects everyone differently. Experiencing the pain of grief and adjusting to life without a loved one is hard. It can have a huge impact on lives and having someone to talk to, to share that with, can really help.

The sessions are a way of meeting others who will understand - whatever stage of grief they are at. Everyone there will have been through a bereavement, maybe recent, maybe a while ago and who just want to chat and share their grief.

What kind of format?

- Sessions are FREE and offered fortnightly on Mondays 11.30am-12.30pm at Market House, Lerwick
- Sessions are drop in – no need to book in advance, no waiting list
- Sessions are based on a style similar to the Good Grief Trusts grief cafés. They are set in an informal setting and refreshments will be provided
- It offers a safe place for those who are grieving to come together for peer to peer support, connect with others and create new friendships

- A relaxed setting to spend time in the company of others who understand grief, in a kind and supportive environment

There will be two experienced and qualified bereavement counsellors facilitating each session. They will offer emotional and practical support, help start conversation, and signpost to other services if required.

Please note: this is informal group support. It is not counselling therapy - please self-refer to their one to one support service if this is required.

Further details and dates of sessions can be found on their website:

<https://www.shetlandbereavementsupportservice.com>

Family Fund



Did you know that the Family Fund have grants available for families across Scotland?

Parents and carers can apply for funds to help their day to day lives with things such as clothing, digital devices, furniture, kitchen appliances, family breaks, sensory toys and much more!

They're always looking for a better uptake in Shetland so get in touch today for more information and to see if you're eligible.

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

Scottish Child Payment



Scottish Child Payment is over £100 every 4 weeks for children up to the age of 16

Scottish Child Payment helps towards the costs of supporting your children up to the age of 16. You can apply for the payment of over £100 every 4 weeks if you:

- ✓ get Universal Credit or other qualifying benefits
- ✓ have a child or children aged up to 16

Find out more at:

<https://www.mygov.scot/scottish-child-payment>

Santander Carers Card Account

The Carers Card Account lets you give debit cards to two people who care for you. The money you transfer to your Carers Card is separate from your other current and savings accounts. This means your carers can get cash or go shopping for you.

How it works

- You must be over 18 and live in the UK permanently
- You're an existing customer who has a Santander current or instant access savings account that you can move money from
- You transfer money from your current or savings account to your Carers Card

Account. This is so that your carer can access the amount you've put in

- The maximum amount you can put in is £1500. Choose up to two carers to get their own card and PIN. A carer can be a family member, friend or someone else you trust
- You and your carers can both keep track of spending on the card. This is through regular statements, in branch, over the phone or through Online Banking or their Mobile Banking app
- Your carers will get different Mobile and Online Banking log on details to you. This will allow them to make Faster Payments for something you need using Mobile or Online Banking

The Carers Card Account is separate from your main accounts. This means you and your carers can't use it to set up Direct Debits or standing orders. Your carers won't be able to see if you have any other Santander accounts when they use Online Banking. They'll only be able to see details for the Carers Card Account.

For more information:

<https://www.santander.co.uk/personal/suport/supported-banking/carers-card>

Healthcare Improvement Scotland

Healthcare Improvement Scotland would like to talk to people about their experience of taking Sodium Valproate.

Medication that contains Valproate could include Belvo, Convulex, Depakote, Dyzantil, Epilim, Epilim Chrono or Chronosphere, Episenta, Epival and Syonell.

They are looking to talk to people who are:

- currently taking Valproate or have stopped taking Valproate since August 2023
- women able to become pregnant and men able to get someone pregnant if not on contraception
- between 12 – 55 years old

OR

- carers of people with the above characteristics

They are keen to talk with people who have different characteristics and backgrounds.

This work will inform NHS Boards' plans for the safe use of Valproate. This will ensure person-centred, safe and effective implementation of new measures.

To find out more or to take part:

Email: his.engagementevidence@nhs.scot

Discussions will take place between November 2024 and June 2025.

Tourettes Action



Tourettes Action is the UK's only national charity dedicated to supporting individuals with Tourette syndrome and their families.

Tourette's is still a hugely misunderstood and highly stigmatised condition, often meaning many people are misdiagnosed or unable to gain a diagnosis or support following a diagnosis. They are eager to change this and want to reach as many people as possible, who may potentially need their help.

For more information, visit:

<https://www.tourettes-action.org.uk/>

Versus Arthritis



Do you have questions about your condition?

You might run out of time at appointments, forget to ask something, or feel a bit uncomfortable asking certain things. Versus Arthritis can give you advice and support, whenever you need them.

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

Their helpline team will get back to you as soon as they can.

Age Scotland



Age Scotland have new training dates and workshops for 2025. If you want to increase your knowledge of dementia, young onset dementia, dementia inclusion, or carers training then join them online!

All training is free.

For more information, please visit:

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



Are you an adult who has an autistic brother or sister? Why not join in with some online support group sessions across 2025, provided by Sibs?

For full details and to sign up visit:

<https://www.sibs.org.uk/support-for-adult-siblings/confident-caring-programme/autismgroup>

Carers UK



Are you struggling with benefit forms?

Carers UK offers tips and advice to help you apply for financial support. To watch their animation and for more information, visit:

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

Do you arrange appointments, pay bills or help make decisions on behalf of the person you care for?

Carers UK 'tips from carers' factsheets share tips from carers to help you speak with services and liaise with professionals on someone else's behalf:

<https://www.carersuk.org/help-and-advice/practical-support/different-ways-of-managing-someone-s-affairs>



<https://carersuk.org/join>

You can contact us:

www.shetlandcarers.org

carers@shetland.org

01595 743923

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

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