



North Ayrshire Carers Centre

Carers News



Sept 2017

Fund Raising Evening

Join the Fun

Following on from the success of last year's Autumn fundraiser, the Carers Centre have organised an Evening Event for **Friday 10th November**.

The event is open to Carers - as well as friends, family, neighbours etc. (Age restrictions apply—18yrs and over only)

All funds raised on the evening will go directly to both the Adult and Young Carer Services in North Ayrshire.

Cost: £5 per ticket.
When: Friday 10th Nov, from 7pm
Venue: Winton Bowling Club,
108 East Rd, Irvine KA12 0BS



**BINGO—BOTTLE STALL-RAFFLES
and other fun activities**

Contact the Carers Centre now to book your tickets.

**Carers, plus friends and family
welcome along too**

COMPLEMENTARY THERAPIES

Just a quick reminder to Carers that Therapy Services are available both at the Carers Centre in Irvine and also at a number of the outreach locations too. (More details can be found on back page of this newsletter).

Each half hour session costs £7.50 and are delivered by highly experienced and qualified therapists—so represent excellent value for money. If interested in booking a therapy, or if you wish further information, then please contact us at the Carers Centre.



INSIDE THIS NEWSLETTER:

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FRIDAY 24th Nov

At the Carers Centre 10am - 2pm

CARERS RIGHTS DAY

To mark Carers Rights Day 2017, North Ayrshire Carers Centre are planning an event for Carers in North Ayrshire.

So join us for

All the Fun of the Fair



with traditional funfair games; including a Coconut Shy, Rubber Duckies, Guess How Many, Play your Cards Right, Knock the Cans down etc.



There will also be an Information Stand with lots of up to date advice and signposting for Carers—to help you understand and recognise

'Your Rights As a Carer'.

**Cost: £2
Includes Lunch**

Please call us ASAP to book your place, as spaces are limited.


What's been happening.....

Contact Information



North Ayrshire Carers Centre

174 High Street
Irvine KA12 8AN

 **01294 311 333**

Email:

northayrshire.carers@unity-enterprise.com

Opening Hours

Monday - Friday
9.00am - 4.00pm

If you require an appointment out with normal office hours, then please telephone the Carers Centre on **01294 311333** in order to arrange this.



Find us on
Facebook

KEEP UP TO DATE WITH
NORTH AYRSHIRE CARERS
www.unity-enterprise.com

Change of Circumstances



Please advise the Carers Centre of any changes to your circumstances, i.e. change of address, contact details, caring responsibilities or other information you think may be relevant. Thank You!



Carers Week 2017 was jam packed with lots of activities and events held throughout North Ayrshire. The newly appointed Carers Champion, Christina Larsen made it along to many of these events and managed to meet up with both Carers and Carers Centre Staff.



Pictured above is some of our Carers, prior to heading down to Dumfries House.

Below are some photos from Dumfries House, the Fun Day at Fullarton Connexions, the Posh Afternoon Tea and our Cheese and Wine Evening.

Carers Week 2017 was truly an amazing week for everyone involved. So thank you to all those who took part and made it a truly memorable week.



.....In the Spotlight

LARGS AND DISTRICT CARERS



Largs & District Carers on a recent outing to the Chef's Eye, Largs where an enjoyable evening was had by all.

Largs & District Carers is a constituted group of Carers who meet three times monthly in the Brooksby Centre, Largs.

The group is run by volunteers and a committee, and provides a friendly and informal environment for any Carer wishing to come along, to have a chat and a cuppa, and a chance to meet with other Carers. Once per month, a staff member from the Carers Centre will pop along to the group and is available to offer either group or one-to-one support.

What the group have been up to:

Further to receiving generous grants from the Margie Moffat Fund and the Voluntary Action Fund, theatre trips were arranged for regular attendees of the group—these included Ghost, Cats and Grease which were all staged in Glasgow. A few meals out were also made possible—see photo (above).

These outings were very much enjoyed by the group, and everyone is highly appreciative of being awarded such generous grants.

Therapies are also available at two out of the three meetings each month, and Carers residing in the district are more than welcome to come along. If you would like further information on the Largs & District Group, then please do not hesitate to contact us at the Carers Centre—where we are happy to give you additional details of group dates and times etc.

Carers Connect

Carers Connect group meet at the Carers Centre every third Tuesday of the month, from 1.30pm until 3pm.

The Carers Centre wish to introduce a new group to you all. It is called 'Carers Connect', and as the name suggests, this is a group to bring together Carers throughout North Ayrshire, connected by their caring role and who are looking for a little time out to meet new people and to enjoy a relaxing cuppa and a biscuit.

We hope the group will be both fun and informative for you. We can bring Carers up to date on any developments with regards services etc in the local area — but hopefully balance out any serious stuff with light hearted chat and some laughs.

Occasionally we can invite speakers along— so whether you are interested in tips on flower arranging to finding out more about local history etc, we are open to suggestions. So just let us know what interests you.

We hope to see you there!



The Craft & Chat group meet at the Carers Centre every first Tuesday of the month, from 1.30pm until 3pm.

Whether you consider yourself to be crafty or not, or maybe just keen to try out some new skill such as crochet, knitting, card-making, sewing etc., then this might be the group for you.

If however you are a whizz with the knitting needles, or a talented artist, designer—then please do come along and share your talent with the group.

So hopefully you can make it along, and enjoy a cuppa and some cake— and maybe fit in a little bit of craftwork too.

Information for Carers.....



CARERS AGED 65+

WOULD LIKE TO CHAT TO CARERS AGED 65+ ABOUT THE CARER SUPPORT PLANNING TOOLKIT.



Date/Time: Monday, 9th October 9.30am—12.30pm

Location: Carers Centre, Irvine

SCOTTISH CARE is looking for carers over the age of 65 to come along and trial the 'Pilotlight' toolkit

The term 'toolkit' is a fancy way to describe the paperwork and method used to determine the level and type of support a person may need. The Pilotlight toolkit was chosen from many as Scottish Care felt it was easy to follow and understand—and seemed highly effective too in establishing outcomes. However they need your input too and take into account how effective you feel it is.

Who is the Toolkit For?

The Carer Support Planning Toolkit is for carers and anyone supporting them to develop their support plans. When the Carers Support (Scotland) Act 2016 comes into force, all carers will be entitled to have a support plan.

What does it do?

The Carer Support Planning Toolkit contains a set of conversation and planning tools to help carers and their supporters prepare to complete their support plan. Using the toolkit will ensure that the carer has had time to reflect on what would be best for them.

Carer's Appreciation Card

Many Carers in North Ayrshire have already taken receipt of their Carer's Appreciation Card and North Ayrshire Health and Social Care Partnership would like to encourage those who have not yet registered for the Card to do so now.

This card entitles carers to discounts, concessions and offers at a growing range of local shops and businesses who have pledged their support to building a caring community in North Ayrshire.

To qualify for a card, carers must:

- live in North Ayrshire
- be caring for someone within North Ayrshire
- be registered with the Carers Centre

Look out for this sticker displayed in participating outlets.



RESEARCH OPPORTUNITY

HEADS: UP

Helping Ease Anxiety and

Interested in taking part in a research study about mindfulness following stroke?

Mindfulness is a self-help course. Learning how to be 'mindful' can help people cope when they feel anxious or depressed.

We are doing research to find out how to help **stroke survivors and family members** learn how to be mindful. We are looking for stroke survivors and family members to take part in the research.

Taking part involves trying out some mindfulness exercises, and telling us what you thought about them in a focus group that will be held in October this year (2017). We will make changes to the Mindfulness course and then hold a focus group in February next year (2018).

The focus groups will be held in community centres in Greenock, and Irvine or Kilmarnock and at Glasgow Caledonian University, West Central Scotland.

If you are interested in finding out more, please contact:

Dr Maggie Lawrence (lead researcher):
0141 331 8863; maggie.lawrence@gcu.ac.uk

Ms Bridget Davis on: 0141 331 8713;
Bridget.Davis@gcu.ac.uk; OR

Dr Leyla De Amicis on: 0141 331 3963;
Leyla.DeAmicis@gcu.ac.uk

PLEASE DO NO CONTACT THE CARERS CENTRE FOR MORE INFORMATION; CONTACT INFORMATION IS AS STATED ABOVE. THANK YOU

A list of businesses taking part in the scheme can be found online—just google North Ayrshire Carers Appreciation Card or access it through North Ayrshire Council's website:



www.north-ayrshire.gov.uk/health-and-social-care/carers/carers-card.aspx

You could also access the list through North Ayrshire Carers Facebook page. However if you have any difficulties accessing the internet, then please contact us at the Carers Centre for more information. We would be happy to post out the information to you..

Carer's Appreciation Card

North Ayrshire Carers—Christmas Lunch 2017

The countdown is already on:

Below are the details for the Festive Lunches arranged for both the mainland and Arran



HALLMARK HOTEL
-Irvine-

THUR 14th DECEMBER
from 12pm

Carers are welcome
along to a Festive Lunch at
The Hallmark Hotel
Annick Road, Irvine

PIERHEAD TAVERN
-Lamlash-

Wed 6th DECEMBER
From 11.45am

Arran Carers are welcome
along to a Festive Lunch at
Pierhead Tavern,
Lamlash

2 COURSE MEAL: COST £8.00



You can book your place from 2nd Oct— 1st Dec
(Spaces will be limited)

PLEASE CALL US—EARLY BOOKING RECOMMENDED



MSP (for West Scotland Region) Mary Fee recently dropped by the Carers Centre and chatted to staff and a few of our Carers, including Young Carers about their caring role and the challenges they faced.



One Stop Shop
Information+Advice+Support

The NAS One Stop Shop – Ayrshire has now moved from its temporary administration base in Catrine to a more visible base in Ayr. The new base is within the Voluntary Action South Ayrshire (VASA) building, 27-29 Crown Street, Ayr, KA8 8AG.

You can make contact with NAS One Stop Shop by email, phone call or text on the details below. If calling then please leave a message on the answerphone and a member of staff will return the call when available.

You can reach Clare Kennedy,
Interim One Stop Shop Manager
on AyrshireOss@nas.org.uk or
07500 974 323



Carers Week 2017

During Carers week 2017, some of our young carers took part in activities ranging from a visit to Newmilns' Dry Ski slope, everyone who attended had a great time.

The 5th and 6th Year groups had a pamper evening, with 2 therapist providing stress relieving therapies.

Two of the primary groups had a funfair experience at the Carers Centre, where we played fun games such as Tin Can Alley, Coconut Shy, Guess What's In The Box—as well as face painting. We had small prizes for all who took part.



The funniest and favourite game we agreed was The Ping Pong Cup Challenge (throwing a ping pong ball into a cup) with a sweetie for all who succeeded.

Harder than
it sounds!



FOR MORE INFORMATION ON YOUNG CARERS, GET IN TOUCH.....

North Ayrshire Young Carers support young people from age 8-18 and Young Adults up to the age of 25. If you wish further information on our Services and on how we can help, then please contact us at the Carers Centre: 01294 311333.

SUMMER ACTIVITIES



Many of our Young Carers and Young Adult Carers took part in Summer Activities. All activities turned out to be fantastic and a good time was had by all.

The activities were as follows:

- ♦ A trip to the Sea Life Centre with the combined primary groups;
- ♦ A day out to the Cinema followed by Pizza Hut as requested by the 1st and 2nd year group;
- ♦ The 3rd and 4th year opted for a day at the Galloway Outdoor Activity Centre;



- ♦ The Young Adult Group headed over to Edinburgh and spent the day at the Edinburgh Dungeons.

YOUNG CARER GROUPS

Young Carer Groups have now resumed for the period August-December 2017. After carrying out home visits throughout the summer periods, we hope to see some new faces coming along. We will continue to carry out home visits once a referral is made to the service. Self-referrals are also welcome.

YOUNG CARERS FESTIVAL

We were, once again delighted to be part of the 10th Scottish Young Carers Festival. All Young Carers who attended had the opportunity to take part in the many activities provided over a two day period. They also were given the opportunity to put questions to politicians and other invited guests who are key in influencing policy and decision making. Many of the Young Carers wanted to know what they intended to do, to support Scottish Young Carers.



Young Carer

Befriending Project

Volunteering Opportunities

North Ayrshire Health and Social Care Partnership are planning to hold Consultations with North Ayrshire Young Carers over the coming weeks and months. (Parents/ Guardians have already been advised as to when these consultations are taking place).

The purpose of the consultations is to hear the views of Young Carers and to consider these views when developing the Young Carers Support Plan - which will be a key element in meeting the criteria of the new 'Young Carers Statement'.

The input given by the Young Carers will be a huge contribution towards delivering a service which gives the best possible support to Young Carers for many years to come.

We would like to thank in advance the Young Carers and also to their families, for giving up their time to support this cause.



The Young Carers Befriending Service has now been running for several months. This service offers one to one support to Young Carers who might benefit from additional support. We are currently recruiting volunteers to train as Befrienders.

Young Carers Befriending Project

>> Can you spare 2 -3 hours per week?

>> Could you help a Young Carer to make positive changes in their life?

>> Would you like to share skills and interests with young people aged from 8 to 18?

Unity - North Ayrshire Carers Centre are looking to recruit volunteer befrienders to work on a one to one basis with Young Carers living within North Ayrshire. Training and support will be provided.



IF INTERESTED:

Contact:

Karen Hughes
01294 311333

karen.hughes@unity-enterprise.com
UNITY
North Ayrshire Carers Centre
174 High Street
Irvine KA12 8AN

Unity Enterprise is a Registered Charity (No 20039)

CARER groups

The Groups are set in an informal and relaxed environment. They offer a wide range of help and support to Carers.

ARRAN: Ormidale Sports Pavilion, Brodick

11am - 12.45pm - First Wednesdays

Upcoming Dates:

6th Sept, 4th Oct, 1st Nov, (6th Dec - Xmas Lunch), Jan—No Group

GARNOCK VALLEY

Bridgend Community Centre, Kilbirnie

10am—12pm - First Thursdays

Upcoming Dates:

7th Sept, 5th Oct, 2nd Nov, 7th Dec, Jan - No Group

LARGS: Brooksby Resource Centre (1st Floor) Largs

- Largs group are a constituted group and meet 3 times monthly ,
- Meetings are every **1st, 2nd** and **4th Wednesday** of the month, **10am – 12pm**.
- Staff from the Carers Centre attend on the second Wednesday only of each month
- If you wish to speak to a member of staff on a one to one basis at this venue, then this can be arranged by calling us on **01294 311 333**.

ARDEER:

Three Town Carers Group is a constituted group and carer led: *run by carers for carers*.

Ardeer: Neighbourhood Centre, Shore Road, Stevenston.

10.00am- 12.00pm

3rd Mondays

Upcoming Dates: 18th Sept, 16th Oct, 20th Nov, 18th Dec

SALTCOATS: Saltcoats Library—Springvale Pl,

10.00am- 12.00pm 2nd Mondays:

Upcoming Dates:

11th Sept, 9th Oct, 13th Nov, 11th Dec, 8th Jan

alternative THERAPIES

Therapies are available to book through the Carers Centre. Each therapy lasting 30 minutes and costs £7.50. Contact us on **01294 311333** for further information or to book your appointment.

Irvine:

Carers Centre
174 High St,
Irvine

MASSAGE & *BEAUTY TREATMENTS

Every Tue 10am—12pm
(Massage & Beauty Treatments)

Every Wed 10am —12pm

Every Thurs 1.30pm—3.30pm

Kilbirnie:

Bridgend Centre,
Kilbirnie

MASSAGE

Monthly: Every 1st Thursday
10am—12 pm

Largs:

Brooksby Centre,
Brisbane Road

MASSAGE

Monthly: Every 1st & 4th Wed
10am—12pm

Saltcoats:

Saltcoats Library,
Springvale

MASSAGE

Monthly: Every 2nd Monday
10am—12pm

Therapy Services Update

As a trial period, Carers can now book up to 14 days in advance, and can also book up to one session per week, subject to availability.

We hope these changes may help towards more flexibility with your booking and how often you choose to come for a therapy.

If you must cancel your appointment, we ask that you give us at least 24 hours notice to enable us to fill the appointment.

Failure to attend or provide sufficient notice (24hrs) will result in the Carer being charged for the session. We apologise for any inconvenience this may cause.

OTHER CARER GROUPS: VENUE—CARERS CENTRE

All Carers Welcome



CRAFT AND CHAT

Monthly on every

1st Tuesdays: 1.30pm—3.00pm

Upcoming Dates:

5th Sept, 3rd Oct, 7th Nov, 5th Dec, Jan (No Craft Group)

Monthly on every

3rd Tuesdays: 1.30pm—3.00pm

Upcoming Dates:

19th Sept, 17th Oct, 21st Nov, No Group Dec, 15th Jan

