

CARERS NEWS

South Ayrshire Carers Centre - Registered Charity No: 20039 Company Ltd by Guarantee 120777

Summer—Autumn 2017

SUMMER EDITION



Both our Young Carers & Adult Carers have been enjoying time in the sun and plenty of activities here in the South Ayrshire Centre over the past couple of months. We've had Carers Week, a residential trip to Blackpool as well as some relaxing walks, lunches and Support Groups across the county with plenty more activities to look forward to in the weeks to come!

"The service continues to run at a high standard. I look upon the centre as an oasis in a desert. Thank you all!"

"I love this place, and the workers in it. What a fabulous resource."



Walking boots at the ready for our adventure around Culzean!

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Blackpool, it was a pleasure!

Our Young Adult carers enjoyed a sensational trip to Blackpool in June, getting some much needed relaxation, respite and most of all, fun!

The weather was glorious for the duration of the five day holiday, which allowed us to visit all the wonders the seaside resort had to offer. Things got spooky when we entered the Blackpool Dungeons, learning about the grizzly, gruesome, (and very interesting) history! Then it was just a short walk in the sunshine to Coral Island for some fast-paced Bingo before heading back to the hotel.

It wouldn't have been a proper holiday to Blackpool without a trip to the Pleasure Beach, so that's exactly how we spent Wednesday! Enjoying all the sights, sounds and amusements the park had to offer, it was a great day packed full of fun and excitement.

Thursday saw the Young Adults visit the wonderful Madame Tussauds Wax Museum, followed by an afternoon of laughs at the Blackpool Tower Circus.

Big thanks to all the staff at the Royal Seabank Hotel for making the trip so enjoyable, everyone had an unforgettable time!

Carers Week 2017

Thanks to all our carers and friends of the service Carers Week was a huge success, not just here but across the whole of the UK. For 2017 over 1300 events or activities were planned over Carers Week! There were quiz nights, pamper days and energizing walks all over the country.

Carers Week has been an annual campaign every Summer for over half a decade, aiming to raise awareness of carers and their selfless efforts to help those that are close to them.

Dates are yet to be released for next years Carers Week Campaign but we'll be sure to keep you posted.



Flower Arranging thanks to Edith Dewar

Carers 2017 Trip to Durham & Beamish

Our 2017 Adult Carers Holiday is all booked up and ready, places were snapped up quick this year for our 4 day trip. In previous years the carers have enjoyed holidays to Liverpool, York, and Belfast.

We're wishing everyone a fantastic time away and we'll make sure to have plenty of photos for our next edition of the newsletter!

If you are booked to go with us on this trip and wish to double check the details please don't hesitate to call and ask, and if you wish to be involved in one of our next outings then we usually have the information out around Spring time.



Thanks to the Braehead staff for a great day of Mini Golf and Ten-Pin Bowling!

Young Carers Summer Activities

Our Young Carers enjoyed plenty of exciting trips this summer as part of our Summer Program. Due to the Young Carers Support Groups pausing over the summer months, this gives us time to take them away to somewhere a little bit more special.

Our S1-S4 Young Carers travelled to 'Laser Quest Glasgow' to enjoy an action packed day of teamwork, puzzle solving and fun! If you've ever played Laser Tag before you'll know how intense (and exhausting) it can be! We also took part in 'Clue HQ', a problem solving hour-long escape game where you must find clues around a secret room to get out before the timer runs out!

The Primary School aged Young Carers visited Braehead to try their hand at Miniature Golf and Ten Pin Bowling! Everyone walked away a winner as they all had a great time and have already started asking when we will be doing it again!

Our Young Adults also put their bowling skills to the test at LA Bowl, before heading back to the centre for an evening of take-away dinners and great company.

If you know of anyone that may be a Young Carer but isn't involved in the service, please give us a call on 01292 263000 and ask to speak to one of our Y.C. support workers, Kayleigh Hamilton or Brad Mellor.

CARERS REFERENCE GROUP

Want your opinion heard on the issues that affect you and the people you care for? The Carers Reference group is the opportunity for you to help shape services across South Ayrshire and comment on strategy and statutory services.

The group meet in the South Ayrshire Carers Centre on the second Thursday of every month from 10:30am-12noon. All Carers are welcome to join the group even if you are not registered with the service.

For more details please contact South Ayrshire Carers Centre on 01292 263000, via Facebook, or even email to:

southayrshire.carers@unity-enterprise.com

Your input and experiences with caring will be represented at the S.P.A.G. (Strategic Planning Advisory Group), and the I.J.B. (Integration Joint Board) by a carer from the Reference Group.



Carers (Scotland) 2016 Act

The Carers (Scotland) Act 2016 was passed by parliament on the 4th February 2016. It is a key piece of new legislation that promises to 'promote, defend and extend the rights' of adult and young carers across Scotland.

The government announced in July 2016 that the Carers (Scotland) 2016 Act will commence on the 1st April 2018.

We will keep you updated with everything relevant to this Act as we receive more information, if you wish to know more please call on 01292 263000 and ask for Brad Mellor.



NEED A BREAK? CHARITABLE TRUST FUNDING COULD HELP!

You could be eligible to apply for up to £300 to be spent on some much needed pampering or pursue a hobby or interest. It's an opportunity to recharge your batteries and help you sustain your caring role, whether it's a spa day to help you relax, a new laptop to aid with college work, or a weekend away with the family. If you would like to check your eligibility and wish to apply, please contact us via the details on the right to order or collect an application form.

CREATIVE
breaks



The funding isn't just for nights away and quiet retreats either, it could also be used for:

Leisure club membership

Sports equipment

Computers

Bicycles

Driving lessons

Health & wellbeing classes

Day out with friends

Unsure if your idea will be eligible?

Please contact us via the details below to ask.

South Ayrshire

Carers Centre

43 Sandgate,
Ayr,
KA7 1DA

01292 263000

Facebook.com/

SouthAyrshire

CarerCentre

9:30am - 4:30pm

AYR

All events held in Carers Centre, unless stated otherwise:

SUPPORT GROUPS

(EVENING) Last Tuesday of month 6.30pm-8pm

Upcoming Dates:

29th August / 26th September / 31st October
(DAY) Last Wednesday of month 1pm-2.30pm

Upcoming Dates:

30th August / 27th September / 25th October
NATTER GROUP

1st Monday every Month 12.30pm-2pm

Upcoming Dates:

7th August / 4th September / 2nd October

CRAFT GROUP

The Craft Group is taking a break over the summer, and will be re-evaluated in September.

CARERS CAFÉ

First Wednesday of the month 12pm-1:30pm

Upcoming Dates:

2nd August / 6th September / 4th October

CARER LED READING GROUP

Meets fortnightly from 2pm-3.30pm

Upcoming Dates:

10th August / 24th August / 7th September / 21st September

ART GROUP

Meets fortnightly 12pm-2pm

Upcoming Dates:

14th August / 28th August / 11th September / 25th September

REFERENCE GROUP

2nd Thursday every month 10.30pm-12noon

WALKING GROUP

The Walking Group is held one Friday a month from 1pm—3pm, please call us for details.

What's On!

TROON

SUPPORT GROUPS

Meets at Troon Library
2nd Monday of month 10am-11:30am

Upcoming Dates:

14th August / 11th September / 9th October

THERAPIES

Last Thursday of every month

@ Braden Rd Sheltered Housing

31st August / 28th September / 26th October

GIRVAN

SUPPORT GROUPS

Meets in Carrick Buildings, Henrietta Street

2nd Monday every month 1:30pm-3pm

Upcoming Dates:

14th August / 11th September / 9th October

THERAPIES

TO BE CONFIRMED

DROP IN

By appointment only:

3rd Wednesday of the month

16th August / 20th September / 18th October

MAYBOLE

DROP IN/ SUPPORT

Carrick Centre Café:

By appointment only.



facebook

We regularly update Facebook with daily events and activities, so be sure to take a look at our page to find out more about what's happening.



Contact Us

If you think you may be an unpaid carer and would like to discuss the services that are out there to support you in your role, please don't hesitate to pop into our centre at the address below, give us a call or email, or write to us.

South Ayrshire Carers Centre
43 Sandgate,
Ayr, South Ayrshire,
KA7 1DA

01292 263000

southayrshire.carers
@unity-
enterprise.com

Visit us on the web at
www.facebook.com/SouthAyrshireCarersCentre

Therapies

Due to the high demand of therapy appointments over the past months, we're making some changes to the way they're booked. All therapy bookings are now to be made from the First Monday of each Month, via telephone or a centre visit. (E.g. If you wanted to book for an appointment in October, you could call from Monday 2nd October onwards). Please remember that if you don't give us 24 hours notice of your cancellation then you will still be charged £7.50. Thank you.

Carers Centres

Moving out of South Ayrshire or know of a carer who lives outside of the area? Remember, both North and East Ayrshire have a Carers Centre too!

North Ayrshire Carers Centre, 174 High Street,
Irvine, KA12 8AN - 01294 311333

East Ayrshire Carers Centre, 49 The Foregate,
Kilmarnock, KA1 1LU - 01563 571533