



# North Ayrshire Carers Centre

## Carers News



Jan 2018

*North Ayrshire Carers Centre*

### Spring Fun-Day

plus enjoy  
a lovely Spring Afternoon Tea

**THURS**  
29th March

Carers Centre  
174 High Street  
Irvine

10<sup>AM</sup> to  
1<sup>PM</sup>

*Lots of fun Springtime activities have been planned - followed by a Spring-themed Afternoon Tea.*

**Cost: £2**

Please book your space by calling us on  
**01294 311 333**

carerstrust Scotland a Network Partner

Unity Enterprise is a Registered Charity (SC20039)

### CARERS TRAINING WORKSHOP

#### Looking After Your Mental Health

We all have mental health and our mental wellbeing can fluctuate from day-to-day. When you're not feeling great or caught up in a cycle of caring for everyone else except yourself, then it can feel harder to take the appropriate action which could benefit our mental wellbeing.

Fortunately there are small steps we can all take in our everyday lives to look after our mental health. In response to this, North Ayrshire Carers Centre are planning an informal yet informative session to explore ways we can all better 'look after our own mental health',

**Venue:** Carers Centre, Irvine  
**Date/Time:** Thursday 26th April  
10am—12pm

Spaces for this workshop will be limited.  
If interested in attending, then please call us at the Carers Centre to book your place.

## time to live

North Ayrshire Carers Centre have once again successfully secured funding from Share Care Scotland.

These funds help us provide small grants to eligible Carers through Shared Care Scotland's 'Time to Live' Programme.

If interested in finding out more or to check eligibility, then please contact the Carers Centre from the beginning of February.

*Time to Live projects enable carers to access funds and support, to help them take short breaks that meet their needs.*



### INSIDE THIS NEWSLETTER:

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- Outreach /Therapy Information


# Carers Information.....

## Contact Information



### North Ayrshire Carers Centre

174 High Street  
Irvine KA12 8AN

 **01294 311 333**

Email:

[northayrshire.carers@unity-enterprise.com](mailto: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](http://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 Connect group meet at the Carers Centre every third Tuesday of the month, from 1.30pm until 3pm.

North Ayrshire Carers Centre recently introduced a new monthly group, 'Carers Connect', and as the name suggests, this is a group intended to bring together Carers throughout North Ayrshire, connected by their caring role.

Each month we hope to cover various subjects that may be of interest to Carers living in North Ayrshire. So far we have looked at healthy living, we have also attempted chair-based exercises, discussed new carers legislation and initiatives etc. We have also been visited by Victim Support who provided lots of great advice about staying safe both in and out of our homes.

Each month we hope to bring something new for you. Presently, we are putting together a list of subjects we plan to cover in the coming months. If interested in finding out more, then we can post out a list of the subjects we hope to cover.

...and please, do not hesitate to get in touch if you wish to discuss any aspect of the group or if you wish to suggest any speakers or subjects that maybe worth discussing.

### Upcoming dates:

Tuesdays: 22nd Feb, 20th Mar, 17th Apr, 15th May, 19th June

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, decoupage enthusiast etc. —then please do come along and share your talent with the group.

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

### Upcoming dates:

Tuesdays: 6th Feb, 6th Mar, 3rd Apr, 1st May, 5th June

# Carers Information.....

## MILLPORT Carers Drop-in Session

Thursday 19th April 2017

10.30am—12pm



Venue: Garrison House  
Glasgow St, Millport, Isle of Cumbrae KA28 0DJ

Cumbrae Carers are welcome along to a drop-in session held at Garrison House on the above date.

If you require further information, then please do not hesitate to contact us.

## Carers 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.

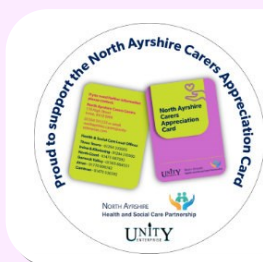
### To qualify for a card, carers must:

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

A list of businesses taking part in the scheme can be found online, just google North Ayrshire Carers Appreciation Card.

We will also provide a link on our Facebook Page.

If you do not have access to the internet, then you can contact us at the Carers Centre—where we could post you one out.



Look out for this sticker displayed in participating outlets.

## EVENING GROUP

If any Carers are interested in attending an Evening Carers Group, then please get in touch with us by end of February.



Epilepsy Connections is an established provider of community based information, education, support and training services for people of all ages with epilepsy. Support is also provided for families, paid and unpaid carers, teachers, employers and others involved in their lives.

Jim Thompson is the Epilepsy Connections fieldworker for Ayrshire and Arran and can offer information, advice and support to help you live well with epilepsy.

## AYRSHIRE EPILEPSY SUPPORT GROUP

Venue: Fullarton Connexions Church, Irvine

Thursday 25th January 5.15-7.15pm  
Thursday 22nd March 5.15-7.15pm  
Thursday 14th June 5.15-7.15pm

## YOUNG PERSON'S GROUP

Venue: Fullarton Connexions Church, Irvine

Thursday 15th February 5.30-7.30pm  
Thursday 19th April 5.30-7.30pm  
Thursday 28th June 5.30-7.30pm

For further information on any events in Ayrshire & Arran, please contact: **Jim Thompson at 07585 570 466** or by email at [jthompson@epilepsyconnections.org.uk](mailto:jthompson@epilepsyconnections.org.uk)

More information is available on [www.epilepsyconnections.org.uk](http://www.epilepsyconnections.org.uk)

## Thank You!

A big thank you to GlaxoSmithkline who awarded North Ayrshire Carers Centre £1000 as a winner of their Gold Award. The money awarded was shared between both the Young Carers and Adult Services



# Christmas Lunch & Carers Rights Day

**Christmas 2017**—Carers from North Ayrshire headed along to the Hallmark Hotel in Irvine for a delicious Festive Lunch. Thank you to Provost Ian Clarkson, Carers Champion Christina Larsen and Kerryanne Owens from NAHSCP who managed along to the event. Further thanks goes to all those individuals and organisations who donated to the raffle prize, including Boots and Si Restaurant.



Arran Carers enjoyed a Festive Lunch along at the Pierhead Tavern in Lamlash. Unfortunately due to an 'amber alert' on sailings that day, Sheena and Sharon from the Carers Centre were unable to make it along.



**Carer's Rights Day 2017** was celebrated at North Ayrshire Carers Centre on 24th November, and what a lot of fun we had with lots of fairground attraction stalls plus a delicious served up by Lunch to Go and an information stand was available with up to date information and caring statistics.





# NORTH AYRSHIRE YOUNG CARERS

## PANTO VISIT

A group of Young Carers went along to St Matthew's Academy in Ardrossan to enjoy the Pantomime, Aladdin—oh yes they did and what fun they had too!

A big thanks goes to North Ayrshire Health and Social Care Partnership who made this possible by organising tickets.

## Welcome Sarah

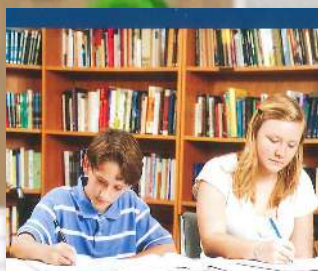
New Young Carers Worker, Sarah Keen is now in post and looking forward to meeting all Young Carers and Young Adult Carers in the coming weeks, when groups resume.

Sarah has recently written out to all young carers and introduced herself. Letters with group details will follow shortly.

## SCHOOL VISITS

We are in the process of visiting every Primary and Secondary School throughout North Ayrshire, Arran and Cumbrae.

These visits are intended to raise awareness to the many young carers living in our community—and also to help identify the many more hidden Young Carers who might require some additional support and not aware of our service.



## How can we help Young Carers?

Staff at the Carers Centre can help by:

- Providing information and advice
- Give young Carers a chance to talk and be heard
- Be a gateway to other services
- Provide support in group or 1:1 settings
- Offering time out for fun and relaxation
- Access to short breaks

After many years of working within the Young Carers Service, we were very sorry to say goodbye to Sheila. Sheila is about to embark on a new chapter of her life and we wish her all the best in her new and exciting job.

Sheila wanted us to pass on her gratitude to all the amazing and wonderful young people she has had the privilege of working with over the years. She will miss you all. Best of luck Sheila!

## YOUNG CARERS AWARENESS DAY

**25TH JANUARY  
2018**

Young Carers Awareness Day is on  
Thursday 25th January 2018.

Professionals working in North Ayrshire are welcome to come along to an open evening being held at the Carers Centre between 4pm—6pm, where they can chat with some of our Young Carers and find out more about the impact of being a Young Carer.



## CARERS drop-in sessions

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

### ARRAN: Ormidale Sports Pavilion, Brodick

11am - 12.45pm

#### Upcoming Dates:

- \* Wednesday 7th Feb
- \* Wednesday 7th Mar
- \* Wednesday 4th Apr
- \* Wednesday 2nd May
- \* Wednesday 6th June

### GARNOCK VALLEY

Bridgend Community Centre, Kilbirnie

10am—12pm

#### Upcoming Dates:

- \* Thursday 1st February
- \* Thursday 1st March
- \* Thursday 5th April
- \* Thursday 3rd May
- \* Thursday 7th June

Therapies Available.

See below for more information.

### SALTCOATS:

Saltcoats Library—Springvale Place

10.00am- 12.00pm

#### Upcoming Dates:

- \* Monday 12th February
- \* Monday 12th March
- \* Monday 9th April
- \* Monday 14th May
- \* Monday 11th June

Therapies Available.

See below for more information.

## CARERS constituted groups

Three Town Carers and Largs and District Carers Groups are both constituted and carer led, so they are both "run by carers—for carers. Details below....."

### ARDEER

(Three Towns Carers Constituted Group)

Neighbourhood Centre, Shore Road, Stevenston

10.00am- 12.00pm

#### Upcoming Dates:

- \* Monday 15th January
- \* Monday 19th February
- \* Monday 19th March
- \* Monday 16th April
- \* Monday 21st May

### LARGS

(Largs and District Constituted Group)

Brooksby Resource Centre (1st Floor) Largs

Largs group meet 3 times monthly ,

Meetings are every **1st, 2nd and 4th Wednesday** of the month; 10am—12pm

Upcoming dates are as follows:

First	Second	Third	Wednesdays
* 7th	<b>14th</b>	21st	February
* 7th	<b>14th</b>	21st	March
* 4th	<b>11th</b>	25th	April
* 2nd	<b>9th</b>	23rd	May
* 6th	<b>13th</b>	27th	June

Therapies available at Largs on 1st & 4th Wednesdays.

Please call Carers Centre on 01294 311 333 to book.

Please note: CARERS CENTRE STAFF attend on the **Second Wednesday** of the month, only.

## alternative THERAPIES

### Outreach Therapy Details

<b>Garnock Valley</b> Bridgend Centre, Kilbirnie	Every 1st Thursday (Monthly) 10am—12pm
<b>Largs &amp; District</b> Brooksby Centre, Largs	Every 1st & 4th Wed (Monthly) 10am—12pm
<b>Saltcoats</b> Library, Springvale Pl	Every 2nd Monday (Monthly) 10am-12pm

Therapies also take place at the Carers Centre, details below:

<b>Irvine:</b> Carers Centre 174 High Street Irvine	Every Tue 10am—12pm (Massage & Beauty Treatments Available)
	Every Wed 10am —12pm (Various Massage Treatments Available)
	Every Thurs 1.30pm—3.30pm (Various Massage Treatments Available)

- ⇒ All therapies bookable through the Carers Centre. Please note that Largs keep their own appointment diary but enquiries can be made through the Carers Centre.
- ⇒ Each therapy lasts 30 minutes and costs £7.50.
- ⇒ Contact us on **01294 311333** for further information or to book your appointment.

- \* Carers can now book therapies up to 14 days in advance, and can also book up to one session per week, subject to availability (applies to Carers Centre only).
- \* 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 the appropriate notice (at least 24hrs) may result in the Carer being charged for the session. Charging for the missed session will only occur if in the appointment cannot be filled. This is to ensure Therapists are paid for their time.