



# North Ayrshire Carers Centre Carers News



May 2018

## CARERS WEEK 2018 (11—16 JUNE)

For Carers Week 2018, campaign organisers have asked us to look at all the ways we can support carers to stay Healthy and Connected.

Also, building communities which support carers to look after their loved ones well, while recognising that they are individuals with health and wellbeing needs of their own.

North Ayrshire Carers Centre are hosting events throughout North Ayrshire in recognition of Carers Week—see page 3 for more information and get in touch to book your place.

SEE PAGE 3—ALL EVENTS MUST BE BOOKED IN ADVANCE.

Have a look inside, on page 3. All Carers Week events can be found there—so have a look and give us a call if interested in any of the events.



Helping carers to get Healthy and Connected

[www.carersweek.org](http://www.carersweek.org)

11-17 June 2018

## \*\* IMPORTANT UPDATE \*\*

### Changes to the Newsletter, and how we will be getting it to you.

Over the last five years, we have regularly mailed out Carers Newsletter to you, each January, May and September. Whilst the Newsletter plays a vital role in keeping Carers up to date with events and activities, we are unfortunately unable to sustain the viability of the Newsletter in its present format. As you can no doubt appreciate, this is due to rising paper, printing and postage costs.

We have explored other means of getting the Newsletter to you and as such, hope to deliver the Newsletter electronically to the majority of Carers, via email. We will also continue to upload the Newsletter on our Facebook page, as well as to the Unity website ([www.unity-enterprise.com](http://www.unity-enterprise.com)).

We appreciate that many of you may not have internet access, in which case Carers can either pick up a copy from the Carers Centre or alternatively we can continue to mail the Newsletter out to you. Just let us know by giving us a call.

For those who can access the internet, and also have an email address, please email us on:

[northayrshire.carers@unity-enterprise.com](mailto:northayrshire.carers@unity-enterprise.com)

We can then add your name to the email distribution list. The next edition of the Newsletter will be early September so be sure to let us know.

#### So remember:

it is vital to contact us, to advise us of your email address, or if you still require a copy to be posted out. Our objective remains the same; to keep all Carers living in North Ayrshire informed and connected.

We thank you in advance for your co-operation, however if you do have any concerns relating to this, then please get in touch.

## CARERS PAMPERING ON FRIDAY 10th AUGUST

Cost: £2

Your Invitation to join us for a

# Pamper Afternoon

From 1pm—3pm

BOOK YOUR PLACE NOW  
Limited Spaces

Nail Bar / Taster Therapy Sessions / Refreshments & Snacks

## INSIDE THIS NEWSLETTER:

- Carers Week Events
- Spotlight on Outreach Support
- Young Carer News
- Outreach /Therapy Information

## Contact Information



**North Ayrshire  
Carers Centre**  
174 High Street  
Irvine KA12 8AN

Email:  
**01294 311 333**  
[northayrshire.carers@](mailto:northayrshire.carers@unity-enterprise.com)

[unity-enterprise.com](http://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.

 **KEEP UP TO DATE WITH  
NORTH AYRSHIRE CARERS**  
[www.unity-enterprise.com](http://www.unity-enterprise.com)

 **Find us on  
Facebook**

## 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!



The Carers Centre will be attending  
Tenants Fun and Information Day  
Date: Saturday 23 June 2018  
Time: 11am-3pm  
Venue: St Matthews Academy  
Saltcoats

## Carers Information.....

**Spring Fun Day 2018** was a cracking day for all those Carers who made it along.

There was a fun competition for best decorated egg basket and bonnet - followed by a delicious afternoon tea.

Check out some of the photos from the day. There's lots more on our Facebook page.

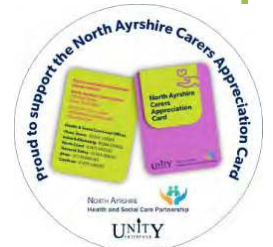


## Carers Appreciation Card

Many Carers in North Ayrshire have already taken receipt of their Carers 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.

**You can contact us on 01294 311333 for more information.**



## time to live

North Ayrshire Carers Centre have once again been successful in securing funding, in order to provide small grants to eligible Carers through Shared Care Scotland's 'Time to Live' Programme.

If interested in finding out more and to hear about the eligibility criteria, then please contact us at the Carers Centre.

These Time to Live projects enable carers to access funds and support to help them take short breaks that meet their needs. We have a variety of vouchers for nights away or fun days out and restaurant vouchers etc. Young Carers are also eligible to apply.





# Carers Week Activities

11th–16th June

<p><b><u>MONDAY</u></b></p> <p><b>Afternoon Historical Walk in Irvine.</b>  <b>Followed by tea and scone at Si! Restaurant</b>  <u>All places must be booked and paid for in advance.</u></p>	<p><b><u>11th June</u></b></p> <p>Venue: Leaving from Carers Centre          Time: From 12.45 until approx. 3pm  <b>Cost: £2</b></p>
<p><b><u>TUESDAY</u></b></p> <p><b>Trip to Glasgow Riverside Museum</b>  <u>All places must be booked and paid for in advance.</u></p>	<p><b><u>12th June</u></b></p> <p>Bus leaving from the Carers Centre          Times: 9.45am, bus returning to Carers Centre for 3pm. Limited places available.  <b>Cost: £3</b></p>
<p><b><u>WEDNESDAY</u></b></p> <p><b>Tea and Cake, Largs (North Coast) Carers</b>          At the Brisbane Hotel  <u>Places must be booked and paid for in advance</u></p>	<p><b><u>13th June</u></b></p> <p>Venue: Brisbane Hotel, Largs          Time: 10am—12pm  <b>Cost: £2</b></p>
<p><b><u>THURSDAY</u></b></p> <p><b>Cheese and Wine Evening</b>          Bring along your own bottle of red, white or rose - and enjoy us for a fun evening. <b>Over 18's only.</b>  <u>Places must be booked and paid for in advance.</u></p>	<p><b><u>14th June</u></b></p> <p>Venue: Carers Centre          Time: 7pm—9pm  <b>Cost: £2</b></p>
<p><b><u>Other North Ayrshire and Arran events that Carers Centre staff will be attending during Carers Week:</u></b></p> <p>Thursday 14th June —Talk to Carers. Montrose House, Arran 11.30am—1pm</p> <p>Saturday 16th Jun - Year of the Young Person Community Fun Day, Springside Community Centre. 12pm - 3pm</p>	

**Pre-Carers Week Events - Please call to book your place**

**Wednesday 6th June 11.30 am —1.30 pm**  
 Arran Carers—Posh Morning Tea  
 at the Ormidale, Brodick

**Wednesday 6th June 5pm - 8pm.**  
 Young Adult Carers (18-25 yr olds)  
 Mocktail Evening at Carers Centre



# Carers Information—Outreach and Carers Groups

## CARERS OUTREACH

### GROUPS AND DROP-IN SERVICES THROUGHOUT NORTH AYRSHIRE AND ARRAN

Our objective is to deliver an outreach service suited to the Carer's needs. Drop-in sessions and groups are informal, friendly and hopefully informative too. They are a place where Carers can meet other Carers, and for them to enjoy a little time out from their caring role. Caring may result in you feeling cut off and isolated – so

we're here to help make sure no-one has to care alone. We'll bring the tea and biscuits – you just have to bring yourself.

You could also call ahead if you would like a one to one chat with a member of the Carers Centre staff - we would be only too happy to assist.

[Upcoming dates of all groups can be found on the back page.](#)



### SALTCOATS

Drop-in service and Therapies



Each 2nd Monday of the month from 10 am—12 pm, staff from the Carers Centre head along to the Saltcoats Library to meet up with Carers for a cuppa and a chat.

Massage Therapies with Liz are also available at Saltcoats, and these can be booked in advance by calling us at the Carers Centre (cost is £7.50 per half hour session).

### KILBIRNIE

Drop-in service and Therapies



Each first Thursday of the month from 10 am - 12 pm, staff from the Carers Centre head along to the Bridgend Centre in Kilbirnie to meet up with Carers for a cuppa and a chat.

Massage Therapies with Ann are also available at Kilbirnie and these can be booked in advance by calling us at the Carers Centre (cost is £7.50 per half hour session).

### ARRAN

Drop-in Service at the Ormidale Centre, Brodick

Each 1<sup>st</sup> Wednesday of the month, (except for July and August), staff from the Carers Centre head along to the Ormidale to meet up with Carers for a cuppa and a chat.



### KILWINNING

Carers Drop-in Morning

We have arranged a bi-monthly (every second month) drop-in morning, which will take place in the Dirrans Centre for those Carers living in the Kilwinning area.



Details of Carers Groups for Largs and Three Towns can be found on the back page.

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

Upcoming dates:

Tuesdays:

15th May, 19th June, 17th Jul, 21st Aug, 18th Sept, 16th Oct

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.



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

Upcoming dates:

Tuesdays:

5th June, 3rd Jul, 7th Aug, 4th Sept, 2nd Oct

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.

# North Ayrshire Young Carers

## SCHOOLS

Since the beginning of the Year, the Young Carers Service has visited many of the schools within North Ayrshire and Arran. In total we have delivered an awareness presentation to approximately 5000 school children—from Primary 5 up to S6 pupils.

Well done Team!

Young Carers Worker, Sarah has now been in post since January.

Sarah has been super busy overseeing Young Carer and Young Adult Carer Groups, as well as one to one support in schools, and continuing to work through the many referrals received by the Young Carers Service. In addition to this Sarah is in the process of visiting North Ayrshire schools, as part of the Young Carers Awareness work .

Amazing Work Sarah!!

## EASTER FUN



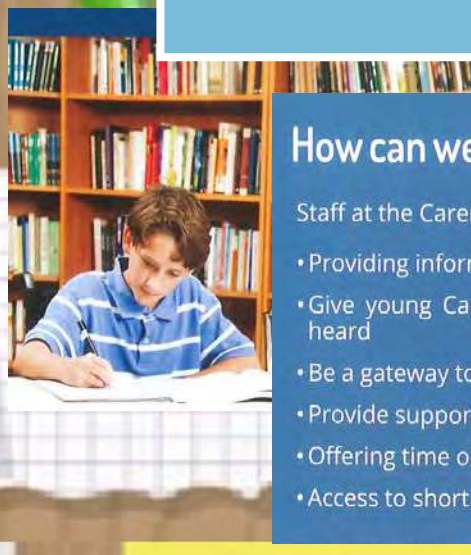
Young Carer fun was had by all during the recent Easter break. All groups had a great laugh; from pin the tail on the bunny, egg painting, bonnet decorating and musical statues.

Trips along to Shells, Scoops & Shakes was very much welcomed too.

Above are a few Young Carers from the primary groups. Natalie from Pixies Face Painting & Glitter Studio came along and created some wonderful and amazing face painting designs.

## Carers Week

Primary groups are combining to enjoy a Street Dance workshop, whilst 1st, 2nd, 3rd years will be go karting and 4th, 5th, 6th years will be holding a mocktail evening.



## 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

## OTHER YOUNG CARERS NEWS

- Paul Traynor Young Carer Policy Lead Carer Benefits Team will be joining the S4—S6, and the Young Adult Carers Groups. He will be discussing with them their views on the Young Carer Grants, and letting them have their say on the future development of the grant
- Hannah Martin from the Carers Trust will be joining the Secondary YC Group to chat about this year's Young Carers Festival—which has had a revamp and change of location.

## 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

**Some Upcoming Dates:**

- \* Wednesday 6th June
- \* July—No Group
- \* Aug—No Group
- \* Wednesday 5th September



### GARNOCK VALLEY

Bridgend Community Centre, Kilbirnie

10am—12pm

**Some Upcoming Dates:**

- \* Thursday 7th June
- \* Thursday 5th July
- \* Thursday 2nd August
- \* Thursday 6th September



**KILBIRNIE**  
Therapies Available.  
See below for more information.

### SALTCOATS:

Saltcoats Library—Springvale Place

10.00am- 12.00pm

**Some Upcoming Dates:**

- \* Monday 11th June
- \* Monday 9th July
- \* Monday 13th August
- \* Monday 10th September

**SALTCOATS**  
Therapies Available.  
See below for more information.



### KILWINNING Dirrans Centre

Thursdays: 10 am—12 pm

Dates: 21st June; 16th August; 18th October

## 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 21st May
- \* Monday 18th June
- \* Monday 16th July
- \* Monday 20th August
- \* Monday 17th September



### 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
* 2nd	9th	23rd	May
* 6th	13th	27th	June
* 4th	11th	25th	July
* 1st	8th	22nd	Aug
* 5th	12th	26th	Sept

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

To book or enquire, about a therapy in Largs, please see information below\*

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 the appointment cannot be filled. This is to ensure Therapists are paid for their time.