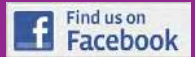




North Ayrshire Carers Centre Carers News



Carers Week 2018

North Ayrshire's campaign got off to a great start, with a historical walk around Irvine, including a guided tour of the newly refurbished Town House. The afternoon was finished off with a lovely cuppa and scone along at Si Restaurant. Also photographed above is our day out at the Transport Museum and Tall Ship. Other events during Carers Week included Cake and Tea at the Brisbane Hotel in Largs, as well as a Food and Wine evening at the Carers Centre.

We also headed over to Arran the week prior to host a 'Posh Tea Party' for Carers over there. Roll on Carers Week 2019!

What's Inside:

- Unity Contact Details
- Carers Rights Day
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- Dementia Training
- Carers Act 2016, including:
 - Adult Carers Support Plan
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- Outreach and Group Info
- Young Carers News
- Dates of Therapies and outreach groups

Carers Pamper Afternoon

Many Carers made it along to the Carers Centre for some well deserved pampering on Friday 10th August. Therapists Ann and Leslyanne worked their magic and delivered taster massage therapies.

Our other therapist Liz was working her magic too, at a very busy nail bar.

Lots of delicious cakes and hot refreshments were served and our Carers didn't leave empty handed. Those Carers who managed along were presented with their own pamper goody bag on the way out.



A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.



Unity believes in fair and inclusive communities where everyone is valued and has opportunities to fulfil their potential.

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.



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



 Find us on
Facebook

Carers Rights Day and Christmas



**Friday 30th November
10am—1pm**

Each year Carers Rights Day is recognised and promoted by Carers UK, Carers Trust and many other organisations across the UK. The aim of the event is to help carers living in the local community know their rights, and find out how to get the help and support they are entitled to.

This year we hope you can join us at Saltcoats Town Hall to help mark the event in North Ayrshire.

We hope the day will be a mix of advice and information—coupled with some fun & relaxation activities too.

**Join us this
Carers Rights Day
at Saltcoats
Town Hall,
Vernon Street.**

**Some of the activities planned
for the day:**
free raffle, bingo, name the bear, chair exercises, relaxation techniques, plus some refreshments too

**Call us now to book your
place!**

Christmas at the Carers Centre

Festive planning for 2018 is already underway. Below you will see the details of events taking place across North Ayrshire and Arran. You can book your place from Monday 1st October—Friday 30th November.

Option 1

Mainland

Brisbane House
Hotel, Largs

Friday
14th December
From 12pm

Option 2

Evening

Riverside Lodge
Hotel, Irvine
(formerly Hallmark)

Wednesday
12th December
From 7pm

Option 3

Arran

Cruise Bar
Auchrannie
Resort, Arran

Wednesday
5th December
From 11.45am

2 Course Festive Lunch or Dinner

Consists of Main and Dessert, followed by coffee and mince pie
Cost £8.50

- ◆ Please book from 1st Oct until 30th Nov—places will be limited so we advise you to book promptly
- ◆ Payment of £8.50 to be received by us no later than 30th November
- ◆ You may choose to attend one of the above options only—this is because the Carers Centre subsidises all meals
- ◆ Should you have any queries, then let us know—we will do our best to assist

Carers Training Opportunity DEMENTIA AWARENESS WORKSHOP

Carers are welcome to come along to a Training Workshop delivered by TIDE (Together In Dementia Everyday) to find out what support they could offer you, as a carer for someone with dementia.

They will be happy to discuss how their free training programme can support your needs as a carer, and how you can be supported by TIDE to share your story of caring for someone with dementia.

Also, if you know or care for someone with dementia and would like to learn how you can use your valuable experiences to help other carers and to help make positive changes to the health and social care sector, then TIDE would love to hear from you—details below:

For more information about TIDE please contact the TIDE office on 0141 353 5607 or email beau@tide.uk.net

DEMENTIA AWARENESS WORKSHOP delivered by



Friday 5th Oct

10am—12pm

at the Carers Centre

To book, please call the Carers
Centre on **01294 311333**.

Coffee morning

Friday 26th October

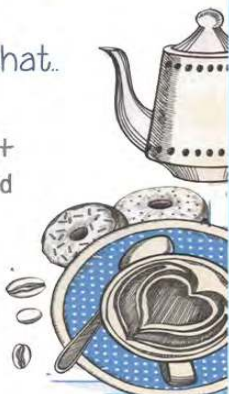
10am - 12pm

A relaxed Coffee Morning awaits you at the Carers Centre on the above date and time.

So Carers, we hope you can join us for a cuppa, some cake and a chat.

All places must be booked/paid in advance

COST: £2



Over 60's Carers Event

Includes Lunch & Bus Trip to King's Theatre
WEDNESDAY 31st OCTOBER

We are pleased to announce a trip to the King's Theatre in Glasgow to see **Summer Holiday The Musical**.

COST
£5



12.00pm Lunch at Carers Centre
1.00pm Depart for theatre
6.15pm Arrival back in Irvine (Approx)

Lunch will be served in the Carers Centre prior to bus departure.

A big thank you to the Howe family, whose generous contribution made this event possible. Following the recent death of Sam Howe, the family decided to set up a donations page in his memory. The family wanted to do something positive from the donations raised at his funeral service. As Sam was a great believer in looking for the 'Silver Lining', his family made the decision to donate the money raised to the Carers Centre.

Sam's family were keen to help fund an outing for those senior carers who may feel the impact of social isolation or have less opportunity to get out and enjoy themselves. So again, a big thank you goes to the family for this generous donation.

CONTACT US NOW TO BOOK YOUR PLACE— AS PLACES WILL BE LIMITED

Adult Carers Support Plan & Young Carers Statement

Below you will find some advice on your rights as a Carer, including your right to request an Adult Carer's Support Plan or if deemed a Young Carer, then a Young Carer's Statement.



Further to the Carers (Scotland) Act 2016, all local authorities were tasked with devising a policy which was in keeping with the Act and also in keeping with their commitment to provide help and support where most needed. North Ayrshire Health and Social Care Partnership have been working hard to roll out their Adult Carer Support Plan and Young Carers Statement and you will find a summary printed below. More information can be accessed online or you can request this information by contacting the Carers Centre.

You can refer to the website for North Ayrshire Health & Social Care Partnership

Adult Carer Support Plan

As an adult carer you have the choice to complete an **Adult Carer Support Plan**.

The support plan gives you the opportunity to identify the following:

- ◆ Your thoughts and feelings about caring
- ◆ Your relationship with the cared for person
- ◆ Your social and leisure activities
- ◆ Your physical and mental health
- ◆ Your education and work life goals
- ◆ What would make things easier for you to carry out your caring role
- ◆ What would help in the future if you were no longer able to care.

For further information on Adult Carer Support Plans please contact your local Health and Social Care Partnership office or Carers Centre.

Carers (Scotland) Act 2016

Carers (Scotland) Act 2016, is an act of the Scottish Parliament to make provision about carers, including the identification of carers' needs for support through adult carer support plans and young carer statements; the provision of support to carers; the enabling of carer involvement in certain services; the preparation of local carer strategies; the establishment of information and advice services for carers; and for connected purposes.

Young Carers Statement

A Young Carers Statement (YCS) can be completed for any young person under 18 years old or over 18 but still at school.

The young carers statement is completed by having a conversation with health, education, social worker or someone you feel comfortable talking to in order to establish if it is appropriate for you to care for someone else.

The young carers statement will identify your individual outcomes and what matters to you as a person such as:

- * Details about the person you care for and support you provide
- * The impact caring has on your health and well being
- * The extent that you are able and willing to provide care
- * The nature and extent of the care provided is appropriate
- * Any support which is needed, either for you or the person you care for
- * Whether a short break is needed.

You can ask the following for a young carers statement:

- * The Care Manager of the person you care for or Contact their local Health and Social Care Office directly
- * The North Ayrshires Carers Centre to request a Young Carers Statement.

GROUPS & DROP-IN SESSIONS

Our objective is to deliver groups, therapies and an outreach service that is 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 team.

[Upcoming dates of all groups can be found on the back page \(Page 8\) of this Newsletter.](#)

NEW GROUP **ADULT CARERS (18+)** **EVENING GROUP**

This group is aimed at Adult Carers aged 18 years and over.

Groups will run every last Wednesday of the month from
6.00 pm – 7.30 pm

Venue: North Ayrshire Carers Centre

[Upcoming dates:](#)

26th Sept, 31st Oct, 28th Nov, (No Group Dec), 30th Jan...



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.

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

[Upcoming dates:](#)

Tuesdays:

4th Sept, 2nd Oct, 6th Nov, 4th Dec, No group Jan, 5th Feb



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

[Upcoming dates:](#)

Tuesdays:

18th Sept, 16th Oct, 20th Nov, No Group Dec, 15th Jan



North Ayrshire 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.](#)

North Ayrshire Young Carers service supports young carers aged 8-18 who are helping to support or care for a parent, sibling, friend or relative at home.

The Young Carers along with Young Carers Worker, Sarah have been very busy over the past few months - read on to find out about what they have been up to!

Also a special thank you to one of our young people, who kindly allowed us to share with you his story of being a Young Carer.

CARERS WEEK ACTIVITIES FOR YOUNG CARERS—SEE BELOW:

The Primary Group had a great time learning Street Dance, in a workshop delivered by dance teacher, Shaun.



Councillor Dickson came along to the Carers Centre, and joined in the fun with S4, S5 and S6 Mocktail Evening



An outing to GRAVITY which is based in the Soar Complex at Braehead was the destination for all Young Carers.



All the young people who came along had a BLAST!!!

Who knew there was so much fun to be had on a trampoline.



Sarah continues to visit all 59 schools throughout North Ayrshire.

These visits are to help raise awareness of the role of the Young Carer, as well as promote the rights of the Young Carer too, with regards to their health, well-being and education etc.

Many Young Carers have also been identified during these visits, with many of them receiving support from our service.

Information on the Young Carers Statement can be found at the bottom of Page 4.

MY LIFE AS A YOUNG CARER

When I was 7 years old, my mum would be up all night with my sister because she had Sydenham's Chorea and she didn't want anyone to be near her. This is when I started to feel like I had to help look after her and that's when I started to feel like a Young Carer.

My sister and brother both have Autism, but in very different ways. I help my sister but I understand when she needs her own space and alone time.

I help care for my brother very differently because I always have to let him win. With my brother it all depends on how he feels that day and that depends on what I have to do to help him. Sometimes we play games or walk the dog but other times I have to help fix the toys that he's broken.

When I come to Young Carers it gives me the space I need to be me and time to myself even if I have to share that with my other brother, who is also a Young Carer.

At home we all help each other and care for each other and it has brought our family together and that is what is great about being a Young Carer.

YC FESTIVAL

A group of Young Carers headed up to Fife to join in the fun of the 2018 Young Carers Festival.



This year all Young Carers were tasked with a Selfie Challenge. The aim of the challenge was to take a selfie during 8 activities as set out by the organisers. These included; trying something new, meeting other young carers groups from around the country, using the Cans for Carers Recycling Bin—to name but a few.

We are glad to say we fulfilled this challenge.

Run by Carers Trust Scotland, the Scottish Young Carers Festival allows Scotland's young carers respite, consultation & lots of fun!



A big thank you to North Ayrshire Health & Social Care Partnership who raised money for Young Carers during carers week.

The donations raised help fund additional outings for Young Carers living throughout North Ayrshire.

Irvine Area and Kilwinning Young Carers went along to the Basebowl for a few games of ten-pin followed by lunch.

Young Carers living in Largs and Three Towns enjoyed a hugely funny and energetic Bubble Soccer Session.

Garnock Valley unfortunately did not take us up on the offer.



YEAR OF THE YOUNG PERSON

In 2018 Scotland puts its young people in the spotlight, celebrating their talents, contributions and creating new opportunities for them to shine. In recognition of this, Young Carers were invited along to a ceremony at Fullarton Connexions in recognition of their contributions. Family and friends were also invited along to watch and enjoy proceedings. Certificates and rosettes were awarded to those young people who came along.

Pictured left is Young Carers Worker Sarah Keen, together with Young Carer Kate Waddell.



YOUNG CARERS SERVICE

For more information about Young Carers or if you wish to make a referral to the service, then please do not hesitate to get in touch.

Young Carers Groups are held in Irvine, and at outreach in Ardrossan. Group nights are age appropriate and suitable for young people aged 8—18.

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 5th September
- * Wednesday 3rd October
- * Wednesday 7th November
- * Wednesday 5th December (Christmas Lunch at Auchrannie)
- * Wednesday 6th February



GARNOCK VALLEY

Bridgend Community Centre, Kilbirnie

10am—12pm

Some Upcoming Dates:

- * Thursday 6th September
- * Thursday 4th October
- * Thursday 1st November
- * Thursday 6th December Please note: January—No Group



KILBIRNIE
Therapies Available.
See below for more information.

SALTCOATS:

Saltcoats Library—Springvale Place

10.00am- 12.00pm

Some Upcoming Dates:

- * Monday 8th October
- * Monday 12th November
- * Monday 10th December
- * Monday 14th January



SALTCOATS
Therapies Available.
See below for more information.

KILWINNING Dirrans Centre

Thursdays: 10 am—12 pm

Dates: 18th October

This is the last of the scheduled drop-in sessions. Should you wish to retain a group/drop-in in the Kilwinning area then please get in touch—as it is vital we meet the needs of all Carers living in North Ayrshire.

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 & ARDOSSAN

(Three Towns Carers Constituted Group)

Neighbourhood Centre, Shore Road, Stevenston

10.00am- 12.00pm

Upcoming Dates:

- * Monday 17th Sept
- * Monday 15th Oct
- * Monday 19th Nov
- * No Group—Dec
- * Monday 14th January

Three Towns Carers Group also meet at Ardrossan Civic Centre on first Monday of the month: 10am—12pm

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	Fourth	Wednesdays
* 5th	12th	26th	Sept
* 3rd	10th	24th	Oct
* 7th	14th	28th	Nov
* 5th	12th	—	Dec
* —	9th	23rd	Jan



Please note: CARERS CENTRE

STAFF attend on the

2nd Wed of the month, only.

Therapies available at Largs on 1st, 2nd & 4th Wednesdays.

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

alternative THERAPIES

Outreach Therapy Details

Garnock Valley Every 1st Thursday (Monthly)
Bridgend Centre, Kilbirnie 10am—12pm

Largs & District Every 1st & 4th Wed (Monthly)
Brooksby Centre, Largs 10am—12pm

Saltcoats Every 2nd Monday (Monthly)
Library, Springvale Pl 10am-12pm

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

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

Carers Centre
174 High Street
Irvine

Every Wed 10am —12pm
(Various Massage Treatments Available)

Every Thurs 1.30pm—3.30pm
(Various Massage Treatments Available)

- All therapies are bookable through the Carers Centre—*except Largs who keep their own appointment diary. Enquiries can still be made through the Carers Centre, if required.
- 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 (this 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.