

# CARERS NEWS

South Ayrshire Carers Centre — Registered Charity No: 20039

Aug-Sep 2018

## Chester Trip

19 Carers enjoyed a 5 day trip to Chester and Liverpool with Glenton Holidays. During the week Carers had a tour of Chester Cathedral, originally a Saxon Minster then later rebuilt as a Benedictine Abbey, this magnificent building is a national treasure. Carers also visited Liverpool's National Museum to see The Terracotta Warriors. An unforgettable day for all as we viewed a selection of warriors from The Terracotta Army, this landmark exhibition featured more than 180 magnificent artefacts from China. The warriors are all different and secretly guarded the tomb of China's First Emperor Qin Shi Huang for over two thousand years until their discovery in 1974. After the visit to the Museum Carers took in the local sights of Liverpool including The Cavern Club and The Royal Albert Docks. An unforgettable holiday for everyone involved.



Thank you to Susan and Flo, the trainee guide dog, for coming along to our last Wednesday of the month support group in Summer. A great afternoon enjoyed by all who attended.



Carers outside the Liverpool National Museum.

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## Carers Week 2018

Carers enjoyed a bit of pampering, a day out at Dumfries House, an exercise class at Girvan Quay Zone and a 5 mile walk along the River Ayr. Young Carers enjoyed a fun night to celebrate Carers Week



Our Carers enjoyed a tour of The Gaiety Theatre. As one carer said: "Delighted with the tour. It was much more than we anticipated. It was all so much fun and we learned such a lot about the history of the Theatre". Thank you to all the Staff and volunteers at The Gaiety.



## Carers Christmas Lunch

This Year's Christmas lunch will be held on Wednesday the 5th of December at The Horizon Hotel. For more information and to book a space contact us on Tel: 01292 263000. Please note spaces are limited.

## Charitable Trust Funding

You could be eligible to apply for up to £300 to be spent on a much needed break from your caring role. This fund is to give you the opportunity to re-charge your batteries and help you sustain your caring role. Whether it's a spa day to help you relax, a weekend break, driving lessons or anything else to give you a break.

To find out more information or to check your eligibility and to apply, please contact us on 01292 263000 or pop into the Centre.

## 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 meets 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

Tel: 01292 263000

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

# AYR

All events held in Carers Centre, unless stated otherwise:

## SUPPORT GROUPS

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

### Upcoming Dates:

25th September/ 30th October/ 27th November

(DAY) Last Wednesday of month 1pm-2.30pm

### Upcoming Dates:

26th September / 31st October/ 28th November

## NATTER GROUP

1st Monday every Month 12.30pm-2pm

### Upcoming Dates:

3rd September / 1st October/ 5th November / 3rd December

## CARERS CAFÉ

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

### Upcoming Dates:

5th September / 3rd October

## ART GROUP

Meets fortnightly on a Monday 12pm-2pm

### Upcoming Dates:

27th August/ 10th September/ 24th September / 8th October/ 22nd October / 5th November / 19th November / 3rd December

## REFERENCE GROUP

2nd Thursday every month 10.30pm-12noon

### Upcoming Dates:

13th September / 11th October / 8th November

## 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

2<sup>nd</sup> Monday of month 10am-11:30am

### Upcoming Dates:

10th September / 8th October/ 12th November/ 10th December

### THERAPIES

Last Thursday of every month

@ Braden Rd Sheltered Housing

27th September/ 25th October/ 29th November

## GIRVAN

### SUPPORT GROUPS

Meets in Carrick Buildings, Henrietta Street

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

### Upcoming Dates:

10th September/ 8th October/ 12th November/ 10th December

### THERAPIES

Same day as the group (Dates Above)

### DROP IN

By appointment only, please call us on 01292 263000 to make an appointment.



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/](http://www.facebook.com/)

SouthAyrshireCareCentre

## Therapies

If you would like to book a therapy for Ayr, Troon or Girvan please give us a call on Tel: 01292 263000. 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

# South Ayrshire Young Carers

## Young Carers Festival 2018



8 Young Carers from across South Ayrshire enjoyed this year's Young Carers Festival in Fife. The children enjoyed activities like archery, bingo, grass sledging and the climbing wall. The campfire was a warm welcome from the rain.

## Summer Activities



What a great summer we have had this year. This year for our summer activities our primary groups went to L.A Bowl and enjoyed a game of bowling and Laser Tag followed by some food. S1-S3 group had dinner at Mr. Basrai's and then went to the Odeon to see Marvel's Antman and the Wasp. Our S4-S6 group had a great time at Flip Out in Glasgow and to finish off a great week the Young Adult Carers enjoyed a 2 course meal at the Treehouse.



To celebrate Year of Young People, we will be holding an event during the October Holidays. To find out more information on the event please contact us on Tel: 01292 263000 and ask for Kayleigh

## Back to School

We hope you all had a great summer and are ready to get back to school and college. Our Young Carers team are currently getting ready for groups to start back again and to start this year's PSE Lessons in Secondary schools to raise awareness on Young Carers in South Ayrshire.

## Young Carers Donations

South Ayrshire Carers Centre would like to thank the Alloway Rotary Club and the Dundonald Sheltered Housing for their kind donations to the Young Carers over the summer.

## Girvan Young Carers Club

Are you a Young Carer who lives in Girvan? If so give Kayleigh or Tonya a call on Tel: 01292 263000 for information about our new monthly support group in Girvan Academy.



This July, 7 Young Carers, enjoyed a weekend camping trip across to the island of Arran, staying in Camping Pod at Lochranza Campsite. On the Saturday we went on a Forest Safari around Arran and saw some unforgettable sights like The Giant's Grave where we saw a 5000 year old Chamber Cairn and the Glenashdale falls a beautiful waterfall tumbling 140ft to the gorge below. Thank you to Alex at Mogabout for a great trip.