



North Ayrshire Carers Centre

Carers News

Jan 2019



Evening Support Group & Drop in

All Carers over the age of 18 are welcome

We may be able to offer you:

- **Benefits Advice**
- **Help with form filling**
- **Emotional Support**
- **Advocacy**
- **Peer Support**
- **Training**
- **Group Activities**
- **.....and much more**

Groups take place on the

4th Wednesday of the Month

6pm—7.30pm

**We meet at NORTH AYRSHIRE
CARERS CENTRE**

Wednesday 23rd January

Wednesday 27th February

Wednesday 27th March

Wednesday 24th April

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

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



Young Carers Participatory Budgeting

We had the opportunity to bid for funding for Health and Wellbeing days for our Young Carers including craft projects, quizzes and sports day activities. We were successful! Full details inside.

- **Time to Live Funding**
- **Carers Appreciation Card**
- **Carers (Scotland) Act**
- **Upcoming Events**
- **Recent Carers events**
- **Festive and Carers Rights Day Photos**
- **Young Carer News**
- **Outreach /Therapy Information**
- **Groups/Drop in's**

Christmas Lunch & Carers activities....

Christmas 2018

Carers from North Ayrshire headed along to the Riverside Lodge in Irvine for a delicious Festive Dinner, as well as a Festive Lunch at the Brisbane Hotel Largs, and the Cruz Bar Arran. Thank you to the guests who managed along to the event. Further thanks go to all those individuals and organisations who donated to the raffle prizes and to The Souter Trust and GlaxoSmithKline without whose support we would not have been able to hold these events.



Caring trees

A big **THANK YOU** to Irvine Seagate Rotary Club who have been raising funds (part of which will go to Young Carers), with caring trees on display at the Portal in Irvine which have been sponsored by businesses .



Summer Holiday



18 older Carers enjoyed lunch in the Carers Centre followed by an outing to watch Summer Holiday at the Kings Theatre in Glasgow in October. Thanks once again to the Howe family whose donation made this possible.



Carer's Rights Day 2018 was celebrated at Saltcoats Town Hall on 30th November, with information available, bingo, and a raffle. Many thanks to KA Leisure who provided information and chair exercises.



Carers Information.....

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 an appointment.

Appointments are available in other venues and home visits can also be arranged



KEEP UP TO DATE WITH
NORTH AYRSHIRE CARERS
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 monthly 'Carers Connect' group, and as the name suggests, 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.

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: 15th January, 19th February, 19th March, 16th April, 21st May

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: 5th February, 5th March, 2nd April, 7th May

Carers Information.....

CARERS drop-in sessions

The drop in sessions 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 6th Feb

Please contact Carers Centre for further dates

GARNOCK VALLEY

Bridgend Community Centre, Kilbirnie

10am—12pm

Upcoming Dates:

* Thursday 7th February

* Thursday 7th March

* Thursday 4th April

* Thursday 2nd May

SALTCOATS:

Saltcoats Library—Springvale Place

10.00am- 12.00pm

Upcoming Dates

* Monday 14th January

* Monday 11th February

* Monday 11th March

* Monday 18th April

* Monday 13th May

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 3rd Monday of the month

Upcoming Dates:

* Monday 21st January

* Monday 18th February

* Monday 18th March

* Monday 15th April

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:

	<u>First</u>	<u>Second</u>	<u>Fourth</u>	<u>Wednesdays</u>
*			23rd	January
*	6th	13th	27th	February
*	6th	13th	27th	March
*	3rd	10th	24th	April
*	1st	8th	22nd	May

alternative THERAPIES

Outreach therapy appointments

Garnock Valley

Bridgend Centre, Kilbirnie

Every 1st Thursday (Monthly)
10am—12pm

Largs & District

Brooksby Centre, Largs

Every 1st & 4th Wed (Monthly)
10am—12pm

Saltcoats

Library, Springvale PI

Every 2nd Monday (Monthly)
10am-12pm

Carers Centre therapy appointments

Irvine:

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**.
- 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) will 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.

Upcoming events.....



Valentines Coffee Morning £2

Come and join us on Friday 15th February 10am-12pm in the Carers Centre for Tea, Coffee & sweet treats, fun and games. Contact the Carers Centre to book your place.

North Coast Participatory Budgeting Funding



This year we were successful in obtaining funding to hold a pamper day for our North Coast Carers. Taster therapy sessions available, chair exercises, lunch and information. The event will be held in Brisbane Centre Bath Street Largs on Wednesday 3rd April 10am—2pm. Everyone will also have a lovely pamper bag to take away and treat yourself at home.

Limited spaces, please phone the Carers Centre to book your place.

HEAR TO INFORM AND CONNECT Deaf Awareness Session provided by Action on Hearing Loss



Do you have hearing loss or know someone who does?

Hear to Inform and Connect is a new Action on Hearing Loss project which aims to ensure older people feel better informed about their hearing loss, better connected to their family and friends, and empowered to take action to address and manage their hearing loss.

**Come along and find out more
Thursday 21st February from 10.30-12.30
in the Carers Centre Irvine
Telephone 0294 311333 to book your place**

North Ayrshire Young Carers

Young Carers Christmas 2018

This year we kicked off the festivities with a fun night and disco held at the Irvine Community Sports Club. We all had great fun with Santa belly limbo, reindeer ring toss and a Christmas music quiz!

Huge thank you to the volunteer reindeer!



We then had a Christmas Jumper Movie Night for each age group with a festive film, homemade hot chocolate with marshmallows and skooshy cream, popcorn and sweet treats! Perfect Christmassy night in!



Other Young Carers News...

Young Carers Awareness Day

31st January 2019

The theme this year is Mental Health. We have decided to hold an event to explore examples of self-care.

During this event you can try a number of things, to try including

Smoothie making

Making a stress ball

Planting a flower

Listening to music

Reading

Beauty treatments (nail/facial)

Participatory Budgeting

This year we hope to provide a health and wellbeing day for all our groups! We managed to secure the funds to go ahead with this!

Young Carers will receive a letter with the details of the days taking place during the Easter break!

SCHOOL VISITS

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

This year we have reached over 6500 children in these school visits and continue our hard work to raise awareness about the Young Carers Service and identify young carers who are not currently accessing support.



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.

Contact us on 01294 311333 for more information

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.

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.

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.