

# CARERS NEWS

South Ayrshire Carers Centre - Registered Charity No: 20039

March 2019



## New Coordinator

Kayleigh Hamilton is temporarily the new service coordinator. "Hi everyone, as some of you may know my background here is working with Young Carers, I am now the South Ayrshire Carer Centre's Co-ordinator for a temporary period. I am excited to work with Adult Carers as well as Young Carers both old and new along the journey. I hope to see some familiar and new faces soon. It is a great place to work. Look out for some new things on the horizon very shortly".

## Carers Week 2019

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

This year carers week is 10th - 16th of June. At the Carers Centre we will be holding events to celebrate Carers Week, look out for information in the coming months.



Christmas Lunch at the Horizon Hotel.

## Christmas Lunch

The South Ayrshire Carers enjoyed a 3 course lunch at the Horizon Hotel in December. The rainy weather didn't put off over 60 of our Carers from attending the event, so a massive thank you to all who came and the staff for making the day such a success!



## Lancashire Legends

This year for our annual Carer holiday we are going to Lancashire. We will be visiting Morecambe Bay, Lancaster Castle and Helmshore Mills Textile Museum. We have spaces available, for more information give us a call on 01292 236000

## Carers (Scotland) Act 2016

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

## Adult Carers 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.

## Creative Break Funding

You could be eligible to apply for up to £250 to be spent on a much needed break from your caring role. This fund is to give you the opportunity to recharge 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 help you continue caring.

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 are held in Carers Centre unless stated otherwise:

## SUPPORT GROUPS

**(EVENING)** Last Tuesday of month

6.30pm-8pm

Upcoming Dates:

26th March/ 30th April / 28th May

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

Upcoming Dates

27th March/ 24th April / 29th May

## NATTER GROUP

1st Monday every Month 12.30pm-2

Upcoming Dates:

4th March / 1st April / 6th May

## CARERS CAFÉ

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

Upcoming Dates:

6th March/ 3rd April / 1st May

## ART GROUP

Meets fortnightly on a Monday 12pm-2pm

Upcoming Dates:

11th March/ 25th March/ 8th April/ 22nd April / 6th May / 20th May

## REFERENCE GROUP

2nd Thursday every month 10.30pm-12noon

Upcoming Dates:

14th March/ 11th April / 9th May

## WALKING GROUP

The Walking Group is held one Friday a month during the summer months from 1pm—3pm, please call us for detail

# What's On!

## TROON

### SUPPORT GROUPS

Meets at Troon Library

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

Upcoming Dates:

11th March/ 8th April/ 13th May

### THERAPIES

Last Thursday of every month

@ Braden Rd Sheltered Housing

28th March / 25th April/ 30th May

## GIRVAN

### SUPPORT GROUPS

Meets in Carrick Buildings, Henrietta Street

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

Upcoming Dates:

11th March/ 8th April/ 13th May

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

## 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



A big Thank You to Sheltered housing units across South Ayrshire raised £2,500 to help Young Carers focus on their education.

## Young Carers Statement

A Young Carers Statement (YSC) 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 for 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 South Ayrshires Carers Centre to request a Young Carers Statement.

## Welcome Megan

Due to Kayleigh's new role as co-ordinator, we are pleased to welcome Megan McNally as the new Young Carers Worker. Megan will start in March and is looking forward to working with our Young Carers and Young Adult Carers.

## Christmas Activities

This year for our Christmas activities our two primary groups came together for a Christmas Party in The Ark Ayr. S1-S3 group went to the Odeon in Ayr to see The Grinch, a fantastic animated retelling of DR. Seuss holiday classic. Our S4-S6 group enjoyed a meal at Mr Basrai's and we ended with our Young Adult Carers enjoyed a Christmas Meal at Logan's Restaurant in the Carlton Hotel.

## Young Carers Awareness Day 2019

Thanks to Ayr Rotary Club, Young Carers were given training on First Aid (CPR), Fire prevention, crime prevention and message in a bottle. Thanks to the West Lothian Battalion Army cadets, Fire & rescue Scotland and Police Scotland for coming along and teaching the Young Carers life saving skills and a big Thanks to Ayr Rotary Club for arranging the event.

## Awareness in School

Our Young Carers team are finishing off this year's PSE Lessons in Secondary schools across South Ayrshire. So far 950 young people have attended PSE Lessons on Young Carers.

## Girvan Young Carers Club

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