



# North Ayrshire Carers Centre

## Carers News



May 2019



### *Valentines Coffee Morning*



**In February we held a Valentines themed coffee morning for our Carers. Fun was had by all who indulged in the sweet treats, games and much much more....**



### North Coast Participatory Budgeting

Thanks to the North Coast Participatory Budgeting scheme for the money to give our North Coast carers a well deserved pamper day. 23 Carers were able to join us on the day for taster therapy sessions, chair exercises, lunch and a quiz and took home a pamper bag with them.



### Carers Week Activities Inside.....

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# Carers Week activities.....

Please telephone the Carers Centre on: 01294 311333 to book places for all Carers Week events

## Wednesday 5th June

**Arran** Carers Lunch to be held at the Ormidale Pavilion Brodick from 11.00 am—12.45 pm. There will be a quiz, raffle and time to relax. Cost £1.



## Monday 10th June

Walk around **Ardrossan** and tea/coffee and cake at Cecchinis. Meet outside of Cecchinis at 1.30 pm, finish back at Cecchinis at 2.30 pm for tea and cakes. Cost £2.



## Tuesday 11th June

Tea/Coffee and scones at the Brisbane Hotel **Largs** at 10.00 am. £1.



Tea /coffee and cakes, quiz at the Garrison **Millport** from 1.00 pm—2.30 pm.

## Wednesday 12th June

Tea/coffee and cakes at The Corner House **Kilwinning** from 3.00 pm — 4.00 pm £2.

Cheese and wine, quiz and bingo in the **Carers Centre Irvine** from 6.00 pm — 8.00 pm.

**Over 18+** only event, bring your own bottle. £2.



## Friday 14th June

Pamper and stress free day in the **Carers Centre Irvine** from 10.00 am — 1.00pm.

Lunch, taster therapy sessions, relaxation. £2



**PLEASE NOTE THERE ARE LIMITED PLACES AT SOME OF THESE ACTIVITIES ,  
SO PLEASE PHONE TO BOOK YOUR PLACE**

# Carers Week and other upcoming Carers activities.....

## Saturday 15th June

Fun Day for Adult and Young Carers in **Castlepark Community Centre Irvine** from 11.00 am — 2.00 pm. Face painting, limbo, crafts, belly dancer, chocolate fountain, lunch etc



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Please telephone the Carers Centre to book your place

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## Monday 3rd June

Carers outing to **Cardwell Garden Centre**. Leaving Carers Centre in Irvine at 10 am returning for 3pm pick up point in Largs available. Tea/coffee and scone or breakfast roll included £5. Places limited.

Please phone the Carers Centre on: 01294 311333 to book your place.



## Friday 19th July

Carers Scotland will be giving a talk on smart meters and other energy saving tips in the **Carers Centre Irvine** from 10.00—11.30. Please contact the Carers Centre to book your place.

## Friday 9th August

Coffee morning in the **Carers Centre Irvine** 10.00 am —12.00 pm

Tombola, bingo, quiz. £2.

Please contact the Carers Centre to book your place.



# Carers Information.....

## Contact Information



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

**01294 311 333**

Email:

[northayrshire.carers@  
unity-enterprise.com](mailto: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](http://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: 21st May, 18th June, 16th July, 20th August, 17th September

## Evening Support Group and Drop in for Carers aged 18+



Fourth Wednesday of the month in the Carers Centre  
from 6.00—7.30 pm.

### Upcoming dates:

Wednesdays: 22nd May, 26th June, 24th July, 28th August

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: 7th May, 4th June, 2nd July, 6th August, 3rd September

# Carers Information.....

## CARERS drop-in sessions

### ARRAN: Ormidale Sports Pavilion, Brodick

11am - 12.45pm

Please contact Carers Centre for dates and times

### GARNOCK VALLEY

Bridgend Community Centre, Kilbirnie

10am—12pm

#### Upcoming Dates:

- \* Thursday 6th June
- \* Thursday 4th July
- \* Thursday 1st August
- \* Thursday 5th September

### SALTCOATS:

Saltcoats Library—Springvale Place

10.00am- 12.00pm

#### Upcoming Dates

- \* Monday 13th May
- \* Monday 10th June
- \* Monday 8th July
- \* Monday 12th August
- \* Monday 9th September

## 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 Pl

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.

## CARERS constituted groups

Three Town Carers and Largs and District Carers Groups are both constituted and carer led, so they are both

### ARDEER & ARDROSSAN

(Three Towns Carers Constituted Group)

Neighbourhood Centre, Shore Road, Stevenston

10.00am- 12.00pm 3rd Monday of the month

#### Upcoming Dates:

- \* Monday 20th May
- \* Monday 17th June
- \* Monday 15th July
- \* Monday 19th August

#### Where?

10.00 am—12.00pm 1st Monday of the month

- \* Monday 3rd June
- \* Monday 1st July
- \* Monday 5th August
- \* Monday 2nd 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:

<i>First</i>	<i>Second</i>	<i>Fourth Wednesdays</i>	
* 1st	8th	22nd	May
* 5th	12th	26th	June
* 3rd	10th	24th	July
* 7th	14th	28th	August

- 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.



# North Ayrshire Young Carers

**Young Carers Awareness day 2019** was focusing on Mental Health so this year we decided to look at different forms of self care. This included a quiet room for reading, listening to music, planting a flower, making a stress ball, quizzes and word searches. We also invited a therapist along to do mini facials and manicures. All the Young Carers who came along had a great time and found out different ways to stay mentally healthy and look after themselves.



## Easter Break Activities

**During Easter Break we had 3 health and wellbeing days for our Young Carers thanks to North Ayrshire Young Persons Participatory Budgeting scheme.**

Our Primary groups experienced a blind taste test, sports day games and finished off our "Happy Home" project where they wrote down what makes their home happy.

Our S1-3 group had a mental wellbeing talk with Suzie from the Hippie Hub and completed our tree of positivity.

Our S4-6 group enjoyed a make over game and a trivia quiz.



## Peer Research Training

**Some of our Young Carers went on Peer Research training provided by North Ayrshire Youth Services and their modern apprentices. Our Young Carers learned how to put together and plan to research specific information among their peers and how to process that information correctly. These Young Carers can now conduct training as well as carry out research projects.**

# North Ayrshire Young Carers

## Hunters Quay Residential Trip

A HUGE thank you to Carers Trust Scotland and Communicare24 for giving us the opportunity to take some of our Young Carers away on a little getaway that was well needed and deserved. Our Young Carers had a fantastic time!



## 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 up to 7000 young people 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.

A HUGE thank you to Cash for Kids who donated Easter Eggs to all our Young Carers and also gave us a donation for all our lunches we put on over the Easter break activities.

Thank you to the Seagate Rotary who donated a whopping £600 to our Young Carers. This will help towards the costs of our annual summer trip.

## Other Young Carers News...

**This years Young Carers Festival is returning to Fordell Furs in Fife. We plan for a whole day trip and have space for 12 Young Carers to attend. Any Young Carers interested in attended please let Sarah know. Otherwise letters will be out in due course.**

Ross & Liddell awarded us the funds to provide our Young Carers with some new equipment for group activities. We have decided to put on fun fair nights for our groups later this month.

## Carers Week

Garnock Campus Young Carers have been invited to Lime Tree Larder Chocolate Factory for a chocolate workshop on their group day during carers week.

We have collaborated with the guys from Pixels Café to provide a gaming fun night for our Young Carers with access to Xbox, VR, vintage games, board games and many more.



In our next newsletter you will see what we all got up to at our annual summer trip. 2019 is a trip to the zoo.....





## 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](#)

## 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.*



## Digital Resource for Carers

If you are a Carer living in North Ayrshire you are now able to access a digital resource brought to you by Carers UK in collaboration with North Ayrshire Health and Social Care Partnership.

There is access to:

**E-Learning:** building resilience, designed to help Carers access advice and information relevant to their situation, find and identify sources of support including technology, as well as promote Carers' own health.

**Jointly:** Care co-ordination app. A central place to store important information about the person you are caring for. Set up appointments, allocate tasks, save files and notes, manage medication and lots more.

**Free publications:** Carers UK guides, essential reading for Carers including: upfront guide to caring, Looking after someone—Carers Rights Guide and Being Heard: A self-advocacy guide for Carers.

**More resources & info:** Link to local resources, access to further resources and sources of information and support for people who are looking after a loved one.

**VISIT:** [carersdigital.org](http://carersdigital.org)

Create an account using your free access code: **DGTL4110**