

# CARERS NEWS

South Ayrshire Carers Centre — Registered Charity No: 20039

Summer 2019

## Volunteer Week 2019

Volunteers' Week is a chance to celebrate and say thank you for the fantastic contribution millions of volunteers make across the UK. It takes place 1-7 June every year and is an opportunity to celebrate volunteers.

So we here at the South Ayrshire Carers Centre would like to thank our own volunteers Elizabeth and Stephen.

Elizabeth has been a volunteer at the Carers Centre for over 10 years. Over the years Elizabeth has run the craft group, produces the carers information packs and helps with other jobs around the office. Elizabeth also runs our Care talk service - every 2 weeks Elizabeth calls carers who, due to their caring role cannot come into the centre, for a chat to see how they are getting on.

Stephen has run the Art Group in the centre for the past 4 years. Over the years Stephen has helped carers improve their art skills and gives them the confidence to try new things. Some of the art the Carers have created can be seen in the centre.

By giving up their own time both Elizabeth and Stephen have helped support carers and given them time away from their caring role. All the staff and carers at the centre would like to say a big thank you to both Elizabeth and Stephen for all they have done over the years, the centre would not be the same without you!



Fancy a walk around Culzean Castle and Country Park or a trip to the Robert Burns museum?

Did you know that the South Ayrshire Carer Centre has National Trust tickets that Carers can borrow?

For more information give us a call on 01292 - 263000.



### Also in this issue

- Carers Week 2019
- What's on
- Young Carers

# Carers Week 2019

Monday 10th June	<p>Art Group 12– 2pm in Centre</p> <p>Troon Group Activity – Contact centre for more details</p> <p>Girvan Group Activity – Contact centre for more details</p>
Tuesday 11th June	<p>Tour of Dumfries House with lunch. <b>Due to high interest in this trip, we will be picking names out of a hat, on Tuesday 28th May.</b> The cost for this trip is £3. Dumfries House have also advised that this trip is best suited to those with no mobility issues and that appropriate footwear must be worn and footwear with a heel smaller than a £2 coin will not be permitted on the tour.</p>
Wednesday 12th June	<p>We are holding a pamper day and lunch here at the centre 10am - 2pm, so come along and get your nails done or enjoy a massage from our therapists.</p> <p>Appointments can't be booked in advance as this is first come, first served, and there is limited availability on the day</p>
Friday 14th June	<p>Adult Carers Strategy – Launch, Ayr Town Hall, 11.30am - 2pm Contact Carers Centre for more details</p> <p>Adult Carers walking group - Leaving the Carers Centre at 1pm</p>
Young Carers	<p>Young Carers Event - Ayr Ark Information on YC Page</p>

## 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 June / 30th July / 27th August / 24th September

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

Upcoming Dates:

26th June / 31st July / 28th August / 25th September

## NATTER GROUP

1st Monday every Month 12.30pm-2pm

Upcoming Dates:

3rd June / 1st July / 5th August / 2nd September

## CARERS CAFÉ

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

Upcoming Dates:

5th June / 3rd July / 7th August / 4th September

## ART GROUP

Meets fortnightly on a Monday 12pm-2pm

Upcoming Dates:

10th June / 24th June / 8th July / 22nd July / 5th August / 19th August / 2nd September / 16th September

## REFERENCE GROUP

2nd Thursday every month 10.30pm-12noon

Upcoming Dates:

20th June / 11th July / 8th August / 12th September

## WALKING GROUP

The Walking Group is held one Friday a month from 1pm—3pm, please call us for details.

# What's On!

## TROON

### SUPPORT GROUP

Meets at Troon Library

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

Upcoming Dates:

10th June / 8th July / 12th August / 9th September

### THERAPIES

Last Thursday of every month

@ Braden Rd Sheltered Housing

27th June / 25th July / 29th August / 26th September

## GIRVAN

### SUPPORT GROUP

Meets in Carrick Buildings, Henrietta Street

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

Upcoming Dates:

10th June / 8th July / 12th August / 9th September

### 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 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 work 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 South Ayrshires Carers Centre to request a Young Carers Statement.

South Ayrshire Young Carers would like to say a big thank you to West FM Cash for kids. Not only did they help with funding for the Young Carers Easter Activities, they also donated Easter Eggs to all our Young Carers.



## Easter Activities

Thanks to Cash for kids, we were able to have some great Easter activities with our Young Carers. Our primary and S1-S3 groups enjoyed a game of bowling at laser quest at LA Bowl, followed by some lovely food. S4-S6 enjoyed a delicious meal at Arthur Street Kitchen and then played pool at Ayr Eight Ball Pool Club. A great couple of days had by all who attended.

## Young Carers Festival 2019



It's nearly time for the Young Carers Festival. Information will be given to Young Carers attending over the next couple of months.

## Carers Week 2019

The theme of this year's Carers Week is Connecting Carers. To Celebrate carers week this year we have having a fun day on Friday 14th June in the Ark. Contact carers centre for more information.

## PSE Lessons

This year our Young Carers team have visited all 8 Secondary schools in South Ayrshire to speak to S1 Students and raise awareness on Young Carers.

Did you know that the average age of a Young Carer in Scotland is 12 years old?

## 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 information about our monthly support group in Girvan Academy.