



North Ayrshire Carers Centre

Carers News

Sept 2019



Carers Week Events

Cardwell Garden Centre

We enjoyed a tasty morning roll and cuppa before a little browse in the garden centre.



Cheese and Wine night

Cheese, crackers, pickles, olives and a lovely tippie to wash it all down. Everyone has a great night with bingo and a quiz.



Ardrossan Marina Walk

A beautiful walk in the sunshine then to Cecchinis's for a cuppa and a sweet treat.



Corner House, Kilwinning

Our Kilwinning Carers enjoyed a chat with some yummy scones.

Arran Lunch

We met up with our Arran Carers for a light lunch at the Ormidale Pavilion.



Pamper Day—Our Carers came together for a day of pampering including taster therapy sessions.



Carers Funday—We all had a laugh with Fabulous Fraser, face painting, hook a duck and some belly dancing too.



Largs and Millport Carers—Our Largs and Millport Carers met up for a catch up cuppa and celebrate Carers Week.



Congratulations to.....

NORMA NIMMO who won North Ayrshire Volunteer of the Year Award in the Health and Wellbeing category. Well done Norma.



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Carers activities.....

Please telephone the Carers Centre on: 01294 311333 to book places for all Carers Christmas events. Bookings will be taken from Monday 7th October until Friday 22nd November after which will be unable to refund any deposits paid. **Places Limited.**

Wednesday 4th December

Arran venue to be confirmed. 2 course. £10

Monday 9th December

Riverside Lodge Hotel Irvine. 12.00 pm 2 course, tea/coffee £10

Monday 16th December

Oscars Restaurant Saltcoats. 6.00pm 2 course. £10



Carers Rights Day

Thursday 21st November

EVENTS TO BE CONFIRMED.

Please call Carers Centre in October for further information



FRIDAY 25TH OCTOBER

10.00 am — 12.30 pm Carers Centre

Hearts and minds workshop

A fun workshop to help you relax and de-stress. Explore your playful side and re-connect with yourself. Using humour, objects, music and hats!

Phone to book place, PLACES LIMITED

Other upcoming Carers activities.....

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

Craft Afternoon

Come along and join us to make your own Christmas decoration

Tuesday 12 th November 1.00—3.00pm in the Carers Centre £2

All craft materials supplied and a member of staff will be available to help you with your decoration. Tea and coffee provide.



Independent Living Fund Scotland Awareness Raising Session

Friday 4th October 10 – 11.30 in the Carers Centre Irvine (call Centre to book your place)

ILF Scotland operates as a discretionary fund providing financial awards to over 3,000 disabled people in Scotland and Northern Ireland to help them live independently. In December 2017, ILF Scotland launched their new Transition Fund. The ILF Scotland Transition Fund provides money, for up to one year, to support young people aged 16-21 living with disabilities to improve their lives and help them to take part in their communities. The Fund's purpose is to help these young people with the transition after leaving school or children's services to be more independent while continuing to spend time with other people. ILF Scotland aim to target as many young people as possible and therefore there are only a few criteria which an applicant has to meet to be eligible to apply for the Fund. These include:

Being between the ages of 16 and 21;

Having lived in Scotland for the last 6 months;

Having an impairment or disability;

Having less than £26,250 of personal savings

For more details of the eligibility criteria, please visit the website: www.ilf.scot

Open data Event

Monday 30th September 10 am—12pm in Irvine Library

Open data is information free for anyone to access. It contain no personal information on private citizens or classified information. Open data information is collected by organisations that is made available to others. Open data can tell you what bin is due out in Largs on a particular evening, or how much your local councillor has claimed on travel expenses or where the car parks are in Irvine.

For more information: <https://www.north-ayrshire.gov.uk/council/access-to-information/open-data.aspx> where you can explore and download Open Data about North Ayrshire Council and our services, or come along to our event at Irvine Library (be prepared to become a Library member).

Carers Information....

Contact Information



North Ayrshire Carers Centre

174 High Street
Irvine KA12 8AN

 **01294 311 333**

Email: 

environment and

northayrshire.carers@unity-enterprise.com

Normal Office 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



and an appointment will be arranged for you.

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.

Upcoming dates:

17th September, 15th October, 19th November, 21st January

Evening Support Group and Drop in for Adult Carers

Fourth Wednesday of the month in the Carers Centre from 6.00—7.30 pm. The drop in sessions are set in an informal and relaxed environment and offer a wide range of help and support to Carers.

Upcoming dates:

25th September, 23rd October, 27th November



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:

3rd September, 1st October, 5th November, 3rd December, 7th January

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

Please contact Carers Centre for dates and times.

GARNOCK VALLEY

Bridgend Community Centre, Kilbirnie

10am—12pm

Upcoming Dates:

5th September, 3rd October, 7th November, 5th December

NO MEETING JANUARY

SALTCOATS:

Saltcoats Library—Springvale Place

10.00am- 12.00pm

Upcoming Dates

9th September, 14th October, 11th November, 13th January

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)

PLEASE NOTE:

- 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 "run by carers—for carers. Details below.....

ARDEER & ARDROSSAN

(Three Towns Carers Constituted Group)

Neighbourhood Centre, Shore Road, Stevenston

10.00am- 12.00pm 3rd Monday of the month

Upcoming Dates:

16th September, 21st October, 18th November, 20th January

Ardrossan Civic Centre, 150 Glasgow Street

10.00 am—12.00pm 1st Monday of the month

Upcoming Dates:

2nd September, 7th October, 4th November, 2nd December, 6th January

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

Please note: CARERS CENTRE STAFF attend on the Second Wednesday of the month, only.

Upcoming dates are as follows:

4th, 11th, 25th September
2nd, 9th 23rd October
6th, 13th, 27th November
4th, 11th December
8th, 22nd January

- Contact us on **01294 311333** for further information or to book your appointment
- 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.

North Ayrshire Young Carers

We went to the Zoo.....

For this years summer activity we all went a trip to Edinburgh Zoo! We all had a great day and the sun had its hat on for us.



Scottish Young Carers Festival 2019



North Ayrshire Young Carers

BBC L.A.B project

Some of our Young Carers who attended the Scottish Young Carers Festival helped the BBC L.A.B team to create a short film about Young Carers for teachers so they have a better understanding of the struggles they face in education. This project has now been seen by schools across Scotland. During this project our Young Carers had the opportunity to interview Joe Fitzpatrick MSP about Young Carers issues.

Carers Week

Young Carers from our Garnock Campus school group enjoyed a trip to Limetree Larder for a chocolate making workshop. We tried chocolate from all over the world and made some chocolate treats to take home.



The guys from Pixels Café came along to Fullerton Connexions to have a gaming night for our Young Carers in aid of Carers Week. All our young people enjoyed the VR, Mario cart and crash bandicoot to name a few.

Other Young Carers News...



For carers rights day this year our young carers are working on an amazing art project to show the facts about young carers across Scotland.

Time to say Hello! To Caroline our new sessional worker who will be attending all Young Carers groups and helping out with activities and support of our young people. She cannot wait to meet you.

Can we say Christmas.....

Information on this years Christmas activities will be out in the coming months.

Youth Council Event

Two of our young carers were invited along to an event held by youth services to promote health and wellbeing of young people. They put on four workshops to help young people understand the views of young people with specific issues . These workshops focused on deaf awareness, young peoples mental health, citizenship and participation of young people and care experience young people. This was a very insightful day for us all.

Outreach Groups

We have expanded our outreach projects and are delighted to tell you that these are being successfully up and running and well attended.

Garnock Campus now has a Young Carers group which runs once a month to help young carers from the more rural area of the garnock valley.

Largs Campus now has a Young carers group running monthly within the school as transport to and from this area is limited.

North Coast and 3 towns Young Carers Primary group has been running for over a year now with successful attendance but we have decided to expand and offer an S1,2&3 group for the area.



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](#)

Quit your Way

Quit Your Way (QYW) is NHS Ayrshire & Arran's **FREE** stop smoking service.

QYW offers **FREE**: behavioural support, information on all smoking related issues including e-cigarettes and second hand smoke, access to Nicotine Replacement Therapy (NRT) products on the day from a trained stop smoking advisor

You are twice as likely to stop smoking by getting support from QYW and four times more likely to stop smoking if you use a stop smoking product as well.

If you are not confident about setting a quit date straight away, we offer the chance to cut-down-to-quit for a limited period of time.

If you would like to refer yourself or someone you support to QYW, please call our local free number on **0800-783-9132** or email QYW at QYWAyrshire@aapct.scot.nhs.uk

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

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