

CARERS NEWS

South Ayrshire Carers Centre — Registered Charity No: 20039

Autumn 2019



19 carers recently enjoyed a 5 day respite trip to Lancashire with Glenton Holidays. During the week our Carers spent a day at Morecambe Bay, the home of comedy legend Eric Morecambe. The bad weather did not stop the Carers from enjoying a day of shopping and sightseeing. This was followed by a tour around Lancaster Castle, where we learned all about the history of the castle which served as a prison from the mid-17th Century until 2011. We finished off the week with a day at Helmsore Mills textile museum, learning all about the history of the mill and the people who worked there. In the afternoons Carers enjoyed the use of the hotel swimming pool and gym before enjoying the fantastic evening meals. An unforgettable trip for everyone involved.

Carers Christmas Lunch

This Year's Carers Christmas lunch will be held on Wednesday the 11th of December in The Horizon Hotel. For more information and to book a space place, contact us on Tel: 01292 263000.

Please note spaces are limited.



This year Carers Rights Day will be held on **Thursday 21 November**. Please call the centre for more information .

Hearts & Minds

In September Rachel and Zoe from Hearts and Minds came along to the centre to deliver their workshop to some of our carers. A fun morning with lots of laughter from all who attended. Thank you again to Rachel and Zoe for coming all the way from Edinburgh.



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

For more information give us a call on 01292 - 263000 or pop into the centre.

Carers (Scotland) Act 2016

Carers (Scotland) Act 2016, is an act of Scottish Parliament to make provision for carers, including the identification of carers needs for support through adult carer support plans and young carers statements; the provision of support to carers; the enabling of carers 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?

For more information give us a call on 01292 263000.

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 some respite.

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

AYR

All events held in Carers Centre, unless stated otherwise:

SUPPORT GROUPS

(EVENING) Last Tuesday of month 6.00pm - 7.00pm

Upcoming Dates:

29th October / 26th November

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

Upcoming Dates:

30th October / 27th November

NATTER GROUP

1st Monday every Month 12.30pm-2pm

Upcoming Dates:

4th November / 2nd December

CARERS CAFÉ

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

Upcoming Dates:

6th November

ART GROUP

Meets fortnightly 12pm-2pm

Upcoming Dates:

14th October / 28th October / 11th November / 25th November / 9th December

REFERENCE GROUP

2nd Thursday every month 10.30pm-12noon

Upcoming Dates:

10th October / 14th November

What's On!

TROON

SUPPORT GROUP

Meets at Troon Library

2nd Monday of month 10am-11:30am

Upcoming Dates:

14th October / 11th November / 9th December

THERAPIES

Last Thursday of every month

@ Braden Rd Sheltered Housing

31st October / 28th November

GIRVAN

SUPPORT GROUP

Meets in Carrick Buildings, Henrietta Street

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

Upcoming Dates:

14th October / 11th November / 9th December

THERAPIES

Same day as the group (Dates Above)

DROP IN

Drop in welcome during support group times for information and advice.



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

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 (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 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.

Scotland's New Young Carer Grant

The Scottish Government has developed a new package of benefits and support for young carers in Scotland - which includes a new Young Carer Grant. Young carers aged 16-18 in Scotland who do not [currently qualify for Carer's Allowance](#), may be eligible for a new £300 annual payment to help them access life opportunities that are the norm for other young people.

The Young Carer Grant will be paid from Autumn 2019. You can find more information on the following websites:

- <https://www.young.scot/campaigns/national/young-carers>
- <https://www.gov.scot/publications/young-carer-grant-questions-and-answers>



Donation

John from Ayr Rotary Club handed in a £250 donation to the South Ayrshire Young Carers. A big thank you to John and everyone at Ayr Rotary Club for this generous donation which will help towards Christmas Activities for the Young Carers in South Ayrshire.

Congratulations

South Ayrshire Young Carers were nominated by a member of staff at South Ayrshire Council for the 2019 Community Star Awards. The young carers had been nominated for the support they give to the person they care for and for giving up some of their group time last year to help the Council with the young carers strategy. The Young Carers got 2nd place in the outstanding team category, so a massive congratulations to all our Young Carers.

Summer Activity

Thanks to Cash for Kids, we were able to arrange a day trip with our Young Carers during the summer holidays. 18 Young Carers from across South Ayrshire enjoyed a trip to Edinburgh Zoo.

Young Carers Festival 2019

The Young Carers Festival was a massive success this year! We took 9 Young Carers along to join in with the fun activities, ranging from Mimi's bakehouse, inflatables, young scot, water slide, climbing, live music and crafts. The consultation space with Councilor William Grant allowed Young Carers to air their views on being a Young Carer in Scotland. A great 3-day festival enjoyed by all the Young Carers who attended. Can't wait for next year!

Back to School

We hope you all had a great summer and are happy to be back at school and college. Our Young Carers team are starting this year's PSE Lessons in Secondary schools to raise awareness of Young Carers in South Ayrshire.

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.