

CARERS NEWS

South Ayrshire Carers Centre — Registered Charity No: 20039

January 2020



Christmas Lunch 2020

On Wednesday 11th December, around 70 Carers and staff attended the annual Christmas Lunch at the Horizon Hotel. Carers enjoyed a 3 course meal and some lucky Carers won prizes in our raffle. Thank you to all Carers who attended. You can see more pictures from the Christmas lunch on our Facebook page.

Staff Training

Please note due to Staff Training the Carers Centre will be closed on the following dates:

- Wednesday 22nd January, 10am—2pm.
- Friday 31st January, all day.
- Wednesday 9th February, 10am-2pm.
- Friday 28th February, all day.
- Monday 16th March, all day.

Therapy Information

Please note that the price of the therapies will be increased from £7.50 to £8 starting in March 2020.

In this issue:

- Adult Support Plan & Young Carers Statement information.
- What's on
- Young Carers News

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.

Donations

As a charity we rely on donations. In the last couple of month we have received donations from the following:

- Market Inn Burns Club kindly donated £1000 to the Young Carers Service.
- The Salvation Army and Ayr Rotary Club held a concert in December, with a percent of the donations raised going to Young Carers.
- The Salvation Army once again donated gifts for our Young Carers at Christmas. Thank you to everyone at the Salvation Army for their continued support over the years.
- South Ayrshire Toy Bank also kindly donated gifts for our Young Carers.

Thank you to all for the donation and for supporting Young Carers in South Ayrshire.

Upcoming Events.....

- Colin from the Fire service will be attending our support group on Wednesday 26th February.
- Home Energy Scotland are coming along to our support group on Wednesday 29th April. We will have a chat and get a go on their smoothie bike.
- Carers Week 2020 is June 8th –14th, keep an eye out for what's on during the week.

Charitable Trust 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 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

5.30pm - 7.00pm

[Upcoming Dates:](#)

28th January / 25th February / 31st March / 28th April

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

[Upcoming Dates:](#)

29th January / 26th February / 25th March / 29th April

NATTER GROUP

1st Monday every Month 12.30pm-2pm

[Upcoming Dates:](#)

3rd February / 2nd March / 6th April

CARERS CAFÉ

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

[Upcoming Dates:](#)

5th February / 4th March / 1st April

ART GROUP

Meets fortnightly 12pm-2pm

[Upcoming Dates:](#)

13th & 27th January / 10th & 24th February / 9th & 23rd March / 13th & 27th April

REFERENCE GROUP

2nd Thursday every month 10.30pm-12noon

[Upcoming Dates:](#)

9th January / 13th February / 12th March / 9th April

Please note that some of these dates may be subject to change.

What's On!



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.

South Ayrshire Carers Centre
43 Sandgate, Ayr
KA7 1DA

01292 263000

Email:
southayrshire.carers@unity-enterprise.com

TROON

SUPPORT GROUP

Meets at Troon Library

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

[Upcoming Dates:](#)

13th January / 10th February / 9th March / 13th April

THERAPIES

Last Thursday of every month

@ Braden Rd Sheltered Housing

30th January / 27th February / 26th March / 30th April

GIRVAN

SUPPORT GROUP

Meets in Carrick Buildings, Henrietta Street

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

[Upcoming Dates:](#)

13th January / 10th February / 9th March / 13th April

THERAPIES

Same day as the group (Dates Above)

DROP IN

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

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 for your therapy.** 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

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 YC



The Scottish Government launched the new Young Carer Grant on Monday 21st October 2019. This new grant is to help young carers to improve their quality of life and get a break from caring. The grant can be used for anything you like and you don't have to say what you have spent it on.

The Young Carer Grant is a lump sum of £300 that is given to young carers aged between 16- 18. To be eligible for the grant you need to be caring for someone for 16 or more hours a week who is on a qualifying benefit (YC staff can explain what these are), and you cannot be claiming Carer's Allowance.

If you want more information or think that you might be able to get the grant, speak to any of the Young Carers Team and they can help you to apply.

Young Carers Christmas Party

Thanks to Cash for Kids, we were able to give our Young Carers aged 8-14 a great Christmas party at Venturayr. Thank you to Karen and her amazing staff team at Venturayr for giving the kids a great party.

Panto

Thanks to Ayr Rotary Club we were able to take 15 Young Carers to see Jack and the Beanstalk at Ayr Gaiety Theatre. This was a great night enjoyed by all who attended. Thank you again to Ayr Rotary Club for their continued support of Young Carers in South Ayrshire.

YC Awareness Day 2020

Young Carers Awareness day is on Thursday 30th January. The theme for this year is **Count Me In!** Through the Count Me In! campaign Carers Trust is calling on compulsory education providers to do more to proactively identify young carers and to ensure that they receive the recognition and support they deserve.

For more information on Young Carers Awareness Day, give the young carers team a call on 01292-263000.

Activ8 Living

South Ayrshire Council are supporting Young Carers aged 8-18 by giving them free access to a range of activities at their leisure facilities. If you would like more information, please give us a call on 01292 –263000.

Girvan

Are you are Young Carer living in or around Girvan? Are you aware that we run a monthly Young Carers Group in Girvan Academy. If you would like to attend or want more information give Tonya or Megan a call on 01292 263000.