

# Carers News

South Ayrshire Carers Centre—Registered Charity No: 20039

May 2020

Hello everyone,

I would like to take this chance to wish everyone well and to remain safe during the recent challenging situation we are all facing and of course is unprecedented, covid-19. I hope you and your families are all keeping well during this difficult time and there is no doubt that carers are facing more challenges. I wanted to take a brief overview to explain to you all what steps we are taking as a team to ensure support to you as a carer is available, so please see the following:

- All staff within the centre are working from home, please give the usual number a call on 01292 263000 and you will be put through to the centre co-ordinator who will direct your call.
- All staff are offering 1:1 support calls during this time to check in and ask what further support you need.
- Please keep an eye on our social media page, Facebook as we are providing as much information as we can daily as the situation is changing and also what support you are entitled to during this time.

On that note, I would like everyone to try and remain positive and please keep us posted on how you are doing and also what support we can provide, if we can't provide it we will signpost you to the available help you need. Most importantly, in the meantime, please keep well and keep safe for yourself and your families, take care.

Kayleigh Hamilton, Service Co-ordinator.



## Clap for Carers

Over the past couple of weeks people across the county like Vera above, have shown their support for the NHS Staff and other essential workers by clapping every Thursday at 8pm. While doing this we should also clap for unpaid young & adult carers who are risking their lives taking care of the people they love. So during the next Clap for Carers, remember and clap for yourself. You are doing a great job.



Art work done by our Young Carers

## Creative Breaks

Due to the Coronavirus outbreak we are currently unable to process any Creative Breaks applications. If we have received your application it has been put on hold until we are back in the office .

## 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.

## 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 Statement.

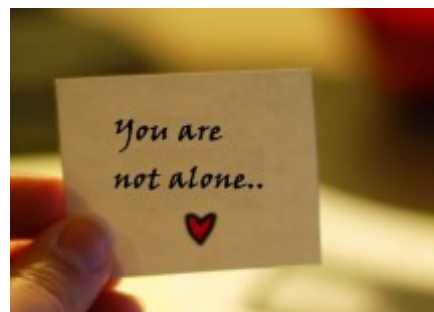
## Adult Support Plan & Young Carers Statements

If you would like an Adult Support Plan or Young Carer Statement, contact Social Work on 0300 123 0900 .

## Useful Contacts

We are currently working from home and are available via telephone, email or Facebook. Monday-Friday, 9:30am - 4:30pm. If you need advice or support outwith these hours, you might find the following numbers useful:

- Carers UK - 0808 808 7777
- Social Work - 0300 123 0900
- Out of hours Social Work - 0800 328 7758
- NHS Helpline - 0800 22 44 88
- Samaritans - 08457 90 90 90
- SAMH - 0141 530 1000
- Vulnerable Groups Helpline - 0800 111 4000
- South Ayrshire Lifeline - 0800 432 0510
- Breathing Space - 0800 838587
- Sane:  
Out of hours helpline - 0300 304 7000 (4.30pm - 10.30pm)  
Website: [www.Sane.org.uk](http://www.Sane.org.uk)



## Quiz

### Tae a Virus

Twa months ago, we didne ken,  
Yer name or aicht aboot ye  
But lots of things have changed sine then,  
I really must salute ye.

Yer spreading rate is quite intense,  
Yer feeding like a gannet  
Disruption caused, is so immense,  
Ye've shaken oor wee planet.

Corona used to be a beer,  
They garnished it wae limes  
But noo it's filled us a'wae fear,  
These days, are scary times.

Nae shakin hawns, or peckin lips,  
It's whit they awe advise  
But scrub them weel, richt tae the tips,  
That's how we'll awe survive.

Just stay indoor, the hoose, ye bide  
Nae sneakin oot for strolls  
Just check the lavy every hoor  
And stock-take, your, loo rolls.

Our holidays have been pit aff  
Noo that's the Jet2 patter,  
Pit oon yer thermals, have a laugh  
And paddle 'doon the waater'

Canary isles, no for a while  
Nae need for suntan cream  
And awe because o this wee bug  
We ken tae be ... 19

The boredom surely will set in,  
But have a read, or doodle  
Or plan yer menu for the month  
Wi 95 pot noodles.

When these run oot, just look aboot  
A change, it would be nice  
We've beans and pasta, by the ton  
And twenty stane o rice

So dinny think yell wipe us oot  
Aye true, a few have died  
Bubonic, bird flu and TB  
They came, they left, they tried.

Ye might be gallus noo ma freen  
As ye jump fae cup tae cup  
But when we get oor vaccine made  
Yer number will be up.

Willie Sinclair, March 2020

Fancy winning a prize? Here's what you need to do:

- Answer all the questions correctly.
- Email your answers to [tonya.galloway@unity-enterprise.com](mailto:tonya.galloway@unity-enterprise.com) by Friday 29th May 2020 at 4.30pm.
- You must be registered with the carers centre.

All correct answers will then be placed in a hat and three lucky winners will be announced Monday the 1st of June. It is that simple, good luck.

### Local Questions

1. In what year did the South Ayrshire Carers Centre first open?
2. Where did President Eisenhower have a residence in Scotland?
3. Which TV show based on the popular book series by Diana Gabaldon has been filmed in Dunure?
4. Which comedian known as 'Rev I M Jolly' appeared at the Gaiety Theatre?

### Movies

1. What was the first feature-length animated movie ever released?
2. Who is the only actor to receive an Oscar nomination for their work in the Lord of the Rings movies?
3. The quote 'That wasn't flying. That was falling with style' is from what movie?
4. Who played the "Unsinkable" Molly Brown in Titanic?

### Music

1. Which band had a hit with the song 'Paint it Black'?
2. "Hold me while you wait" is a song by which Scottish singer?
3. What song did both Dolly Parton and Whitney Houston sing?
4. "Bohemian Rhapsody" was recorded by which band?

### General

1. Which vegetable did Sir Walter Raleigh bring to England?
2. What battle was on the 16th of March 1746?
3. How many minutes are in Five hours?
4. What augmented reality app caused a stir of global excitement in summer 2016?



# South Ayrshire Young Carers



## Bunny Luv

Gina from Bunny Luv petting zoo came along to our Young Carers Support Groups in February. The young carers enjoyed petting chicks, ducks, guinea pigs and much more. Many thanks to Gina for coming along.

## Young Carers Quiz

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1. What are the three primary colours?
2. What is the highest mountain in Great Britain?
3. In "The Jungle Book", what kind of animal is Baloo?
4. What are the names of Harry Potter's parents?
5. Which of the seven dwarfs was beardless?
6. Which planet has a ring of rocks and ice?
7. By area, which is the largest state in the USA?
8. What are the two longest rivers in the world?

Thank  
You!

## Young Carers Donation

We would like to say a big thank you to Ayr Rotary Club, who kindly donated £1,800 to Young Carers in South Ayrshire. This donation will be used to give the Young Carers a treat once things are back to normal. Ayr Rotary Club have supported Young Carers in South Ayrshire for many years and their continued support is very much appreciated, especially during this difficult time.