



Carers News

South Ayrshire Carers Centre—Registered Charity No: 20039

September 2020

Service update

On Monday 23rd of March 2020 following the government guidelines South Ayrshire Carers Centre closed and all staff starting working from home. Here we are 6 months on and currently the office remains closed.

Although we are working from home, we have still been able to continue to offer support to carers across South Ayrshire. Over the past 6 months we have made many support calls to carers. We are here to offer information and advice, help with benefit enquiries, run support groups for both young carers and adult carers via zoom, support carers with funding thanks to donations and Government grants, signpost carers to other organisations and agencies and most importantly, listen to carers who are struggling.

Billy McClean - Head of Community and Health services would like to thank staff at the centre for our work throughout the covid-19 outbreak.

We know the past six months have been difficult for everyone, especially unpaid carers and we would like to take the opportunity to tell you that you are doing a great job. Please remember that although the office remains closed, we are still here to help. If you need anything please give us a call on 01292 263000.

During these uncertain times we should be reminded of a quote from Helen Keller. "Although the world is full of suffering, it is also full of overcoming it"



Carers Rights Day 2020

Carers Rights Day is a national awareness day to help make unpaid carers aware of their rights and find out how to get the help and support they are entitled to. This year Carers Rights Day is Thursday 26th November 2020. Information can be found on our Facebook page in the coming weeks or you can give us a call on 01292 263000.



Here comes the bride

On Thursday 27th August Karen and Hugh were married in Ayr Registrars with Runa and Kayleigh acting as Witnesses. It was a beautiful service performed by Evelyn and an emotional day for everyone.

All of us at the South Ayrshire Carers Centre would like to wish the couple a long and happy married life together.



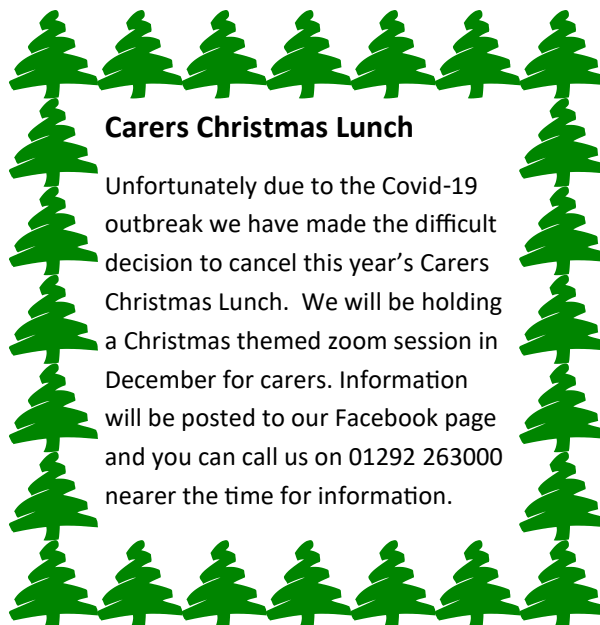
NHS Scotland Test & Protect App

The free **Protect Scotland App** from **NHS Scotland's Test and Protect** is now available to download on **Protect. Scot** and via the [App Store](#) and [Google Play](#).

The free **Protect Scotland App** is here to help keep Scotland safe from coronavirus. The app is the next step in stopping the spread of coronavirus and complements existing contact tracing measures, helping us to determine contacts that we may have otherwise missed, and allows us to alert people at risk far more quickly so they can take steps to reduce the risk of infecting others.

How the App Works

This app uses tried and tested technology developed by Apple and Google and is already working successfully in other countries across Europe. It works in the background using minimal data and will automatically alert you if you have been in close contact with another app user who has tested positive. If you test positive, the app can quickly alert those you have had close contact with. The app uses Bluetooth technology, so it never knows your identity or location.



Carers Christmas Lunch

Unfortunately due to the Covid-19 outbreak we have made the difficult decision to cancel this year's Carers Christmas Lunch. We will be holding a Christmas themed zoom session in December for carers. Information will be posted to our Facebook page and you can call us on 01292 263000 nearer the time for information.



You could be eligible to apply for funding 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.

To find out more information or to check your eligibility and to apply, please contact us on 01292 263000 .

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.

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 normally meets in the South Ayrshire Carers Centre on the second Thursday of every month. Due to the Covid-19 outbreak the Reference group is being held via zoom.

All Carers are welcome to join the group even if you are not registered with the service. For more information please contact South Ayrshire Carers Centre :

Tel: 01292 263000

Email: southayrshire.carers@unity-enterprise.com

Adult Carers Virtual Support Groups

We are currently running the following support groups via Zoom.

- **Last Wednesday of the month support group:**
30th September - 2-2:30pm
28th October - Mindfulness with George, 2-2:45pm
25th November - 2-2:30pm
- **Reference Group:**
8th October / 12th November / 10th December

If you wish to join a support group, please contact us on 01292 263000 for more details.



What matters to you?

South Ayrshire Health and Social Care Partnership are developing their Strategic Plan. It's important that they hear from the community about how they should be prioritising their resources. They want to know what matters to you! You can find a short consultation survey at www.south-ayrshire.gov.uk/consultations. The closing date for this consultation is Friday 30th of October 2020.



Donation

We would like to thank Ayr Rotary Club for their donation of £1000 to our adult carers. This donation will be used to help carers who have been affected by the Covid-19 outbreak. Ayr Rotary Club have supported our young carers for years and had already kindly donated £1,800 to the centre this year. The continued support of Ayr Rotary Club is very much appreciated.

Scottish Government Wellbeing Grant

South Ayrshire Carers Centre was given funding from the Scottish Government to help carers who had been affected by the Covid-19 outbreak. With this funding we were able to support 67 carers across South Ayrshire.

Young Carers Awareness Day Update

Young Carers Awareness Day is changing! Based on feedback from Young Carers, Carers Trust have made the following changes:

- New name - Young Carers Awareness Day will now be known as **Young Carers Action Day**. Young Carers want support, not sympathy. So by changing the name, they want people to take action to support young carers.
- New Date - Young Carers Action day has always been held at the end of January, it was felt that because it was so close after Christmas holidays there was a loss of momentum leading up to the day. From now on Young Carers Action Day will be held in March, so next year, **Young Carers Action Day will be held on 16th March 2021**.
- YAC - Until now, the day has been for young carers up to the age of 18. Feedback shows that Young Adult Carers face many of the same struggles and challenges as young carers do. Young Carers Action Day will now include young adult carers ages 18-25, who need support as they continue to balance their caring role with the challenges of being a young adult.

South Ayrshire Young Carers



Thanks to the support of Cash for Kids emergency covid-19 appeal, we were able to support 10 young carers and their families who have been affected by Covid-19 with food and gas/electricity payments.

Young Carers Groups

Our Young Carers Support Groups will run once a month via zoom for the remainder of the year. For more information contact Megan or Tonya on 01292 263000.

Activities

Due to the Covid-19 outbreak we were unable to hold our Easter and summer group activities for Young Carers. Young Carers were sent art activities from Craft Draft and The Little Art School and older Young Carers received a gift voucher. We were able to provide this for our young carers thanks to a donation at the start of the year from Ayr Rotary Club.

Time To Live Fund

The time to live fund is open to young carers across Ayrshire. Young Carers can apply for £50 to spend on respite for themselves. This can be anything from a Disney+/Netflix subscription, art supplies, video games, jigsaws, books, anything that will give young carers some respite from their caring role. This fund is open until April 2020. If you would like more information or an application form please give the centre a call on 01292 263000 and ask to speak with Megan or Tonya.



Young Carers Festival

Normally around 500 young carers from across Scotland would attend the Young Carers Festival to enjoy 3 days of activities and have a break from their caring role. However like most events this year, this had to be cancelled. Carers Trust wanted to make sure Young Carers had some kind of festival and so they held the 'Best of the Fest' via zoom sessions. Young Carers could take part in fun sessions like Billy the Magician, art activities and magic torch comic workshop.

They learned about animals with Calum from Cool Creature and joined Ginny and the tonic for live music. Young Carers also had the opportunity to join drop in sessions with Young Scot to learn more about the Young Carers Package and Social Security Scotland for information on the Young Carers Grant. This was certainly a different festival from previous years but all young carers who attended sessions enjoyed them, so thank you and well done to all who organised the 'Best of the Fest'

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.