



**NORTH AYRSHIRE CARERS CENTRE**



Unity Support for Carers  
NORTH AYRSHIRE

# **C A R E R S N E W S**

**JANUARY 2022**



## **STAFF HAVE BEEN WORKING FROM HOME**

**AS OF MONDAY 31ST OF JANUARY  
STAFF WILL BE RETURNING TO  
OFFICE**

## **PEER SUPPORT GROUPS**

**WE ARE HOPING TO HAVE OUR  
YOUTH GROUPS UP AND  
RUNNING SOON! WE WILL BE  
FOLLOWING GOVERNMENT  
GUIDELINES REGARDING OUR  
GROUPS, THERAPIES AND  
DROP INS**

**OUR STAFF ARE TAKING  
APPOINTMENTS VIA A BOOKING  
SYSTEM, WE ARE STILL  
OFFERING SUPPORT  
REGARDING FORMS, BENEFIT  
CHECKS AND 1:1 SUPPORT. IF  
YOU NEED TO SPEAK TO OUR  
TEAM CALL OUR OFFICE ON  
01294 311333**

## **ANCHO THERAPIES @ FULLARTON CONNEXIONS**

**ANCHO HOUSING ARE OFFERING FREE THERAPIES  
SUCH AS SWEDISH MASSAGE, REIKI, YOGA AND  
MEDITATION AND COUNSELLING. FREE COUNSELLING  
IS FOR THOSE SUFFERING FROM MILD MENTAL  
HEALTH PROBLEMS, OR ARE FEELING OVERWHELMED  
WITH LIFE EVENTS. IF YOU ARE INTERESTED IN THIS  
OPPORTUNITY, PLEASE CONTACT ANCHO ON 01294  
313121 OR ALTERNATIVELY EMAIL :  
MAIL@ANCHO.CO.UK**





# **CARERS APPRECIATION CARD**

**CARERS APPRECIATION CARDS ARE STILL  
AVAILABLE, THIS INCLUDES DISCOUNTS  
FROM POPULAR LOCAL BUSINESSES SUCH  
AS KA LEISURE, THE BRAE, SHELLS  
SCOOPS AND SHAKE, AND MANY MORE. IF  
YOU ARE INTERESTED IN SIGNING UP  
PLEASE CONTACT THE CENTRE**



## **SAVE THE DATE**

### **ADULT CARER EVENTS**

**VALENTINES BINGO, MONDAY 14TH FEB  
@ 11AM**

**FUN QUIZ, THURSDAY 17TH MARCH @  
1.30PM**

**EASTER ACTIVITY, WEDNESDAY 13TH  
APRIL @ 11.30AM – TBC**

**PLEASE CONTACT THE CARERS CENTRE  
ON 01294 311333 TO BOOK.**



## **CHRISTMAS EVENTS**

**DURING DECEMBER OUR TEAM TOOK  
PART IN SOME CHRISTMAS THEMED  
QUIZZES, CARERS ALSO ENJOYED  
OUR CHRISTMAS SERVICE. OUR  
YOUNG CARERS WENT TO  
BOUNCESTATION, AND SOME OF OUR  
OLDER YOUNG CARERS CAME  
ALONG TO OSCARS FOR OUR  
CHRISTMAS MOVIE AND DINNER.  
EVERYONE HAD A GREAT TIME,  
THOSE WHO CAME ALONG WERE ALL  
GIFTED FROM OUR WEST FM  
CHRISTMAS APPEAL. WE ARE  
LOOKING FORWARD TO WHAT THE  
NEW YEAR BRINGS!**





# STAFF TRAINING

**OUR STAFF HAVE TAKEN PART IN A VARIETY OF TRAINING OPPORTUNITIES. SUCH AS AUTISM AWARENESS, DOMESTIC ABUSE, HOARDING, EPILEPSY AWARENESS AND VISUAL SIGHT IMPAIRMENT TRAINING. WITH THESE, WE ARE FURTHER ABLE TO SUPPORT OUR SERVICE USERS AND ENSURE THEY ARE RECEIVING CORRECT SUPPORT AND INFORMATION, AND WHERE TO BE SIGN POSTED IF NEEDED.**



**EMAIL:**  
**NORTHAYRSHIRE.CARERS@**  
**UNITY-ENTERPRISE.COM**

**NORMAL OFFICE**  
**OPENING HOURS**  
**MONDAY – FRIDAY**  
**9.00AM – 4.00PM**

**IF YOU REQUIRE AN EVENING OR SATURDAY APPOINTMENT , THEN PLEASE TELEPHONE THE CARERS CENTRE ON 01294 311333 AND AN APPOINTMENT WILL BE ARRANGED FOR YOU.**

**KEEP UP TO DATE WITH NORTH AYRSHIRE CARERS**  
**WWW.UNITY-ENTERPRISE.COM**

**North Ayrshire**  
**Carers Centre**  
174 High Street  
Irvine KA12 8AN  
 **01294 311 333**



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## PARTICIPATORY BUDGET

**OUR YOUNG CARERS HAVE BEEN SUCCESSFUL IN THEIR APPLICATION TOWARDS SPRING AND SUMMER ACTIVITIES, PLEASE KEEP AN EYE OUT ON OUR FACEBOOK FOR INFORMATION REGARDING TRIPS AND EVENTS.**

## YOUNG CARERS ACTION DAY

**YOUNG CARERS ACTION DAY WILL TAKE PLACE ON MARCH 16TH AND THIS YEARS THEME IS TAKING ACTION IN ISOLATION, ANY INFORMATION WILL BE SHARED VIA SOCIAL MEDIA AND EMAILS. PLEASE LOOK OUT FOR ANY EVENTS AND TRAINING SESSIONS.**



# FOR YOUR INFORMATION

## WINTER WELLBEING FUND

OUR CREATIVE BREAKS FUNDING HAS BEEN ROLLED OUT ACROSS NORTH AYRSHIRE, SUPPORTING FAMILIES AND INDIVIDUALS WITH SOME MUCH NEEDED AND WELL DESERVED RESPITE. THIS INCLUDES BREAKS AWAY, MEALS OUT, I.T OR SPORTS EQUIPMENT, ALONG WITH HOBBY AND CRAFTING MATERIAL.

PLEASE CONTACT THE CARERS CENTRE FOR MORE INFORMATION.



## SCOT SPIRIT HOLIDAY VOUCHER SCHEME

SCOT SPIRIT IS A VOUCHER SCHEME FOR CARERS WITHIN NORTH AYRSHIRE, AIMED AT GIVING HOLIDAY OPPORTUNITIES AND DAYS OUT FOR INDIVIDUALS AND FAMILIES WHO ARE IN NEED OF RESPITE. IF YOU ARE INTERESTED IN MORE INFORMATION OR APPLYING PLEASE CONTACT THE CENTRE ON 01294 311333.

APPLICATIONS MUST BE COMPLETED AND RETURNED BEFORE MARCH 31ST 2022.

## TERMINALLY ILL LEGISLATION

### CHANGES TO STATUTORY DUTY LEGISLATION REGARDING TERMINALLY ILL

WHERE THOSE INDIVIDUALS ARE CARING FOR SOMEONE WHO RECEIVES A DIAGNOSIS OF A TERMINAL ILLNESS THEN THERE IS NOW A STATUTORY DUTY TO WORK ALONGSIDE THOSE CARERS TO PROVIDE A CARER SUPPORT PLAN OR YOUNG CARER STATEMENT FOR EACH INDIVIDUAL. THE NEW DUTIES DEFINE CLEAR TIMESCALES FOR THE PROVISION OF THE SUPPORT PLAN AND YOUNG CARERS STATEMENT.

IF YOU ARE UNSURE ABOUT THIS NEW LEGISLATION FOR MORE INFORMATION PLEASE CONTACT THE CARERS CENTRE.

## DIGITAL RESOURCE

ONLINE DIGITAL RESOURCE FOR CARERS IS WHERE CARERS FROM NORTH AYRSHIRE HAVE FREE ACCESS TO THIS PLATFORM. BY SUBSCRIBING TO THE DIGITAL RESOURCE FOR CARERS YOU HAVE FREE ACCESS TO A RANGE OF ESSENTIAL ONLINE RESOURCES DELIVERED ON A CUSTOM-MADE, JOINT-BRANDED PLATFORM.

### BENEFITS

- FIND TARGETED INFORMATION
- BUILD NETWORKS OF SUPPORT
- DEVELOP PERSONAL RESILIENCE
- MANAGE CARE MORE EFFECTIVELY

VISIT [CARERSDIGITAL.ORG](https://carersdigital.org) CREATE AN ACCOUNT  
USING YOUR FREE ACCESS CODE: DGTL4110

