## NORTH AYRSHIRE CARERS CENTRE

## CARERS NEWS



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 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

#### GROUPS, THERAPIES AND DROP INS

#### 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 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





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.

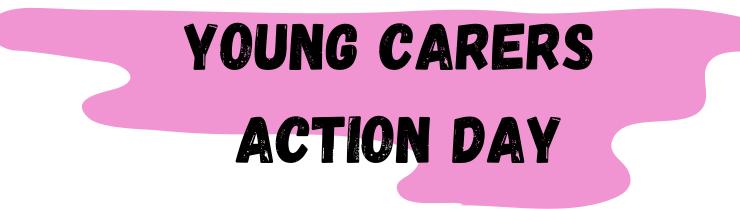




EMAIL: NORTHAYRSHIRE.CARERS@ UNITY-ENTERPRISE.COM NORMAL OFFICE

## 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 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. 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 Colored 1294 311 333



Unity Support for Carers NORTH AYRSHIRE

## WINTER WELLBEING FUND

FOR MOUR

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

INFORMATION

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.

#### ONLINE DIGITAL RESOURCE FOR CARERS IS WHERE CARERS FROM NORTH AYRSHIRE HAVE FREE ACCESS

DIGITAL RESOURCE

#### 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 CREATE AN ACCOUNT USING YOUR FREE ACCESS CODE: DGTL4110

