

South Ayrshire Carers Centre

Carers News

January 2022



Welcome

Welcome to South Ayrshire Carers Centre's latest newsletter, which shares the latest news, updates and information for carers in South Ayrshire.

A look back at 2021

Despite the centre remaining closed and staff continuing to work from home until September, 2021 was a busy year. We registered over 165 new adult & young carers, received funding from Creative Breaks and ScotSpirit to give carers a break from their caring role, received a total of £4,730 during the year from Cash for Kids to help give young carers and their families some respite, received funding from Carers Trust to provide summer day trips and Christmas events for young carers and funding from the Scottish Youth Link provided young carers with a great day out full of fun activities. Support groups, information sessions, the young carers festival and carers events for Carers Week, Carers Rights Day and Christmas were held via zoom.

2022

Staff at the Carer Centre are back working in the office and we are currently open for appointments only. We will continue to hold support groups via zoom at the moment, however we hope to restart in-person groups in the next few months. Our online and telephone services will continue and we are looking forward to welcoming carers back into the centre when the time is right.

Christmas 2021

Christmas at the Carers Centre is always a busy time and last year was no exception. South Ayrshire Carers Centre held a Christmas service via Zoom with joyful contributions from the Priestnall Family. With Christmas carols and reflections on the meaning of Christmas, this was a special event enjoyed by carers and staff from both North and South Ayrshire Carers Centres.

Thanks to funding and donations, our young carers experienced several Christmas trips. Primary aged young carers enjoyed painting a Christmas ornament at Pick Me Up Paints in Ayr. Our S1/S3 & S4/S6 groups had a blast playing Laser quest at LA Bowl. We finished our activities with a trip to Ayr Gaiety to watch 'Jamie and the unicorn', this was a great night enjoyed by all who attended and was made possible thanks to Ayr Rotary Club, who donated the tickets, a goody bag and ice cream for each young carer on the night.



Adult Support Plan & Young Carers Statements

Under the Carers (Scotland) Act, all people who provide unpaid care for friends, family, and neighbours will now have the right to a personalised plan. This will identify their needs and help them access information, advice and support before reaching a crisis point.

If you would like more information on the Young Carers Statement or an Adult Support Plan, please give us a call.

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 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.

Funding

CREATIVEbreaks

Winter Wellbeing Fund

You could be eligible to apply for funding to be used for a much needed break from your caring role. The Creative Breaks funding gives you the opportunity to recharge your batteries and help you sustain your caring role.

You can put creative breaks funding towards a hobby, take a day trip or overnight break, fitness equipment or anything else that can give you some respite from your caring role.

This funding is open to both young carers and adult carers across South Ayrshire. Contact the centre via email or telephone for more information or to request an application form.



ScotSpirit Holiday Voucher Scheme



Fancy a day trip to Edinburgh Zoo, kayaking in Oban or an overnight city break? If so, why not apply for the ScotSpirit Holiday Voucher Scheme. The ScotSpirit holiday voucher scheme was released at the end of last year by the Scottish Government and Visit Scotland to give carers some respite from their caring role in the form of a day trip or overnight break.

This funding is open to both young carers and adult carers. If you would like more information on ScotSpirit or would like to apply, please contact the centre via telephone or email. Please note this funding can only be used for the booking of trips, it does not cover travel or food.

Adult Carers Groups

Last Wednesday of the month support group

Dates - 23rd February, 30th March and 27th April 2022

2-3pm via Zoom

Reference Group

Dates - 10th February, 10th March and 14th April 2022

10-10:30am via Zoom

We have been holding our support groups via Zoom for nearly two years, but will hopefully be returning to in-person groups in the next couple of months. If you would like more information on our support groups, please give us a call at the South Ayrshire Carers Centre on 01292 263000.

Young Carers News



As a charity we rely on funding and donations to help support our young carers, we would like to thank the following organisations for their support over the past few months:

- Cash for Kids - At Christmas 36 Young Carers and their families received financial support, thanks to funding from Cash for Kids.
- Salvation Army - 21 young carers received gifts at Christmas, thanks to donations from the Salvation Army.
- Ayr Rotary Club - Young Carers from across South Ayrshire enjoyed a night at the Gaiety Theatre watching the Panto 'Jamie and the Unicorn'. Thanks to Ayr Rotary Club for giving Young Carers a great night out.
- Carers Trust - The funding we received from Carers Trust helped us provide Christmas events for young carers and gift vouchers for those who could not attend the events, as well as a selection box for every young carer.

Free access to leisure

Young Carers in South Ayrshire who are registered with the Carers Centre, now have the opportunity to receive free access to a Sports and Leisure Membership through the South Ayrshire Council's Activ8 scheme.

If you are a young carer registered with the service and have yet to apply or would like more information on the Activ8 scheme, please contact the young carers team.

Free Bus Travel

5-21 year olds in Scotland can now apply for free bus travel!

There is a range of ways to apply—including for those without digital access/photo ID.

For more information and to apply, visit the Transport Scotland website. Please note if you are 15 or under a parent/ guardian needs to apply for you, over 16's can apply themselves.

Young Carers Action Day 2022

Taking Action on Isolation

Young Carers Action Day, celebrated on 16th March 2022, is a nationwide event organised by the Carer's Trust aimed at raising awareness of the struggles and importance of Young Carers across the country.

Keep an eye out for more information on what the Carer Centre will be doing to celebrate Young Carers Action Day 2022.

Young Carers Grant

The Young Carers Grant is a yearly payment of £308.15 for young carers in Scotland.

To be eligible for the Young Carers Grant, you must be aged between 16 to 18 years old and you must have been caring for at least one person for an average of 16 hours a week for a least the last 3 months.

However you spend the Young Carers Grant is up to you. You could use it for things like new clothes, driving lessons or a holiday.

The person you care for must be in receipt of certain benefits for you to be able to apply. For more information go to www.mygov.scot/young-carer-grant or contact the young carers team.