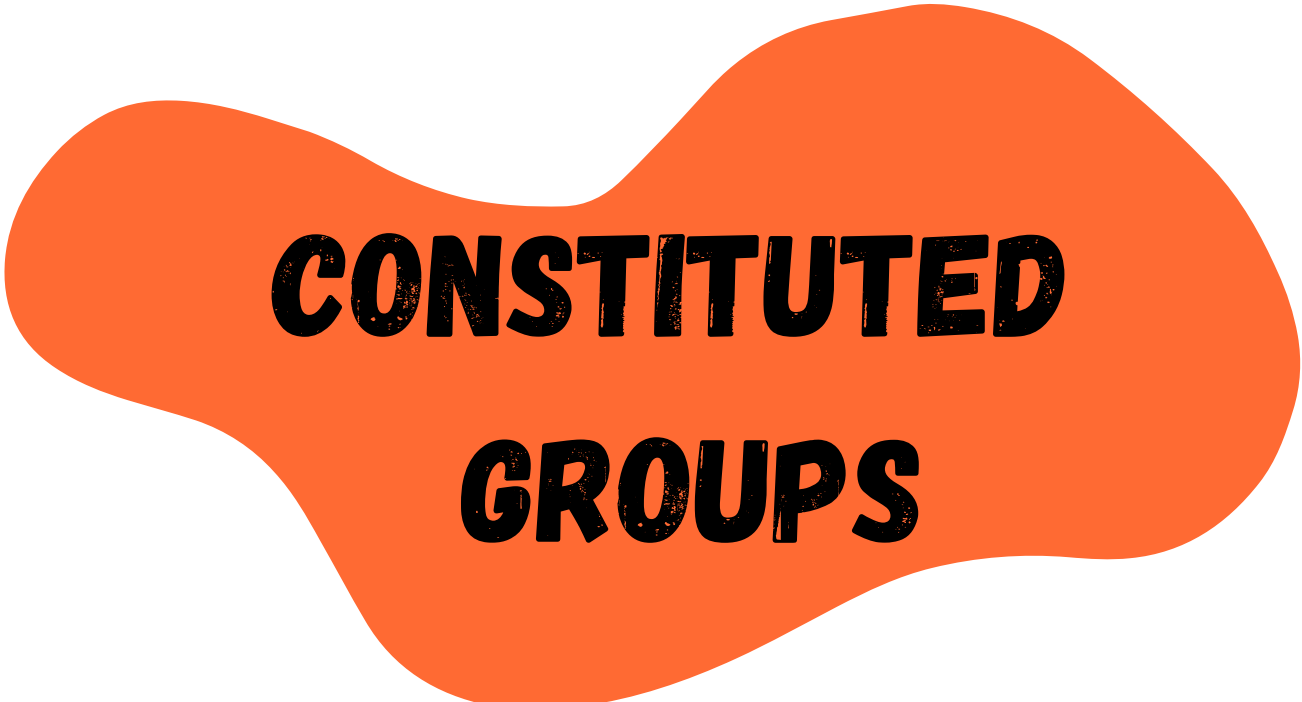




## CARERS NEWS

SEPTEMBER 2022



### CONSTITUTED GROUPS

**LARGS AND 3 TOWNS ARE CONSTITUTED GROUPS AND ALREADY HAVE THEIR OWN PEER SUPPORT UP AND RUNNING, PLEASE CALL THE CENTRE FOR MORE INFORMATION**

### PEER SUPPORT GROUPS

**ADULT CARER PEER SUPPORT GROUPS ARE BACK AT THE CENTRE!**

**CRAFT AND CHAT – 6TH SEPTEMBER, 4TH OCTOBER, 1ST NOVEMBER @ 1.30–3PM**

**CARERS CONNECT – 20TH SEPTEMBER, 18TH OCTOBER, 15TH NOVEMBER @ 1.30–3PM**



### OUTREACH



**KILBIRNIE OUTREACH WILL BE RUNNING FROM KILBIRNIE LIBRARY ON**

**FRIDAY  
SEPTEMBER 9TH  
OCTOBER 14TH  
NOVEMBER 11TH**

**@ 10–12PM**

**THERE WILL ALSO BE THERAPIES AVAILABLE HERE, PLEASE CALL TO ENQUIRE.**

**SALTCOATS PEER SUPPORT WILL BE RUNNING FROM SALTCOATS LIBRARY ON**

**MONDAY  
SEPTEMBER 26TH,  
OCTOBER 24TH  
NOVEMBER 28TH**

**@ 10–12PM**

**THERE WILL BE NO THERAPIES AT THE SALTCOATS GROUP.**

# CARERS APPRECIATION CARD

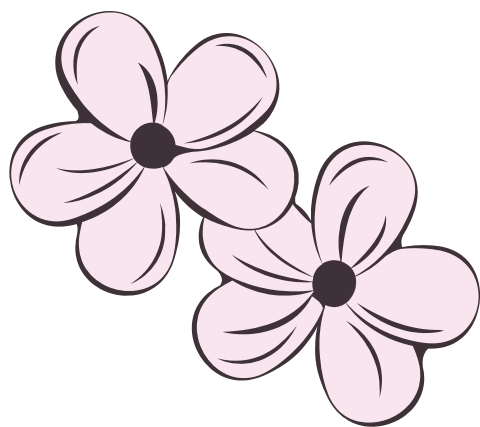
**CARERS APPRECIATION CARDS ARE STILL AVAILABLE, THIS INCLUDES DISCOUNTS FROM POPULAR LOCAL BUSINESSES SUCH AS KA LEISURE, THE BRAE, SHELLS SCOOPS AND SHAKE, AND MANY MORE. IF YOU ARE INTERESTED IN SIGNING UP PLEASE CONTACT THE CENTRE**



## THERAPIES

**EVERY THURSDAY BETWEEN 1-3PM WE WILL BE OFFERING THERAPIES STARTING 8TH SEPTEMBER**

**THERAPIES WILL BE £10 FOR 30 MINUTES**



**THERAPIES WILL INCLUDE SWEDISH MASSAGE, REFLEXOLOGY, AROMA THERAPIES AND MORE**

## CARERS CHRISTMAS LUNCH

**WE WILL BE HOSTING OUR ANNUAL CARERS CHRISTMAS LUNCH AT**

**THE LAURISTON HOTEL, 15 SOUTH CRESCENT ROAD, ARDROSSAN KA22 8EA**

**ON WEDNESDAY 7TH OF DECEMBER**

**CALL THE CENTRE ON 01294 311333 TO BOOK A SPACE**

**TICKETS WILL BE AVAILABLE FROM OCTOBER 10TH**



**CALL THE CENTRE ON 01294 311333 FOR ANY ENQUIRIES REGARDING EVENTS OR THERAPIES**





# YOUNG CARERS GROUPS

**YOUNG CARERS PEER SUPPORT GROUPS ARE NOW RUNNING AGAIN! EVERY TWO WEEKS WE WILL BE PROVIDING ACTIVITIES AND SUPPORT SESSIONS (STARTING SEPTEMBER 19TH)**

**MONDAY 5-630PM PRIMARY YOUNG CARERS  
MONDAY 630-8PM SECONDARY YOUNG CARERS**

**TUESDAY 5-630PM HOMEWORK STUDY SPACE**

**THURSDAY 5-630PM YOUNG CARERS DROP IN**

**ALL GROUPS WILL BE RUNNING FROM NORTH AYRSHIRE CARERS  
CENTRE**



## CARERS TRAINING

**SELF ADVOCACY TRAINING**

**WEDNESDAY 12TH OCTOBER**

**10-12PM AT NORTH AYRSHIRE CARERS  
CENTRE, CALL TO BOOK A SPACE**



**EMAIL:**

**[NORTHAYRSHIRE.CARERS@  
UNITY-ENTERPRISE.COM](mailto: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.**

## CREATIVE CARERS

**CREATIVE COMMUNITY HUB  
EVERY MONDAY 12.30-2.30PM**

**UPSTAIRS ROOM, BARONY CENTRE, WEST  
KILBRIDE KA23 9AW**

**FREE PRINT MAKING CLASSES**

**PLEASE CONTACT THE CARERS CENTRE IF  
YOU ARE INTERESTED**



**KEEP UP TO DATE WITH NORTH AYRSHIRE  
CARERS  
[WWW.UNITY-ENTERPRISE.COM](http://WWW.UNITY-ENTERPRISE.COM)**

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



**Unity Support for Carers  
NORTH AYRSHIRE**

# **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**

