



South Ayrshire Carers Centre Newsletter September 2022

Contact us

If you think you may be an unpaid carer and would like to discuss the services that are out there to support you in your caring role, then you can pop into the centre, give us a call or email us.

South Ayrshire Carers Centre
43 Sandgate, Ayr, KA7 1DA
Telephone: 01292 263000

Email:
southayrshire.carers@unity-enterprise.com



We update our Facebook page with news, information, events and more. Be sure to like our page to keep up to date on what's happening.

You will find us at:

[Facebook.com/
SouthAyrshireCarerCentre](https://www.facebook.com/SouthAyrshireCarerCentre)

Young Carers can join our private Facebook page.

If you are a registered Young Carer at the centre and would like to join, please speak to Emma or Tonya.



Dumfries House

Our adult carers enjoyed a trip to Dumfries House, despite the wind and rain. Thanks to the magnificent trees around the grounds, and the lovely coffee house, we were able to get some shelter, and came away with lovely memories and a host of historical facts about how the house has changed down the ages. Thanks to Scott for his excellent guided tour, and to Craig, Jamie, and Chris who looked after us at lunch. This was a great day enjoyed by all who attended.



Carers Week

This year for the first time since 2019 we held our carers week events in person. Throughout the week staff were out in local supermarkets and hospitals to help raise awareness of unpaid carers. Adult carers were giving an opportunity to attend an information session on Adult Carers Support Plans and young carer attended Young Carers Statement groups. Adult carers also attended and enjoyed lunch and a long awaited catch up.

We closed Carer Week with a Funday for Young Carers and their families. Over 160 people attending and enjoyed face painting, petting zoo, information stalls, inflatables including last man standing, disco dome and a rush drop slide, food, raffles and more. We would like to thank the Citadel for hosting this event and everyone who attended and made the event a big success. It was great to see carers again in person!



CHRISTMAS LUNCH

IT'S BACK!! WE ARE HAPPY TO ANNOUNCE THAT OUR CARERS CHRISTMAS LUNCH WILL BE ON WEDNESDAY THE 7TH OF DECEMBER IN THE HORIZON HOTEL IN AYR. FOR MORE INFORMATION, PLEASE CONTACT THE CENTRE ON 01292 263000.

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 meets in the Carers Centre on the second Thursday of every month from 10:30am - 12noon.

For more details please contact us via telephone or email.

Prestwick Carers Day

Also returning this year was the Prestwick Carers Day in Prestwick Academy. This is a day to celebrate carers in Prestwick, Monkton and Symington areas. With information stalls, live music and food provided by the pupils at Prestwick Academy, along with the choir from Kingcase Primary School made up from 52 primary 2's this was a great day, enjoyed by all who attended.

Troon Carers Day

With the Prestwick Carers Day being so successful organisers are looking to hold a similar event in Marr College for Carers in Troon and Dundonald and the surrounding areas. The event is still in the early stages of planning so as of yet no date has been confirmed. If you are an unpaid carer in those area and would like more information on the event, please just give us a call.

Time to Live Fund

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. Whether it's a spa day, a weekend break, driving lessons or anything else to help give you a break from your caring role.

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

Carer's rights day 2022

Carers Rights day is an annual awareness day in the UK to make sure carers are aware of their rights and to find out how to get the help and support they are entitled to.



This year carers rights day is on Thursday 24th November 2022. Keep an eye out on Facebook or call the centre closer to the time to find out what happening for carers right day.



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.

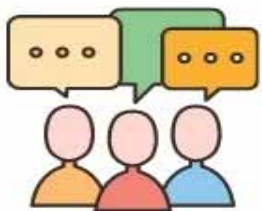
If you would like more information on the Adult Carers Support Plan or would like to complete one, please contact us via telephone or email.

PEER SUPPORT GROUP

Natter Group
2nd Monday of
every month.
1:30-3pm @
Carers Centre

Troon Group
2nd Monday of
every month.
10-11:30am @
Troon Library

Girvan Group
2nd Monday of
every month.
1:30-3:30pm @
The Carrick
Buildings



Prestwick Group
3rd Tuesday of
the Month.
10:30am - 12pm
@ The RAFA
Club

Ayr Group
Last Wednesday
of every month.
1-2:30pm @
Carers Centre



Young Carers News

Summer programme

We received £1000 from the Cash for Kids Summer grant and thanks to this our young carers had a fun packed summer.


We had a week full of activities in July starting with a pool tournament in the centre, then we were off to Intime Escape Rooms in Ayr with two groups. The first group raced against the clock in the Abandoned Academy to find out what happened to the missing teacher and pupils, with just 4 minutes and 39 seconds over the hour, the young carers worked together to figure out the puzzles and escape the head master. Our second group were transported to the festive season and with the timer ticking the team had to fix the elves mistake to save Christmas as buddy had forgotten to make Rudolph's magic reindeer food, we are happy to report that the group saved Christmas in just 47minutes and 48 seconds. Well done to all young carers who attended. Our next trip saw 8 primary aged young carers enjoy a trip to Ayr Equestrian Centre for a relaxing afternoon of horse riding including a group lesson followed by a forest trail. This was a great afternoon and Emma and Tonya are very proud of the young carers for stepping outside their comfort zone, we would also like to thank the staff, volunteers and of course the horses: Esme, Lili, Oreo and Danny for their kindness and patience with the young carers. Next, we were off to LA Bowl, where two groups enjoyed games of bowling and had fun playing arcade games. We finished the week with two movie sessions in the centre, our primary group enjoyed popcorn and sweets while watching 'Bigfoot's Family' while our secondary aged group had lots of fun watching 'Grown Ups'.

Our Summer programme continued in August with a trip to the low green in Ayr, where young carers spent the afternoon having lunch while painting some dragons, elephants and monkeys for Pick me up Paints in Ayr. We were also able to provide art packs for young carers to take home who could not attend this event. On our last event for the summer programme we spent a cosy rainy afternoon in the centre playing board games and making milkshakes, with biscoff being a fan favourite. This was a summer packed with fun, laughter and great memories made.

Rage Room and Axe Hurling

Our young adult carers enjoyed a trip up to Glasgow for a day of axe throwing and rage room. We started with the rage room where the young adults had a blast smashing up and destroying items from a tv and computer to glassware, phones, plates and much more. Once we had finished in the Rage Room we moved on to Axe Hurling, where the young adults and the young carers team tried to hit as many bullseyes as possible. This was a fantastic day enjoyed by all, and let our young adult carers release a lot of stress.





Young Carers Festival

Young Carers enjoyed a three-day trip to the 2022 Scottish Young Carers Festival this month.

This provided young carers in South Ayrshire, and nationally, a break from their caring roles and time to spend with other young carers enjoying a variety of activities and experiences including workshops, discos, camping, zip lines, water slides, fire and magic shows, inflatables and much more!

This also supported young carers voice as our group had the opportunity to find out what is happening across Scotland for young carers, advocate for young carers, provide feedback, share their views and ask questions through consultation zones, media ambassadorships and political speeches.

We would like to thank Carers Trust Scotland for such a wonderful opportunity, lots of fun was had and many memories were made!





Sir Arnold Clark Fund

Our young carers team applied to the Sir Arnold Clark Fund for funding to help give the young carers a summer to remember. We were lucky enough to be runners up and were awarded £2,500. Emma and Tonya attended the Clyde 1 radio station and were interviewed by Michael and Ali from West FM on young carers and how this funding would help them. We would like to say a massive thank you to the Cash for Kids, The Sir Arnold Clark Fund and Lady Clark for choosing the South Ayrshire Carers Centre and supporting our young carers.



Cash for Kids

Over the summer young carers received two lots of funding from Cash for Kids.

First from the West FM - Cash for Kids Basic essential summer grant, 49 young carers and their families received help with food or clothing over the summer holidays.

We also received £1000 from the Summer grant, this allowed us to make sure the young carers had a great summer.

We would like to thank Cash for Kids for their continued support of Young Carers in South Ayrshire.



Xsite

With the Sir Arnold Clark Fund, 14 young carers enjoyed a day at XSite Braehead In Glasgow. Our first stop was to the trampoline park Gravity, where the young carers not only enjoyed the trampoline but also the air bags, slam duck zones and dodgeball court where they teamed up against Emma and Tonya for a fun game. After this we made our way round to Frankie and Benny's for a much needed lunch and desserts. Young carers then enjoyed a trip down the UK's biggest indoor slide, sitting at 16 meters this was ideal for our thrill-seeking young carers. Paradise Island Adventure Golf was our next stop, where young carers played 18 holes and the Tiki Hut Trail. We finished the day at Immotion VR, followed by slushes and arcade games.

This was a fantastic day enjoyed by all who attended and was made possible with the support of the Sir Arnold Clark Fund.

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 wellbeing;
- 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.

If you would like more information on the Young Carers Statement or wish to complete a Young Carers Statement, please contact Emma or Tonya.

Young Carers Reference Group

Are you a Young Carer who lives in South Ayrshire? Would you like your opinions heard on issues that affect you and the people you care for?

The Young Carers Reference group is the opportunity for you to help shape services across South Ayrshire and comment on strategy and statutory services.

If you would like more information or would like to attend the Young Carers Reference Group, please contact Emma or Tonya.

Young Carers Grant

The Young Carer Grant is a lump sum of £326.65 that is given to young carers aged between 16-18. To be eligible for the grant you need to be caring for someone for 16 or more hours a week and the person you care for must receive one of the qualifying benefits, and you cannot be claiming Carer's Allowance.

If you want more information on the grant or think that you might be able to apply for the grant, speak to Emma or Tonya and they can help you to apply.

Young Scot - Young Carers Package.

The Young Carers Package is a special bundle of treats available to all young carers, aged 11 to 18 inclusive in Scotland. It's filled with special treats to help Young Carers make the most of their free time and support them in their caring role. Best of all, it's completely free!

Visit www.young.scot/get-informed/national/young-carers-package for more information or contact the South Ayrshire team at: youngscot@south-ayrshire.gov.uk





Active8



If you are a young carer, aged 8 - 18, and resident in South Ayrshire you can enjoy FREE access to a fantastic range of Sport and Leisure activities throughout South Ayrshire.

If you would like more information or would like to apply, please contact Emma or Tonya.



Young Carers Peer Support

We are excited to announce the return of our Young Carers Groups following the pandemic and a busy summer!

Additionally, we appreciate that young carers enjoy peer support and we would like to offer this to all young carers. Lunch time drop in sessions for young carers will hopefully soon be available in all secondary schools.

If you have any questions or would like more information you can contact us at:
Emma.Nethercote@unity-enterprise.com
Tonya.Galloway@unity-enterprise.com