

South Ayrshire Carers Centre Newsletter January 2023

Contact us

If you are a unpaid carer and want information on our service or need signposted to other services that can help you with your caring role, then you can contact us via telephone, email, a visit to the centre or on social media.



01292 263000



southayrshire.carers@unity-enterprise.com



43 Sandgate, Ayr, KA7 1DA



SouthAyrshireCarersCentre



Sacarerscentre

Young Carers Facebook

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.



Happy New Year!

All staff at the Carers Centre would like to wish our carers and their families a happy and healthy New Year.

2022 Reflection

2022 was another busy year for the Carers Centre, lets take a look back...

We were finally able to restart our adult & young carers support groups in person and it has been great to see carers return to the centre. Carers were able to access funding through the ScotSpirit Fund, Winter Wellbeing Fund, Creative Breaks and Time to Live, these funding streams gave carers the opportunity to take a break from their caring role, try new hobbies and have time to themselves. Our young carers enjoyed two residential trips, including the Scottish Young Carers Festival, which also returned in person this year. Summer was busy with trips, the adult carers did not let the wind and rain stop them from having a great time at Dumfries House with a tour of the house and a light lunch. Young Carers had a fun filled summer thanks to funding for Cash for kids and The Sir Arnold Clark fund. Carers week 2022 was a packed week, with information stalls in the community to raise awareness of carers, drop in information sessions around Adult Carers Support Plans and Young Carers Statement, an adult carers lunch in the centre to and a funday attended by young carers and their families, it was a carers week to remember. For the first time since 2019, over 40 adult carers came together and enjoyed a Christmas Lunch followed by music from the Ayrshire Ukulele Clan at the Horizon Hotel. This is just some of the great things that happened at the centre last year and we look forward to another busy year filled with support, information, respite and more in 2023.



MERRY
CHRISTMAS

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.



Time to Live Funding

You could be eligible to apply for funding towards a much needed break from your caring role and to help you sustain your caring role. This can be a spa day, a weekend break, driving lessons, meal out and more.

For more information on this funding or to check if your eligible to apply, please contact us on 01292 263000.

Please note if you have received funding from the Time to Live fund in the past year, you are not eligible to apply again until April 2023.

THERAPIES

Carers can access Therapies in the Carers Centre on the third Wednesday of every month with Ann.

30 minutes appointments are available to book and cost £10

Contact the centre to book your appointment.



2023 Dates for you diary

- Young Carers Action Day - 15th March 2023
- Carers Week - 6th - 12th June 2023

Troon Carers Day 2023

Carers from Troon, Dundonald and the surrounding areas were invited to come along to Marr College on Thursday 24th of November 2022 to enjoy an afternoon of information stalls, live music and food provided by the pupils from Marr College. Unfortunately with the school strikes this event had to be postponed.

The new date of the event is Thursday 2nd February 2023.

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 person you care for
- Your social and leisure activities
- Your physical and mental health
- Your education and work life goals

What would help make things easier for you to carry out your caring role
Plan for 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.

Support Groups

Troon Group	2nd Monday of the month in Troon Library. Please contact the centre for more information.
Natter Group	2nd Monday of the month in the Carers Centre from 1:30–3pm
Girvan Group	2nd Monday of the month in the Carrick Buildings 1:30–3:30pm
Ayr Group	Last Wednesday of the month in the Carers Centre from 1–2:30pm



Young Carers Movie - The Weekend

The South Ayrshire Health & Social Care Partnership, Thriving Communities, The Iris, and a number of extremely talented young carers from South Ayrshire would like to invite you all to the premier of their movie, "The Weekend" at a special event this February – A Night at the Oscars!

This movie not only stars a number of our local young carers, but was also developed, written and filmed by young carers themselves, with the help of The Iris. This film tells the story of three young carers and how their caring roles impact them in different ways over 'The Weekend'.

We are delighted to have completed this special piece of work and are hugely proud of the final film which will be used for awareness raising sessions in secondary schools across South Ayrshire. This will help young people self-identify if they are caring for someone and improve peer understanding. As well as this, it will be utilised as a valuable training resource for staff.

Please join us at Ayr Town Hall for the premiere on **Tuesday 21st February. Doors open at 6pm with the film starting at 6.30pm, followed by a Q & A with the young carers and special guest speakers.**

Popcorn and other refreshments will be provided. Attendees are encouraged to dress up for 'A Night at the Oscars' and celebrate the amazing achievement of our young carers.

Come and help us break the stigma of being a young carer and celebrate how amazing they all are!

Please contact carers@south-ayrshire.gov.uk to confirm your attendance and notify of any dietary requirements.



Cash for Kids

As a charity we rely on donations and funding to help us provide some of the much needed support to our young carers. Cash for Kids have supported us for many years and continue to do so, over the past 3 months we have received a generous £5,480 from three different grants to support our young carers.

Family essentials grant.

Cash for kids support 60 of our young carers and their families with the £45 Family essentials grant, this funding was used to help cover the cost of food and clothing over the Christmas holidays.

Group Funding

The young carers team successfully applied for funding to help cover group activities over the festive period. Thanks to this funding, young carers had a blast decorating gingerbread houses, painting Christmas ornaments and watching Christmas movies in their support groups. Young Carers who could not attend the centre were provided HomeLink gifts and we ended our festive fun with a trip to the local pottery and paint centre for a relaxing night of painting and enjoyed some yummy cupcakes.

Cost of Living Grant

Cash for kids have supported 40 young carers and their families with a £50 Cost of living crisis grant. The funding aims to provide emergency essentials that support the physical and mental well-being of young carers.

We would like to thank Cash for Kids for the continued support they give our young carers, their families and the Carers Centre, without this support we would be unable to provide the support.



David Kaminski and SGN

David Kaminski and friends raised an incredible £520 for Young Carers.

David's employer SGN then match funded an extra £500, bringing the total donation to £1,020.

We would like to thank David, SGN & everyone involved in for the donations to the young cares.



NIGHT BEFORE CHRISTMAS

We would like to say a huge thank you to everyone at the 'Night Before Christmas' campaign, who helped bring a little extra Christmas magic to our Young Carers and their families.

Over 50 young carers and their siblings received personalized Christmas Eve boxes.



Young Carers Statement

A Young Carers Statement 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

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 Grant

The Young Carer Grant is a yearly payment of £326.65 for young carers in Scotland.

To be able to get Young Carer Grant, you must be 16, 17 or 18 years old and be caring for someone for 16 or more hours a week.

The person you carer for must receive one of the following qualifying benefits:

- Daily living component of PIP
- Middle or highest care rate of DLA
- Middle or highest care rate of Child Disability Payment
- Daily living component of Adult Disability Payment
- Attendance Allowance

If you want more information on the Young Carers Grant or think that you might be eligible to apply and want help applying, contact Emma or Tonya.



A colorful poster for 'Young Adult Carer Drop In Sessions'. At the top, a circular logo features a pink heart held in a hand, surrounded by the text 'YOUNG ADULT CARER DROP IN SESSIONS'. Below the logo, a list of dates is provided: JANUARY 26TH, FEBRUARY 9TH, MARCH 9TH, MARCH 23RD, APRIL 26TH, MAY 11TH, MAY 25TH, JUNE 8TH, and JUNE 22ND. To the right of the dates, text states: 'DEDICATED TIME FOR YOUNG ADULT CARERS AGED 18-25 TO HAVE YOUR SAY ON THE SUPPORT AVAILABLE TO YOU, RECEIVE INDIVIDUAL SUPPORT OR ATTEND AS A GROUP, NO APPOINTMENTS REQUIRED.' Below this, it says 'AT THE SOUTH AYRSHIRE CARERS CENTRE BETWEEN 10AM AND 4PM.' At the bottom, a contact line reads: 'FOR MORE INFORMATION CALL SOUTH AYRSHIRE CARERS CENTRE ON 01292 263000'.

YOUNG ADULT CARER DROP IN SESSIONS

JANUARY 26TH
FEBRUARY 9TH
MARCH 9TH
MARCH 23RD
APRIL 26TH
MAY 11TH
MAY 25TH
JUNE 8TH
JUNE 22ND

DEDICATED TIME FOR YOUNG ADULT CARERS AGED 18-25 TO HAVE YOUR SAY ON THE SUPPORT AVAILABLE TO YOU, RECEIVE INDIVIDUAL SUPPORT OR ATTEND AS A GROUP, NO APPOINTMENTS REQUIRED.

AT THE SOUTH AYRSHIRE CARERS CENTRE BETWEEN 10AM AND 4PM.

FOR MORE INFORMATION CALL SOUTH AYRSHIRE CARERS CENTRE ON 01292 263000

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.



ACTIVE8



IF YOU ARE A YOUNG CARER, AGED 8-18 AND YOU LIVE IN SOUTH AYRSHIRE, THEN YOU CAN ENJOY FREE ACCESS TO A FANTASTIC RANGE OF SPORTS AND LEISURE ACTIVITIES THROUGHOUT SOUTH AYRSHIRE.

FOR MORE INFORMATION OR TO APPLY, CONTACT EMMA OR TONYA.



Young Carers Action Day 2023!

Young Carers Action Day is an annual event, organised each year by Carers Trust.

It's a day for raising public awareness of young carers and young adult carers, the pressures and challenges they face, and the incredible contribution they make by caring for their family members and friends.

This year's Young Carers Action Day is on Wednesday 15th March and the theme is **Make time for Young Carers.**

Mindful Peak Performance

Mindful Peak Performance have released their award winning meditation and non-contact boxing exercise videos that young carers can access for free!

These workout videos can support mental wellbeing, provide a fun method of exercise, teach about non-contact boxing routines and share guided mindfulness meditation to bring you calmness and improved wellbeing.

These videos can be found at:

<https://www.mindfulpeakperformance.com/bamworkout>

WHAT DOES YOUNG CARER MEAN TO YOU?

YOUR STORY

Think:
What does being a young carer mean to you?

For the fun part! How will you share your story?

Short story? Blog?
Sculpture? Painting?
Puppets? Video?
Photography? Pottery?
Song? Poem? Rap?
Presentation?

One lucky participant will receive a £20 gift voucher! Winner will be announced on March 15th on Young Carers Action Day!

Send your creative masterpieces to the young carer support team: emma.nethercote@unity-enterprise.com or pop into the South Ayrshire Carers Centre.

For More Info Call Us: 01292 263000

Would you like help?

We're off to the Panto, oh no we're not!

Ayr Rotary Club have supported the carers centre for years, one of the ways they support us is by donating money at Christmas so that the young carers can attend the local pantomime.

2022 was no different, in December 23 we were all looking forward to a fun night at Ayr Gaiety Theatre to see Sleeping Beauty. Unfortunately a couple of hours before the show, we got a call to say that the show would be cancelled due to a heating issue.

Sadly we could not get the trip rebooked.

We would like to thank Ayr Rotary Club for the continued support they give our Young Carers.



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!

For more information contact Emma or Tonya

Free Bus Travel

Young people aged 5-22 years old can access free bus travel with a National Entitlement Card.

For any enquiries about applying, contact the team via
Phone: 0300 123 0900

Email: youngscot@southayrshire.gov.uk

Website: www.youngscot/theyoungscotcard

Drop in's available at Ayr Carnegie Library, every Tuesday from 3:30-4:30pm.

Sidekick

Sidekick is an anonymous and confidential text service for young carers aged 13-18 in the UK.

Provided by Action for Children who's friendly team are there to help 24/7.

If you would like to talk about anything that is bothering you contact via:

Text: 07888 868059

Email: sidekick@actionforchildren.org.uk

SCHOOL DROP IN'S

AYR ACADEMY

- 27th January
- 30th March
- 25th May

BELMONT ACADEMY

- 16th March
- 18th May

CARRICK ACADEMY

- 23rd February
- 27th April

GRIVAN ACADEMY

- 1st March
- 3rd May

KYLE ACADEMY

- 9th March
- 10th May

MARR COLLEGE

- 16th February
- 15th March
- 20th April
- 17th May

QUEEN MARGARET ACADEMY

- 28th February
- 28th March
- 19th April
- 31st May

For more information on the school drop in's contact Emma or Tonya on 01292 263000.

Emma Nethercote

Young Carers Worker

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📍 Emma at Unity
☎ 01292 263000

Tonya Galloway

Adult & Young Carers Support Worker

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