



# South Ayrshire Carers Centre Carers Newsletter May 2023

## Contact us

If you are an unpaid carer and would like 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.



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SouthAyrshireCarersCentre



SAcarerscentre



A Network Partner of  
**CARERS TRUST**

## Hampden Park

The South Ayrshire Carers Centre put on their walking shoes to celebrate Active April 2023, with an inspiring trip to Hampden Park.

Young carers and adult carers joined forces for a stadium tour, a museum tour, a play in the teams warm up area and a tasty lunch, overall having time to celebrate a common interest and explore the history of Scottish football.

Here is some feedback from the carers who attended the trip.

“I enjoyed the museum, it was very interesting”. “ The warm up area was great and I had fun seeing how fast I could kick the ball into the net”. “Walking out and hearing the famous Hampden roar was something I will never forget”.

We would like to thank the South Ayrshire Youth Network for making this possible for our young carers and to Andy at Hampden Park for providing a lovely experience for our carers, with memories to last a lifetime!



Young Carers enjoyed a recent trip to Intime Escape rooms.

## In this Issue:

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- I.T information session for Adult carers.
- Time to Live Funding 2023 – 2024
- Adult Carers Support Plan
- Young Carers Statement
- Night at the Oscars
- And much more....

## Mental Health Week

Monday 15th - Sunday 21st May was Mental Health Week.

All Academy School Drop In for this week planned and took part in their own calming activities from sewing, riddles and group fun to finding out all about the mental health support available in South Ayrshire!

Adult Carers attended a Mindfulness session with George Mitchell, they learned how to take time out their busy life and spend a few minutes relaxing and focusing on just breathing.

After Mindfulness, carers had the opportunity to chat and enjoy a light lunch.

Carers received Wellbeing packs to take home with them. From local information to stress balls and Mental Health Wellbeing journals, these packs were designed to help Carers destress.

Young Carers received hygiene packs thanks to Marr College.



## Digital Information session for adult carers

Unsure how to get the most out of your computer, tablet or mobile phone?

Need help setting up passwords?

Want to learn how to set up and use an email address?

Access social media?

Learn how to keep in contact with family and friends online?

South Ayrshire Carers Centre are hosting an information session for Adult carers to help improve carers confidence online. Contact the centre on 01292 263000 to book a space and let us know what you would like help with.

Time: 10am - 12pm  
Date: Friday 16th June 2023





# Adult Carers Support Groups

## Troon Group

2nd Monday of the month in the 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 from 1:30-3:30pm.

## Ayr Group

Last Wednesday of the month in the Carers Centre from 1-2:30pm.

For more information, please contact us via telephone or email.

## 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 via telephone or email.

## Carers Reference Group

The Carers Reference Group keeps unpaid carers updated information on strategies and statutory service in South Ayrshire.

The group meets in the Carers Centre on the second Thursday of the month from 10:30am - 12pm.

If you would like more information on the reference group or would like to attend, please contact the centre on 01292 263000.



## Therapies

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

30 minutes appointments are available to book and cost £10

Contact the centre to book your appointment or for more information.



# Carers Week 5-11th June 2023

## Recognising & Supporting Carers in the Community

For more info call the South Ayrshire Carers Centre on 01292 263000



## Congratulations

On behalf of the staff at the Carers Centre and everyone at Unity, we would like to say a massive Congratulation to our service manager David Weir, who celebrated 20 years with Unity on the 28th April 2023.

To mark this milestone, David was presented with a gift and cake from Fraser Bedwell, who is our new Chief Executive at Unity.

Congratulations on again David and a huge thanks to you for all your hard work and commitment.

## Troon Carers Day

Unpaid adult and young carers attended Marr College in February for a fun day filled with live music and various entertainment from poetry to a light exercise and mindfulness session, information stalls and more. This day was to bring together carers from Troon, Dundonald and the surrounding areas to celebrate carers.

Plans are currently underway for the next Prestwick Carers Day, which is scheduled to take place on the 29th September 2023 at Prestwick Academy. Keep an eye on our Facebook page for more information.





As a charity organization we rely on donations and funding to help us provide our carers with respite breaks and activities. We would like to thank the following people for supporting the South Ayrshire Carers Centre over the past few months.

### South Ayrshire Youth Work Network - Small Grants

The young carers support team applied to the South Ayrshire Youth Work Network Small Grants funding and we are happy to report that we received the full amount of £500. This funding will be used to give Young Carers in South Ayrshire access to respite trips. Part of this funding was used for our recent Young Carers trip to Hampden Park.

South Ayrshire Youth Work Network also recently held an event for youth workers. Emma and Tonya attended this event and had a great evening networking with other organisations, attending mindfulness and yoga work shops and learning some new icebreaker games that they look forward to trying at Young Carers Groups.

We would like to thank the South Ayrshire Youth Work Network for their support of young carers and our young carers team.

### Market Inn Burns Club

South Ayrshire Young Carers received a whopping £1000 from the Market Inn Burns Club. The club raised the funds with a 10 mile charity walk along with the club's weekly bonus ball.

Frank Osborne and Stewart Murdoch came along to present the cheque to our service manager David Weir and young carer Milly.

This funding will help provided respite trips and activities for young carers in South Ayrshire.

We would like to thank the Market Inn Burns Club for their support.





## The Weekend

Together with the Iris and South Ayrshire Health and Social Care Partnership, 5 young carers made an impactful short film called "The Weekend". The film shows some of the struggles young carers can face but also how rewarding being a young carer can be.

We would like to say a massive well done to Arran, Caleb, Dorothy, Heather and Stephanie for their amazing hard work, from writing the script, working behind the camera on sound, shooting and acting. They have produced a fantastic film. This short film will help raise awareness on young carers and help young people identify themselves as young carers.

## Young Adult Carers

During the Easter break we met up with a group of our Young Adult Carers for breakfast at Lido's in Troon.

As well as enjoying a delicious breakfast, the group came up with a lot of great ideas of how they wanted their group to run and respite ideas.

If you are a Young Adult Carer aged 18 - 25 years old and would like to come along, contact Emma or Tonya for details.

## Easter

Over the Easter Holidays Young Carers enjoyed a range of trips and activities. We started off with an arts and crafts day in the centre where young carers enjoyed making Easter baskets, Easter cakes and had a fun Easter egg hunt.

The cold weather did not stop us from having a great time at Ayr beach park.

An amazing time was had at the In Time Escape Room, in Ayr. You would never believe that this was the first time these young carers had met and just how incredibly they worked as a team! Safe to say our group triumphed with solving the mystery of the Abandoned Academy with 4minute 9 seconds to spare!

## Young Carers Statement

A Young Carers Statement can be completed for any young carer under 18 or over 18 years old, but still at school.

The Young Carers Statement is completed by having a conversation with an adult from education, health, social care or a young carers support worker that you feel comfortable talking to.

A Young Carers Statement will help identify your individual outcomes and what matters to you, such as:

- Details about the person you care for and support provided
- The impact caring has on your mental 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 that 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 one, please contact either Emma or Tonya



## Young Carers Grant

The Young Carers Grant is a yearly payment of £359.65 for Young Carers in Scotland.

You could be eligible to receive this grant if you are aged 16-18 years old and you care for someone for 16 hours or more a week.

How you spend the Young Carer 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 receive one of the following benefits:

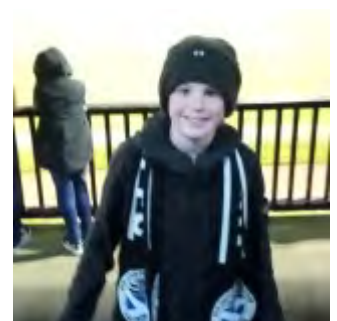
- Daily living component of PIP
- Middle or highest care rate of DLA
- Middle or highest care rate of Child Disability Payment
- Daily Living Component of Adult Disability Payment
- Attendance Allowance

If you would like more information on the Young Carers Grant or would like help to apply, please contact Emma or Tonya.

## Young Carers Action Day 2023

To celebrate Young Carers Action Day we hosted our Young Carers Voice Project alongside the local health and social care partnership. The theme this year was 'Make time for Young Carers', so the aim of our project was to find out what matters to young carers in South Ayrshire. We had two prizes organised for this project and we used an online wheel generator to choose the winners. Heather won a £20 gift voucher of her choice for her project where she captured the pride of being a young carer by sharing the love she has for her brother. The second prize was won by Lucas and Dylan, who created and hosted a wonderful interview, sharing what being a young carers means to them and how it affects their lives. Both boys got to be a mascot at a recent Ayr United Game.

A whopping 86 tickets were secured by the local health and social care partnership for young carers and their families to also attend the Ayr United Game.







# YOUNG CARERS ACADEMY DROP INS 2023- 2024

<b>Prestwick</b>	<b>1st Thursday of the month.</b>
<b>Ayr</b>	<b>1st Friday of the month.</b>
<b>Belmont</b>	<b>1st Friday of the month.</b>
<b>Carrick</b>	<b>3rd Tuesday of the month.</b>
<b>Girvan</b>	<b>3rd Wednesday of the month.</b>
<b>Marr</b>	<b>3rd Thursday of the month.</b>
<b>Queen Margaret</b>	<b>3rd Friday of the month.</b>
<b>Kyle</b>	<b>T.B.C</b>

**FOR MORE INFO: 01292 263000  
OR SPEAK TO YOUR SCHOOLS Y.C CHAMPION**

## 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 to 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!

If you have a Young Scot Card and need any help signing up to the Young Carers Package, please contact Emma or Tonya.

## 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](mailto:sidekick@actionforchildren.org.uk)

## South Ayrshire Carers Centre Team

<p><b>David Weir</b> Service Manager ✉ <a href="mailto:David.Weir@unity-enterprise.com">David.Weir@unity-enterprise.com</a> ☎ 01292 263000</p>	<p><b>Deborah Robertson</b> Adult Support Worker ✉ <a href="mailto:Deborah.Robertson@unity-enterprise.com">Deborah.Robertson@unity-enterprise.com</a> ☎ 01292 263000</p>	<p><b>Emma Nethercote</b> Young Carers Worker ✉ <a href="mailto:Emma.Nethercote@unity-enterprise.com">Emma.Nethercote@unity-enterprise.com</a> 📍 Emma at Unity ☎ 01292 263000</p>
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