

# South Ayrshire Carers Centre

## Carers Newsletter

### September 2023

#### Contact us

If you are unpaid adult or young carer and would like more 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 via our social media pages.

If you are a carer who is currently registered with the service and any of your personal details change, we ask that you please let us know so we can keep in touch with you.

Telephone: 01292 263000

Email:  
[southayrshire.carers@unity-enterprise.com](mailto:southayrshire.carers@unity-enterprise.com)

Address: 43 Sandgate, Ayr,  
KA7 1DA

Facebook:  
[SouthAyrshireCarersCentre](#)

Twitter: [SAcarerscentre](#)

#### On the bonnie banks o' Loch Lomond

For our last summer trip this year, our Adult Carers enjoyed a fantastic day trip to Loch Lomond in August.

They relaxed and enjoyed an hour's cruise around the Loch aboard the Lomond Laird, learning all about the local folklore, animals and history. Carers also had a good sing song on while cruising the Loch.

After the boat trip we stopped off at the Arrochar Hotel and had a lovely afternoon tea.

All who attended had a wonderful day and we would like to thank Glentons for helping to organise the trip.



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## Concert4caring

On Sunday the 10<sup>th</sup> of September 2023, carers and staff from the Carers Centre attended the Concert4caring organised and hosted by the Health and Social Care Alliance and Tommy Whitelaw at Glasgow Royal Concert Hall.

The hospitality offered on the day was perfect, and the entertainment from singer/guitarist Steven Redmond while we enjoyed the reception buffet certainly got us in the mood to relax and look forward to more exciting music to come!

Special guests' performances included, Clare Grogan and her band Altered Images followed by singer/guitarist Callum Beattie and his band. Clare had travelled from London and Callum from John O' Groats just to give of their time to celebrate the unpaid work Carers undertake, and the upbeat sound and song was both thrilling and loud!

The Carers who attended had a brilliant time, thanks again to the Alliance and Tommy Whitelaw for a great evening!



## Family Residential

During the summer holidays, our Young Carers and their families enjoyed a three-day residential to SportScotland Inverclyde National Sports Training Centre.

With fun filled days full of boccia, team building, orienteering, bush craft, bingo, den making, gymnastics, archery, lacrosse, blindfolded forest night line and a silent disco there was plenty to do.

We would like to say a huge thank you to SportScotland Inverclyde National Sport Centre and their amazing team for making our time so special.

Our group had a wonderful experience and have made memories to last a lifetime!

This was a great joint residential organised with the Carers Centre and the South Ayrshire Health and Social Care Partnership.







## Upcoming Events



*Let's Celebrate!*

**YOU'RE INVITED TO**  **PRESTWICK CARERS DAY**  
DISNEY THEMED CELEBRATORY EVENT

**ADmits ONE PLUS GUEST**

Parents Carers Day

Dear Carer,

We are delighted to invite you to our Prestwick Carers Day event. Lunch will be provided on the day, along with musical entertainment from Prestwick Academy, St Ninian's and Glenburn Primary School pupils and a range of other activities. There will also be local information stalls and volunteers on hand who will make you welcome and offer any support that you or the person you care for might need.

If you would like to attend this Celebratory Event please contact the Carers Centre on 01292 263000 or complete the cut off attachment below and post to South Ayrshire Carers Centre, 43 Sandgate, Ayrshire\_KA7 1DA. Please confirm your attendance as soon as you possibly can as numbers are limited. We need your confirmation no later than Friday 15th September 2023. If you have transport requirements please contact the carers carer and we can arrange free transport on the day. Last year's event was a great success so we hope you are able to join us.

With kind regards,  
The Prestwick Carers Day Team

 south ayrshire  
health & social care  
partnership

I will be attending the Prestwick Carers Day Event on the 29th September 2023 11:30 – 3:00pm

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Are you bringing a guest?	Yes	No
Will your guest require any support?	Yes	No
Have you attended a previous Prestwick Carers Day?	Yes	No

Can you please detail any special Dietary Requirements you have below.

 **Carers Rights Day 2023** 

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

This year carers rights day is on Thursday 23rd of November.

Keep an eye out on Facebook or call the centre closer to the time to find out what happening for carers right day.

**Girvan Carers Day 2023**

Following on from the success of the Carers Day in Troon and Prestwick, there will now also be a Carers Day in Girvan.

This will be on Firday 24th November 2023, venue and time is still to be confirmed.

If you would like more information on the event, give us a call on 01292 263000.



## South Ayrshire Carers Centre Christmas Lunch

Join us on Wednesday 13th December for a festive 3 course lunch at the Horizon Hotel in Ayr.

For more information or to book a space, please contact us on 01292 263000.

Please note there will be a cost to the Christmas Lunch, please call the centre closer to the time regarding this.

# 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.

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.

1–2:30pm

For more information, please contact us on 01292 263000.



**“I thoroughly enjoy my time at the support group.**

**This has been an invaluable and life saving service for me.**

**Attending the group I have got myself out of my self-made prison and given space to express myself and feel like a valued part of my community”.**

**“The support group is very welcoming, it is great to have support from staff and meet other Carers with shared experiences”.**



**“The support group helped me to relax and enjoy meeting new people. I have made some great friendships”.**



## 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.

Scan QR Code to complete an Adult Carers Support Plan



## Carers Reference Group

The Carers Reference Group keeps unpaid Carers up to date with information on strategies and statutory services 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, then 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.**



## **My friends are different!**

Meet Sophie, an amazing Young Adult Carer who has released a series of Children's books.

Sophie has always had an interest in working with children with SEN and has previously done so. Sophie's love for writing has brought her here, publishing children's books that educate about SEN!



We recently chatted with Sophie to learn more about her books.

**Q. What inspired you to write a children's book series?**

**A.** I was fortunate enough to grow up surrounded by people with disabilities-physical, learning disabilities and Autism Spectrum Disorder. I've had first hand experience learning about what makes people different, however I know some children are not fortunate enough to experience such things. This is why I want to share my stories with the world, to break the stigma surrounding disabilities and different needs!

**Q. When did you start writing and how many books have you written so far?**

**A.** I released my first book at the end of July 2023, it took about a month to bring it all together. As well as writing the books, I also do the illustration and publishing. I feel like writing the books come quite naturally to me and since the first one I have gotten quicker at writing them.

Currently I have 19 written and with another two ready to come out it will be 21 by the end of this week. Since publishing my books, I have had members of the general public contact me and ask if I can make one that represents their children because there are not books like this, so a lot of the inspiration comes from the general public.

**Q. What message do you want readers to take away from your books?**

**A.** I usually use the slogan 'to Build bridges not barriers'. I hope that the books will help to promote understanding and inclusion for people who feel under represented.

**Q. Are you working on any other books just now?**

**A.** Yes, there is so many books to come. I will be starting to work on a couple of Christmas books later this months. There will also be more books released from the 'Bruno and his forest of friends' series.

**Q. Where would you like to see your books this time next year?**

**A.** I would really like to get my books in schools. I have had some reach from schools in the community to do read through of my books with their children but it would be really good to see them picked up by the council and in all schools.

**Q. Where can people get more information on your books and buy your books?**

**A.** You can get more information on my website: [www.myfriendsaredifferent.com](http://www.myfriendsaredifferent.com). Currently members of the general public can buy my books on amazon and I have recently publisher through Ingram Sparks, this is where retailers, schools and library can purchase my books.

Well done Sophie, keep up the great work!



The Scottish Young Carers Festival is organised by Carers Trust Scotland, the Festival takes place every year and provide Young Carers with the opportunity to have a break from their caring role, meet other Young Carers, make friends, take part in consultations and most importantly, have fun!

This year 13 Young Carers from across South Ayrshire attended the Festival and they had a brilliant time. On the first day we arrived and got settled in, thankfully the Scouts at Fordell Firs set up all our tents for us. Our Young Carers enjoyed a relaxed afternoon with visits to the Cool Creatures, the baby meerkat was by far one of our favourite parts of the Festival, and more before we headed to the Campfire for the Opening Ceremony.

Our Young Carers did not let a lack of sleep and the rain stop them from having an action packed second day. With lots of fun at the Cake Decorating Class, visits to Young Scot and the Consultation Zone to make our voice heard, to lots laughter on the inflatables.

Young Carers also tried new activities from Archery and Axe throwing to the zip line and the very daring 3G Swing, it was great to see their confidence grow.

We also enjoyed lots of ice cream, hotdogs and burgers and made sure to stop by the photobooth before heading home for a good nights sleep!



## Young Carers Support



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.

For more information or to apply, contact Emma or Tonya.



### Young Scot - Young Carers Package

The Young Carers Package is a extra 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, give Emma or Tonya a call.

### 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, days out, 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.

### Sidekick

Young Carers aged 13-18 in the UK have access to Sidekick.

Sidekick is a confidential and an anonymous text service.

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

Sidekick is here if you would like to talk about anything that is bothering you, contact them via:

Text: 07888 868059

Email: sidekick@actionforchildren.org.uk



### Cash for kids Summer Support



Cash for kids once again helped support us over the summer holidays. We received £750, this helped with our summer trips.

25 Young Carers also received vouchers to help with clothes and/or food over the summer holidays. Thank you for to Cash for Kids for their support.





## 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>Kyle</b>	<b>3rd Friday of the month.</b>
<b>Queen Margaret</b>	<b>T.B.C</b>

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

## Academy Drop Ins

Our Young Carers Academy Drop Ins are a fantastic way for registered and non-registered Young Carers to meet with our Young Carers Workers Emma and Tonya.

During the Drop Ins Young Carers get to access 1-1 support, peer support, advice, information and much more.

For more information contact us, Emma and Tonya, or you can speak to the designated Young Carers Champions in your school.



## 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 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 a Statement, please contact Emma or Tonya

## Young Carers Summer 2023!

With support from Cash for Kids, our Young Carers had a fantastic summer programme.

Summer started with a Disney Movie Day, Young Carers enjoyed got cozy with popcorn and snack while watching Hercules and Wreck it Ralph 2, this was a relaxed way to kick off our busy summer. We hosted beach days, from playing in the park to water fights and a run away beach ball, the Young Carers had a windy but great time.

Dumfries House was the venue for our family day, Young Carers and their families came along and worked together to completed our selfie hunt, it was great to see so many Young Carer and their families enjoy have a great time.

Our Primary aged Young Carers had a busy day at Kelburn Castle, working together to complete the Kelburn Bingo sheet and find their way through the secret forest, before heading to the indoor play barn. This was an action packed day and Emma and Tonya were hoping all Young Carer would be tired and sleep on the bus on the way back to the centre, however the Young Carers were still full of energy and sang at all top of their lungs all the way back, with Aqua's Barbie Girl being the most popular song.

Our younger secondary group enjoyed a trip to Heads of Ayr Farm Park, they had a great time feeding the animals, going on the train and quad bikes and playing at the park, despite the rain this was a great day.

Our older academy group had a great time at Pirate Pete's, plenty of fun and laughter had running around the soft play area.

