



Contact us

If you are an 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**

**Address: 43 Sandgate, Ayr,
KA7 1DA**

**Facebook:
SouthAyrshireCarersCentre**

Twitter: SAcarerscentre



Carers Gateway South Ayrshire March Newsletter 2024

New Name, New Manager, same great service!

Welcome to the newly named carers team at the Carers Gateway—South Ayrshire! I am thrilled to join you as the newest addition to our team as Gateway Manager. I hope my expertise and passion for supporting unpaid carers prove to be invaluable assets that will enrich your services mission of providing crucial assistance to carers in need. Some may recall me from my previous post as part of South Ayrshire's Carer Strategy Team. I was a Social Worker prior for almost a decade with lived experience of being an unpaid carer both as a young person and as an adult. While everyone has different experiences I can deeply resonate with the need to look after oneself to be in the best place possible to care for others. We're fortunate to have as many lived experiences as we do within the Partnership and the Carers Gateway and aim to effectively utilise this in supporting carers across South Ayrshire.

As Gateway Manager, I aim to play a pivotal role in ensuring that your service is a beacon of carer led support, guidance, and compassion for unpaid carers across the South Ayrshire Localities. By having dedicated workers in each of the Localities we hope this will help us further enhance our services and reach even more individuals who rely on us for assistance and understanding. We presently have one full time Adult Carer worker, two part time workers with a vacancy for a third part time worker in Girvan and South Carrick. We recently welcomed Bradley back as a full time worker for young carers and Tonya has stepped into the additional full time post.

Over the next few months the staff will be hosting more support sessions and activities within your local area to reduce the need to travel to Ayr Town Centre for support. In doing so reaching more carers and by providing a more local, out of traditional hours support model, to ensure that assistance is there when carers need it the most.

We are confident that the teams unique skills and experiences will contribute significantly to your services ongoing success in empowering unpaid carers and enhancing their quality of life. Together, we will continue to make a meaningful difference in the lives of those who selflessly devote themselves to caring for others. Warmest regards. Aaron.

MEET THE TEAM



Aaron Cyr
Carers Gateway Manager



Deborah Robertson
Adult support worker
Maybole



Runa Price
Adult support worker
Ayr North



Sheila Vance
Adult support worker
Prestwick & Troon



Brad Mellor
Young Carers Support Worker



Tonya Galloway
Young Carers Support Worker

Our values

Values are the beliefs and principles that you believe are important in the way you live and work.

Here at Unity and the Carers Gateway South Ayrshire our values are:

Bravery

Equality

Fairness

Honesty

Inclusion

Kindness

Respect

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



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.



Troon Support Group

Louise Robertson the Dementia Advisor in South Ayrshire for Alzheimer's Scotland came along to our Troon group in February.

She gave the group lots of great information and advice on caring for someone with Dementia.

You can contact Louise at LRobertson@alzscot.org or 07585 331946.

Girvan Carers

We would like to thank 'Girvan Living With Leisure Group' for having Runa and Aaron along to attend their meeting at Girvan Community Centre, to talk about the services we offer at the Carers Gateway South Ayrshire.

If you are an unpaid adult carer in Girvan and would like to attend our support group, please see above for details.



Carers Christmas Lunch 2023

We had our annual Carers Christmas lunch at the Horizon Hotel in Ayr at the beginning of December.

Carers, invited guests and staff enjoyed a three course festive meal, this was a great afternoon for all who attended.



Therapies

Carers can access therapies in the Carers Gateway office on the 3rd Wednesday of the month.

Therapies cost £10 for a 30 minute appointment and can be booked by contacting us via telephone 01292 263000



Carers Reference Group

The Carers Reference Group keeps unpaid Carers up to date with information on the strategies and statutory services in South Ayrshire.

The group meets in the Carers Gateway 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.



Honeypot Residential



Nine primary aged young carers enjoyed a weekend residential at the newly opened Honeypot House in Dalleagles.

We arrived on Friday afternoon and got settled into our rooms and had a tour of the house, after dinner the young carers helped put up the first Christmas tree in the new house and enjoyed festive art and crafts and playing in the games room.

On Saturday we spent some time at Dumfries House and the young carers enjoyed exploring the grounds and seeing who could collect the most snow. In the afternoon the young carers spent time practicing for the talent show that evening. From dancing, singing, gymnastic and more all the young carers put on a great performance!

This was just some of the great things the young carers got to do over the weekend. For some of our young carers this was their first break away from their families and they all had a great time.

We would like to thank Bruce, Jo, Maht and Elaine from Honeypot for a great time!

We would also like to say a big thank you to our young carers. Feedback from Bruce at Honeypot was that they were one of the most well behaved and well mannered groups they have had the pleasure to host.





Thank
you!



As a charity we rely on donations and funding to help us provide our young carers and their families with support and activities.

We would like to say a big thank you to the following organisations for their support over the past few months.

Salvation Army

At the beginning of December we received support in the form of Christmas gifts and clothes from the Salvation Army in Ayr. This was a great support for some of our young carers and their families and helped bring them all a little Christmas magic.

Ayr Rotary Club

For years the Ayr Rotary Club have helped make sure young carers had a great Christmas with a trip to Ayr Gaiety to enjoy the Panto and 2023 was no different. Thanks to the Rotary Club 25 young carers had a great night with lots of laughs while watching Cinderella. The Rotary club also very kindly provided goodie bags filled with chocolate, juice, popcorn and more for the young carers.

Cash for Kids

We apply regularly to Cash for Kids to help us fund our trips and activities for our young carers and also to their Cost of Living Grant to help our young carers families with the cost of food and clothes due to the cost of living crisis. Since October 2023 we have received a massive £3,370 from Cash for Kids. This was used for our October and December trips and activities and 46 young carers and their families received support from the Cost of Living Grant.

We cannot thank each of these organisation enough for supporting our young carers.





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's friendly team who 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



Young Carers Package

The Young Carers Package is an 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, contact our young carers team to help.

If you are 11 or do not yet have a Young Scot account, your young carers team can help get it sorted for you.



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 our young carers team.



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, 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 our young carers team.



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 the young carers team.



Scottish Young Carers Festival 2024!

The Scottish Young Carers Festival takes place every year and provides a chance for young carers to have a break from their caring role, meet other young carers, take part in consultations and most importantly, have fun!!

If you are a registered young carer in academy and are interested in attending this August, look out for more information in the coming months or contact your young carers worker and register your interest.

**CARERS
TRUST**