

# newsletter

Information for Carers throughout Falkirk District and Clackmannanshire

WINTER 2016



## Carers Centre Anniversary Celebrations Continue

Continuing the celebrations for the Carers Centre's 20th Anniversary, carers from Falkirk and Clackmannanshire enjoyed some fizz and canapés at an exclusive showing of the film 'Florence Foster Jenkins', starring Hugh Grant and Meryl Streep, at the Hippodrome in Bo'ness during Carers Week in June.

In September, the Centre took over the Hub in the Howgate Centre in Falkirk, inviting carers and the general public to drop in to see our display and learn more about the work of the Carers Centre while enjoying a hand massage, a glass of bubbly and some anniversary cake.

### COMING UP!

Carers Rights Day : Carers Christmas Lunch

Friday 25 November 2016 : Tuesday 13 December 2016

See inside for details of these events for carers.

## Welfare Benefits Support for Carers

Working in partnership with Falkirk Citizen's Advice Bureau (CAB), the Carers Centre offers weekly appointments to individual carers every Monday morning at the Centre in Falkirk.



citizens  
advice  
bureau

Carers can have a personal benefits check, have their questions answered and help to apply for relevant benefits.

**In Clackmannanshire, a new monthly Welfare Benefits Surgery at the Centre in Alloa is being piloted for 6 months starting in November.**

Please contact the Centre in Falkirk or Nicola Weedon at the Centre in Alloa to book an appointment.

## Clackmannanshire Museum & Heritage Service

The Clackmannanshire Museum & Heritage Service programme of events for 2016-2017 is now available.

All Clackmannanshire carers who are registered with the Carers Centre can attend the Service's talks and events free of charge. If you would like a programme, please contact the Carers Centre in Alloa.

## Working with Alloa Citizens Advice Bureau (CAB) to Inform, Support and Involve Carers

As well as the Welfare Benefits sessions mentioned above, the Carers Centre in Alloa has been working closely with Alloa CAB over the past few months to develop some joint initiatives to support carers.

Carers who have contact with the Carers Centre and/or the CAB met to discuss the Scottish Government's 'A New Future for Social Security' and also came together to discuss this topic further at the Clackmannanshire Carers Forum. Carers were able to express their views on the changes proposed, specifically to Carer's Allowance and disability benefits.

The Centre has provided carer awareness training for staff and volunteers at the Citizens Advice Bureau and there are plans for the CAB to deliver some sessions in the Care with Confidence programme early in 2017. Centre staff will also be receiving some upskilling in Welfare Benefits.

## Staff Changes

There have been a few staff changes at the Carers Centre in recent months.

**Sharon Morgan**, who worked at the Centre in Alloa for 7 years, and **Stella McDonald**, who worked in Falkirk and Clackmannanshire for 13 years, both retired this year, and **Fiona Williams**, who had worked as a Carer Support Worker in Falkirk and Clackmannanshire, left to pursue new interests. All three workers contributed a great deal to the work of the Carers Centre over the years and will be missed by both carers and colleagues.

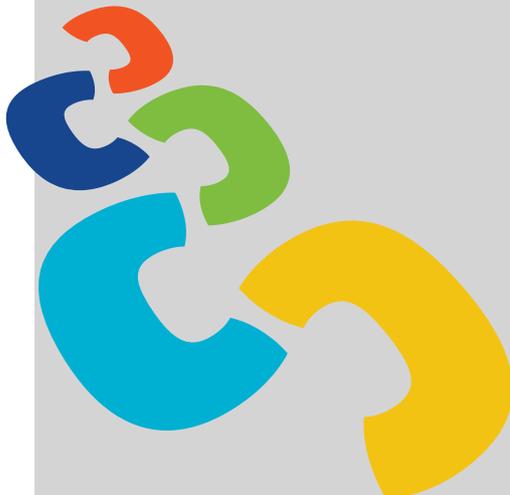
This has led to some internal changes. **Nicola Weedon**, who has been our Carer Support Worker at Forth Valley Royal Hospital for almost four years, has taken over Sharon's role in Alloa and **Donna Mulder**, who previously provided Care with Confidence sessions in the community in Falkirk, has taken over Stella's Training Co-ordinator post, providing Care with Confidence sessions in Falkirk

and Clackmannanshire. **Rebecca Fowler** has moved from her role as Carer Support Worker in Falkirk to take over Donna's role. This left three Carer Support Worker vacancies.

After a recruitment process, we were delighted to welcome our three new Carer Support Workers in August – **Aileen Barclay** and **Jenni Behan** at the Centre in Falkirk, and **Kevin McKay** at Forth Valley Royal Hospital in Larbert.

Aileen, Jenni and Kevin are enjoying getting to know the carers who contact our service and are proving to be a great asset to the Carers Centre team as they take on their new roles.

There will be some more changes coming up in the coming months, as two members of staff have recently shared the happy news that they are expecting a new arrival early next year!





## Care with Confidence – Power of Attorney Mini Sessions

What would you do if the person you care for lost the capacity to make decisions on their own?

At our mini sessions, you can come along to find out about: incapacity and how this could impact on your caring responsibilities; how being granted Power of Attorney could help you in your caring role; and applying for Legal Aid to cover or subsidise any associated costs.

These sessions will be held over the first six months of 2017 at the Carers Centre in Falkirk and Alloa.

Contact the Carers Centre or visit our website for further details or to book a place.

### Falkirk

Monday 23 January 2017, 2.00 pm  
 Monday 20 February 2017, 2.00 pm  
 Monday 27 March 2017, 10.30 am  
 Wednesday 26 April 2017, 3.00 pm  
 Wednesday 17 May 2017, 10.30 am

### Alloa

Thursday 19 January 2017, 2.30 pm  
 Monday 13 March 2017, 1.30 pm  
 Thursday 11 May 2017, 2.30 pm

## Young Carers project

### Donations

- The Rotary Club of Alloa has generously offered to pay for young carers in the Clackmannanshire area to have an outing in December this year. It is hoped that over fifty young carers will benefit from this opportunity.
- Thank you to the pupils of Alloa Academy Interact Club who did a sponsored hill walk of Ben Cleuch for the Young Carers Project fundraising an amazing £558.



### Young Carers Festival

Falkirk and Clackmannanshire young carers attended the ninth Scottish Young Carers Festival in August at Broomlee Outdoor Centre. Although the weather was drierich all of the young carers enjoyed the two days away staying overnight in tents.

### Falkirk Rotary District Challenge Enterprise 2016

Two young carers, Lauren Baigrie and Eireann Lee were selected to take part in the Challenge Enterprise 2016 event. This is designed for 16-18 year olds who are likely to go on to a career in business. Challenge Enterprise takes successful candidates for an intensive residential weekend which concentrates on giving them an insight into various aspects of business and sets challenges which will help develop their confidence and business knowledge. All costs are covered by Falkirk Rotary Club.

## Improving the Health and Wellbeing of Carers

The Carers Centre provides individual and group support for carers. Details of all the Centre's groups and drop in sessions can be found on the back page of the newsletter. Thanks to additional funding and partnership working, we are also able to provide a range of additional activities and services to support and improve the health and wellbeing of local carers:

For more information about any of our support activities for carers please contact the Carers Centre

### Dreamnight at the Zoo

Friday 19 August 2016 saw a total of 46 VIP families of children with additional support needs, 141 VIP young carers, and 19 staff and volunteers enjoy a unique evening as guests of Edinburgh Zoo.

As one of their chosen partnership charities this year, the tickets for Dreamnight at the Zoo had been made available by the Royal Zoological Society of Scotland and, thanks to funding from the Scottish Government's Short Breaks Fund (Better Breaks programme), the Centre was able to offer this event free to all, including transport for a number of eligible families. All involved reported the night a resounding success!



Working in partnership with Falkirk Council, Shared Care Scotland and local and national organisations and hospitality providers, the Centre is able to offer a small number of free or low cost breaks for carers. These include hotel breaks in Aberdeen and Inverness courtesy of Jury's Inn, Afternoon Tea at the Wheelhouse in Falkirk, and Falkirk Community Trust have offered a range of breaks for carers at Callendar House, the Mariner Centre and the Hippodrome in Bo'ness.

**BETTER**  
breaks

A grant from the Short Breaks fund also allows the Centre to offer trips and outings to children and young people with additional support needs and their families and carers. This year, as well as 'Dreamnight' at Edinburgh Zoo, a trip to the Pantomime is planned for Christmas time.

**CREATIVE**  
breaks

The Carers Centre has been awarded funding from the Scottish Government's Short Breaks Fund to continue the Creative Breaks Grant Programme to October 2017. Carers, young carers and young adult carers in Falkirk district and Clackmannanshire can apply for individual grants of up to £300 to fund

flexible breaks that will improve their health and wellbeing and help them to cope with their caring role. Funding from the Falkirk Integrated Care Fund also provides grants for short breaks for carers of adults in Falkirk district.

### Keep Well Health Assessments

'Keep Well' is an NHS Health Scotland programme. The programme provides one to one health assessments for both men and women covering a wide range of health issues including cholesterol and glucose levels, blood pressure, weight, diabetes risk, healthy heart and mental wellbeing. Health Assessments are available in venues across Forth Valley and appointments are being offered to carers at the Centre in early November. Future Keep Well Health Assessments at the Centre will be publicised nearer the time or you can call Keep Well for information about local appointments on **01786 434044** (Falkirk and surrounding areas) or **01259 290213** (Clackmannanshire).

Details of all our activities will be publicised in our regular e-bulletin, on our website and via Facebook and Twitter. If we do not already have your email address, please get in touch so we can keep you up to date, or follow us on Facebook and Twitter.

 /fcentralcarers  
 @CentralCarers

## Health & Wellbeing Activities for Carers

Thanks to funding from the Falkirk Integrated Care Fund (ICF), the Centre was able to offer carers in the Falkirk area a range of activities to improve their health and wellbeing this year including:

- Individual pampering sessions
- Singing Workshops
- Stress Management Sessions
- Podiatry
- Social events and activities

ICF funding this coming year will allow us to continue to offer a programme of health and wellbeing activities for carers going forward.

## Men's Group

Members of the Men's Group in Falkirk are keen to welcome new members along to their regular meetings. The group is for male carers and meets on the second Tuesday of every month from 12 noon to 2 pm at the Centre in Falkirk for an informal lunch with occasional speakers and activities arranged at the request of the carers who attend. In place of the meeting scheduled for December, regular attendees of the Men's Group will be joining other local carers at the Carers Christmas Lunch. The first meeting of the New Year will be at the Carers Centre on Tuesday 10 January 2017 at 12 noon.

## Carers Christmas Lunch

Local carers are invited to a festive Christmas Lunch in December. The Christmas Lunch brings carers together to relax, have a break from their caring role, meet and chat with other carers and have some festive fun.

Carers Christmas Lunches will be held on:

**Tuesday 13 December, 12 noon to 2.30 pm at:**

- Park Hotel, Falkirk
- Dunmar House, Alloa

For further details, and to book a place, please see the flyer enclosed with this newsletter and on our website. Places are limited and require to be booked in advance.



## Singing Workshop

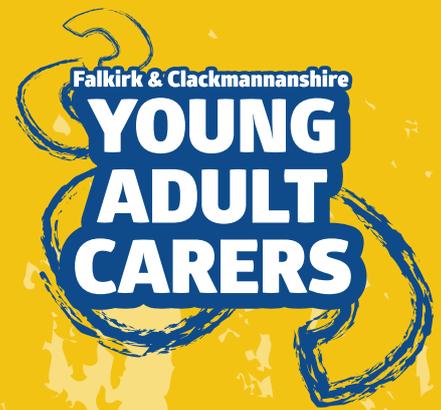
Are you a carer living in the Falkirk area with an interest in singing and music? Come along to our singing and music workshops which will be running weekly at the Centre in Falkirk on Thursday mornings, 11 am to 12 noon on the following dates:

- Thursday 3 November 2016**
- Thursday 10 November 2016**
- Thursday 17 November 2016**
- Thursday 8 December 2016**

Lift your mood and feel good at the workshops with Alex Christie, a qualified singing coach and music therapist. Sessions will continue on selected Thursdays in the New Year until the end of March 2017. If you are interested in attending the sessions, please contact the Carers Centre.

## Burn's Supper

Carers in Clackmannanshire are invited to come together just after New Year for a Burn's Supper which will be held on **Wednesday 1 February 2017**, at Dunmar House, Alloa, 7 pm for 7.30 pm start. For further details, and to book a place, please see the flyer enclosed with this newsletter and on our website. Places are limited and require to be booked in advance.



## Fixers

A small group of S6 young carers and young adult carers are being supported by Fixers, an organisation who help young people use their past to fix the future. They are motivated by personal experience to make positive change for themselves and those around them.

## Isle of Skye Residential

Uig, Isle of Skye, was the location for a young adult carers five day residential in July for eight young people. It was an opportunity to try outdoor activities like kayaking, climbing, mountain boarding, hillwalking, archery and canoeing in and around this beautiful area. The family owned Whitewave Outdoor Centre looked after the group well, the accommodation and the food was excellent. An extra challenge for everyone, including the staff, was the lack of Wi-Fi or phone signal - back to basics!



## Scottish Youth Parliament

Scottish Youth Parliament ran a workshop on the EU referendum for young adult carers in June at the Carers Centre in Falkirk. This covered the history and purpose of the EU and created healthy discussions about the possible effects of leaving the EU for Scotland.

## Carers Parliament

Carers Scotland, on behalf of the Scottish Government and in partnership with the national carer organisations, organise an annual Carers Parliament for carers from all across Scotland.

The first Carers Parliament was held on 1 October 2012. This year's event was held on 2 November 2016 in Edinburgh. The Carer Representatives on the Integration Joint Boards attended the event and took part in various discussions on issues that directly affect carers.

## Carer Integration Network Forum

The Carer Integration Network Forum met on 25 October 2016. The Forum is an opportunity for Carer Representatives on the Integration Joint Boards across Scotland to come together to share experiences and to be a collective voice to raise any concerns or positive examples of Carers Representatives involvement in the Integration Joint Board decision making processes.

Moiria Oliphant, Head of the Carers Policy Unit, and Fee Hodgkiss, from the Integration Division at the Scottish Government, were present at the Forum to answer questions.

## Carers Forum - have your voice heard!

Carers Forum meetings take place quarterly in Falkirk and Clackmannanshire. Join other carers and representatives from health, social care and the third sector to discuss current issues and hear the latest updates.

### Falkirk

The Falkirk Carers Forum will meet at the Carers Centre in Falkirk from 11 am to 1 pm, followed by lunch, on the following dates:

- Friday 25 November 2016 – Carers Rights Day
- Wednesday 22 February 2017
- Wednesday 24 May 2017
- Wednesday 30 August 2017
- Wednesday 29 November 2017

### Clackmannanshire

The Clackmannanshire Carers Forum will meet at 10 am, venue to be confirmed, on the following dates:

- Wednesday 15 February 2017
- Wednesday 17 May 2017
- Wednesday 13 Sept 2017
- Wednesday 22nd Nov 2017

Contact Claire at the Centre in Falkirk or Ian at the Centre in Alloa if you are interested in attending.



Jim Allardyce

## Board of Trustees

Falkirk & Clackmannanshire Carers Centre is managed by a Board of Trustees elected by the membership of Central Carers Association at the Annual General Meeting.

At the Board meeting following this year's AGM, the Trustees elected new office bearers as follows:

- Chair** Jim Allardyce
- Vice Chair** Elizabeth Ramsay
- Company Secretary** Alan Martin
- Treasurer** Colin Gordon

There are still vacancies on the Board of Trustees - anyone who considers that they have the skills required to contribute to the effective management of the Carers Centre should contact the Centre Manager, Agnes McMillan, at the Carers Centre in Falkirk for further information.

## Carers Rights Day 25 November 2016

The theme for this year's Carers Rights Day is: **Missing out? Know your rights as a carer.**

Each year, Carers Rights Day brings organisations across the UK together to help carers in their local community know their rights and find out how to get the help and support they are entitled to.

The Carers Centre will be holding the following events to mark Carers Rights Day:

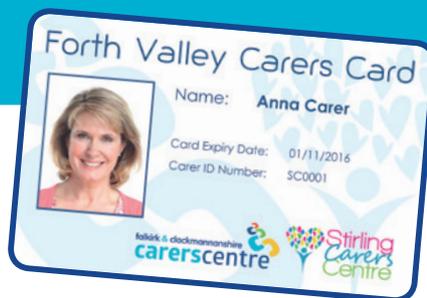
### Falkirk

Carers and those who work with carers are invited to attend Falkirk Carers Forum on Friday 25 November at the Carers Centre. The Forum will focus on carers' rights with guest speakers from Citizens Advice Bureau (CAB) and Forth Valley Advocacy. The Forum will take place from 11 am to 1 pm followed by lunch. There will be a range of information available and carers will have an opportunity to chat to Carer Support Workers. In the afternoon, carers are invited to participate in a 'Mindful Chair Yoga' session at 3pm. For more information please contact the Carers Centre in Falkirk.

### Alloa

Carers are invited to Clackmannanshire Community Healthcare Centre on Wednesday 30 November from 10 am to 12 noon to join in a variety of activities. The Carers Centre will have an information stall and carers will have an opportunity to chat to Carer Support Workers; the Friends of the Carers Centre will have a pop up shop in the foyer; and there will be a Care with Confidence session on Speech & Language. For more information, please contact the Carers Centre in Alloa.

# Forth Valley Carers Card



The Forth Valley Carers Card is a carer identification card that has been developed across Forth Valley, with the support of Falkirk & Clackmannanshire Carers Centre, Stirling Carers Centre, NHS Forth Valley, Clackmannanshire Council, Falkirk Council and Stirling Council. The purpose of the card is to ensure that Health and Social Care professionals: recognise carers, listen to the views of carers, provide carers with information to help them in their caring role, and involve carers as equal partners in care.

The Forth Valley Carers Card has been piloted across Forth Valley during the period December 2015 to November 2016. During this time the card has been issued to a limited number of carers to allow the use of the card to be closely monitored and evaluated to see if it is achieving the desired outcomes. Once the evaluation process has been completed, carers will be issued with the feedback gathered and further recommendations.

Inform | Support | Involve



## Feedback from AGM

At the Annual General Meeting on 25 August, members of Central Carers Association were given the opportunity to discuss the services provided by the Carers Centre to support local carers. The feedback received confirmed that carers:

- value and appreciate the services we provide
- fully support the developments we are undertaking to identify and engage with a greater number of carers through the use of social media
- often find it difficult to participate in involvement opportunities due to a lack of time and understanding
- want us to continue to develop partnerships to ensure carers are identified and supported

Many thanks to those carers who participated in the discussion at the AGM – your feedback is very important as it helps us to plan future services and allows us to let our funders know that local carers have helped shape the services we provide.

## Consultation

**'A new future for Social Security' is the Scottish Government's consultation on Social Security in Scotland.**

Carers have had the opportunity to express their views on the proposed changes and to raise what they feel currently works or doesn't work with the Welfare Benefits System. Carers have participated in consultations at the Carers Forums, Coalition of Scotland meeting and the Cross Party Group on Carers at the Scottish



Government. The Cross Party Group (CPG) gave carers across Scotland the opportunity to share with the Jeane Freeman, Minister for Social Security, their direct experiences of the current welfare system. The views gathered at the CPG will be included in the wider consultation.

## Help Us to Continue to Support Carers and Improve our Service

Thank you in advance for taking the time to tell us what you think.

**In order to continue to support local carers, we rely on funding from a range of sources including Falkirk and Clackmannanshire Councils, NHS Forth Valley, the Scottish Government and a range of grant making bodies such as Children in Need.**

To ensure future funding, we have to be able to demonstrate that we are providing the support that carers need and want and that we are making a difference to carers. We need your help to do this!

Although we frequently ask carers to feed back on groups and activities they participate in at the time, once a year we ask carers to help us by providing feedback and evaluating our service as a whole. This gives carers the opportunity to tell us about which services and support they have accessed over the year and how they have benefitted, as well as letting us know which services would be the most important to them in the future and how we can improve on the support that is offered.

The more carers who respond, the more useful this information will be in shaping the services we offer and in securing the future funding we need to support local carers.

To help us to ensure that we can continue to provide a quality service that meets the needs of local carers, please complete and return the short questionnaire that is enclosed with this newsletter or complete the survey online at [www.centralcarers.org](http://www.centralcarers.org).

# Group Support Activities

Group meetings and carer drop in sessions take place on a regular basis at the Carers Centre and in the community and provide an opportunity for carers to meet with other carers for a cuppa and a chat, share information, hear from speakers on a range of topics, participate in activities and have a break from their caring role.

Carers who attend the groups tell us that they benefit enormously from getting away from their caring role for a few hours and that meeting informally with other carers in similar circumstances helps them to feel better supported and informed – and it is fun!

Please see below for group support listings and times. Details, including current group programmes, are also available on our website.

## Falkirk

### Regular groups held at the Carers Centre:

- **Carers Cafe**

Please feel free to drop-in and enjoy a cup of tea/coffee and meet informally with other carers each Wednesday from 10 am until 12 noon.

- **Men's Group**

The Group meets on the second Tuesday of the month at 12 noon for lunch in the Carers Centre.

- **Parents Groups**

Groups for parents of children with additional support needs meet during term time on the first Tuesday of the month, 7.30 pm to 9.30 pm and on the first Thursday of the month, 10.30 am to 12 noon.

### Community Groups:

- **Bo'ness Carers Group**

Meets on the first Wednesday of the month from 10.30 am to 12.30 pm in the Kinneil Bowling Club lounge, Angus Road, Bo'ness.

- **Polmont Carers Group**

Meets on the second Tuesday of the month from 10.30 am to 12.30 pm at the Greenpark Community Centre, Polmont.

- **Larbert Carers Group**

Meets on the third Wednesday of the month at Larbert library from 10.30 am to 12.30 pm.

## Clackmannanshire

### Regular groups activities:

- **Carers Coffee Morning**

Community House, Forth Crescent, Alloa - Every Monday from 10 am to 12 noon. Join other carers over a coffee in informal discussion, interesting programme of activities, chat and fun.

- **Menstrie Carers Corner**

At The Forge in Menstrie - 3rd Thursday of the month from 11 am to 12 noon. Join other carers over a coffee in informal discussion and friendly chat.

- **Tillicoultry Carers Corner**

At the Butterfly Inn - 1st Thursday of the month from 11.15 am to 12.15 pm. Join other carers over a coffee in informal discussion and friendly chat.

- **Carers Café**

A regular event where carers can enjoy a light lunch together at Hawkhill Community Centre from 12.15 pm to 1.15 pm.

### Drop-In Sessions:

A carer support worker will be available to provide support and information to carers at the following drop-in sessions:

- **Tullibody Healthy Living**

Every Friday from 9.30 am to 10.30 am.

- **Alloa Drop-In Session**

Every Tuesday from 10 am to 12 noon at Ludgate House, Mar Place, Alloa.

1a Bank Street, Falkirk FK1 1NB  
Tel: 01324 611510

Email: [centre@centralcarers.co.uk](mailto:centre@centralcarers.co.uk)  
[www.centralcarers.org](http://www.centralcarers.org)

Ludgate House, Mar Place,  
Alloa, FK10 2AD Tel: 01259 226839  
Email: [centre@centralcarers.co.uk](mailto:centre@centralcarers.co.uk)  
[www.centralcarers.org](http://www.centralcarers.org)

Falkirk & Clackmannanshire Carers Centre is managed by a board of trustees elected from the membership of Central Carers Association, a voluntary organisation comprising carers and those with an interest in carers' issues.

The organisation is a Company Limited by Guarantee (Company No SC184443) and a Registered Scottish Charity (No SC023658)

### Mission Statement

Central Carers Association seeks to ensure that carers of all ages in Falkirk district and Clackmannanshire are recognised, valued, receive the information and support they need to allow them to care with confidence and in good health, and are empowered to have a life of their own outside caring.

### Quality Statement

Central Carers Association is committed to running an organisation with high standards of organisation and operational practice.



### Data Protection

If you have received this publication by post, it means that we currently hold your name and address details. This information is used for administration purposes only in accordance with the provisions of the Data Protection Act. We will never pass on your details to third parties without your permission. If you wish your details to be amended or removed from our mailing list, please contact the Carers Centre.

### Former Carer Policy

Falkirk & Clackmannanshire Carers Centre provides information and support to carers, young carers and former carers for up to two years after their caring role has ended.

### Funded by





## Young Carers project

**Young Carers Groups**  
Groups for young carers take place each month during term-time in Falkirk and Clackmannanshire. Contact the Carers Centre for further information.

**Christmas Opening Hours:** The Carers Centre in Falkirk and Alloa will be closed from Mon 26 December 2016 to Tue 3 January 2017, opening again on Wed 4 January 2017