

newsletter

Information for Carers throughout Falkirk District and Clackmannanshire

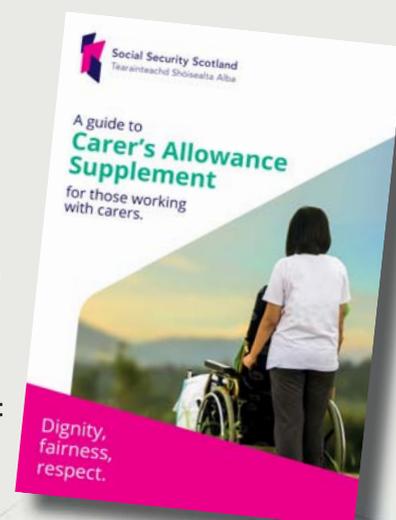
WINTER 2018

Extra Payment for Carers

The Carer's Allowance supplement is an extra payment to help carers in Scotland who receive Carer's Allowance.

Eligible carers in Scotland have started to receive their first payment. You may have received your letter about the Carer's Allowance supplement, if not, don't worry, as these are being sent out from Social Security Scotland to carers in batches with payment due in your account a few days later. If you have not received payment in your bank account by November, then you should call the Social Security Scotland helpline for free on **0800 182 2222**.

A guide to the Carer's Allowance supplement can be found at the following web address:
www.alliance-scotland.org.uk/wp-content/uploads/2018/08/CAS-Flyer.pdf



New Parent Carers Cafe

The Carers Centre has received funding from Carers Trust to pilot a Carers Café for parent carers who care for a child with additional support needs. This weekly Café will take place on a Thursday from 11 am till 12.30 pm at the Centre in Falkirk, initially until 20 December 2018.

Pictured: Better Breaks Family Summer Trip.



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Plus much more...

Care with Confidence

What Carers Need to Know

The Carers Centre are offering carers an opportunity to attend local sessions that will focus on improving their confidence in caring for someone else by receiving key information over a range of topics. The programme is aimed at highlighting essential information and support available locally. We hope to offer sessions in the Braes area of Falkirk in early 2019. If you live in this area and would be interested in attending, please contact the Centre.



Due to positive feedback, the Carers Centre will continue to offer the adult Seasons for Growth programme which aims to build resilience and bring hope and confidence to carers who have experienced significant change or loss.

Grief may be due to any number of experiences including bereavement, relationship breakdown, caring or experiencing ill health. It may be a recent loss, or something that happened a long time ago.

For more information or to register for a forthcoming programme, please contact the Centre.

CAMHS Workshops

The Child and Adolescent Mental Health Service (CAMHS), working with the Carers Centre, have been offering information sessions and workshops for parents/carers of school aged children who have been diagnosed with Autism Spectrum Disorder (ASD).

These sessions are open to those who have received a diagnosis for their child and have not accessed the CAMHS Parents Group or an Early Bird programme in the past.

Previous sessions have included:

- An introduction to Autism Spectrum Disorder
- Understanding Social Communication Difficulties and Strategies for Managing Social Demands
- Anxiety and Autism Spectrum Disorders
- Social Stories and Comic Strip Conversation Workshop
- Managing the Challenges Faced by Children with ASD and Families Workshop

The sessions are offered either daytime or evening and, to get the most from the course, it is recommended that you attend all 5 sessions.

CAMHS are now offering similar workshops for parents/carers of school aged children who have been formally diagnosed by CAMHS as having an intellectual disability or global developmental delay.

Cognitive Stimulation Therapy (CST)

In partnership with the Community Mental Health Team for Older Adults, the Carers Centre is facilitating a Cognitive Stimulation Therapy (CST) and Carer Information Group.

CST is a group intervention for people with dementia and for the family member or friend who supports them. It has a good research base and has been found to have significant benefits to people's cognitive abilities such as memory and language. It has also been found to be good at improving overall quality of life.

Power of Attorney

Carers Centre, Falkirk

- Monday 10 December 2018 at 11 am
- Monday 14 January 2019 at 11 am
- Monday 18 February 2019 at 11 am
- Tuesday 12 March 2019 at 3 pm
- Monday 8 April 2019 at 2 pm

Ludgate House, Alloa

- Monday 19 November 2018 at 10 am
- Tuesday 12 February 2019 at 2 pm
- Wednesday 24 April 2019 at 2 pm

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 whether applying for Legal Aid could help to cover or subsidise any associated costs.

Care with Confidence programmes are regularly posted on our website. For further information or to book a place, contact the Centre in Alloa or Falkirk.

Citizens Advice Bureau (CAB)

Welfare Benefits Advisors hold regular advice surgeries at the Carer Centre in Alloa and Falkirk.

During 2017-18 the CAB workers, across Falkirk and Clackmannanshire, helped 306 carers to secure £466,206 in welfare benefits.

This was split as follows:

- **Falkirk** - 243 carers, £306,037 financial gain
- **Clackmannanshire** - 63 carers, £160,169 financial gain

Should you require any further information or wish to discuss your own situation further with the CAB workers, then please contact the Centre in Alloa or Falkirk.



Lyn McKay, CAB Falkirk



Carers (Scotland) Act 2016
Supporting Carers

Staff Briefing Sessions

The Carers (Scotland) Act 2016 was enacted on 1st April 2018 and places a range of duties on local authorities and the National Health Service. To keep staff and local organisations up to date with the new duties, implications of the Act and progress to date, a range of briefing sessions have been hosted at the Carers Centre in partnership with Falkirk Council.

To date, 180 practitioners across the Health and Social Care Partnership have attended and there are future sessions arranged for those who haven't managed along yet. We hope this leads to greater awareness of carers' rights as well as the information and support available from the Carers Centre.

If you work within Falkirk Council, Forth Valley NHS or a local community organisation in Falkirk and would like to find out more about the Act, please contact Rebecca at the Centre for forthcoming dates.

Young Carers project

Below, left: Rotary Youth Leadership Award and *right:* mobile rock wall Falkirk Stadium.



Two of our young carers, Eilidh and Ross, were selected to take part in a week long residential as part of a Rotary Youth Leadership Award to encourage teamwork and leadership skills.

Both loved it and said that they had made lifelong friends during the week. They are due to give a short presentation to the Falkirk Rotary on their adventure.

The YC Project would like to say

- thank you to the Falkirk Stadium for allowing us to use their car park and facilities for our rock wall climbing groups this summer.
- thank you to Opening More Doors for their donation of £1000 for young carers in Clackmannanshire.



Support

Inform | Support | Involve

Individual and group support for carers

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

Adult Carer Support Plans

As of April 2018, the Carers Act means that all adult carers have the right to an **Adult Carer Support Plan** and a right to support from their Local Authority where the carer's needs meet the Local Authority's **eligibility criteria**.

In Falkirk district, the Carers Centre has been commissioned to help carers to develop an Adult Carer Support Plan. Carers in Clackmannanshire should contact Adult Care, Clackmannanshire Council, Kilncraigs, Greenside Street, Alloa, FK10 1EB, Tel: **01259 452498 / 450000**, Email: adultcare@clacks.gov.uk or the Centre in Alloa to request an Adult Carer Support Plan.

What is an adult carer support plan?

An Adult Carer Support Plan (ACSP) starts with a conversation about the caring role, and what is important in the carer's life, and it helps the carer to plan how to work towards their goals. An ACSP is an opportunity for the carer to think about what support they may need in order to continue caring and to have a life alongside caring. The plan sets out any needs the carer may have and how they will be met.

Making a plan also helps to decide whether any of the carer's needs for support fall within the Local Authority's eligibility criteria for support. This will be used to decide what support the carer **has a right to**.

The key points of the ACSP conversation will be written down with agreed actions and this becomes the ACSP. Carers will be given a copy of this to keep and it will be reviewed at a later agreed date to establish whether the carer's goals have been met.

No matter what level of support is identified, every carer can access information and support from community organisations, including the Carers Centre.

From April to September 2018, 179 carers in Falkirk requested or have been offered an Adult Carer Support Plan through the Carers Centre and 112 ACSPs have been developed with carers.

If you would like to request an Adult Carer Support plan, contact the Carers Centre in Falkirk or Alloa, or your local Social Work department.

Group Activities

Carer groups continue to meet at different locations across Falkirk district and Clackmannanshire. *See back page for details.*

Falkirk Community Groups

In Falkirk, after a break over the summer months, community groups in Larbert, Polmont and Bo'ness started again in September, with programmes planned until the end of the year. Each group enjoys different activities and speakers at monthly meetings, as chosen by carers at the start of the year.

In September, the Larbert Carers Group enjoyed a bathbomb making session (*pictured below*). In October/November, community groups will have the opportunity to discuss ideas for next year's programme and, in December, will meet with other local carers for the annual Carers Christmas Lunch (see right and enclosed flyer).



Group Outing

Carers attending regular groups in Falkirk were invited to an outing in August to the award-winning New Lanark Visitor Centre. Carers told us that they thoroughly enjoyed the day and benefited by feeling more relaxed, less stressed, more supported and many made new friends. In evaluations of the day, the general consensus was that, overall, all aspects of the trip were 'excellent'.

Men's Group Outing to Scottish Parliament

Regular members of the monthly Men's Group in Falkirk have signed up for a visit to the Scottish Parliament at the start of December, courtesy of the office of Michael Mathieson, MSP. Ten male carers have been invited for a tour of the building which includes attendance at First Minister's Questions, followed by lunch.

Family Outing

This year funding from the Short Breaks Fund Better Breaks programme will allow the Centre to offer the opportunity for children and young people with additional support needs and their families to attend a local pantomime this Christmas.





Carers Christmas Lunch

The Carers Christmas Lunch is coming up in December and carers in Falkirk and Clackmannanshire are invited to attend what has become a very popular annual event which brings carers together for a festive meal at this time of year. Carers Christmas lunches for local carers will take place as follows:

**Tuesday 11 December 2018, 12 noon to 2 pm,
The Grange Manor Hotel, Falkirk, FK3 8XJ**

**Tuesday 11 December 2018, 12 noon to 2 pm,
Dunmar House, Alloa FK10 2EN.**

For further details and to book a place at the Carers Christmas lunch, please see the enclosed flyer, or visit our website. Places are limited and require to be booked in advance.

The P7-S1 High School Transition Group met through the summer and benefitted from talking about any worries they had prior to moving to High School. The group will continue to meet up at High School to compare experiences so far.



The Seagull Trust
Thanks to Seagull Trust, ten young carers had a fantastic canal trip this summer. The weather was sunny as they travelled back and forth from Camelon to Hallglen with lots of opportunities to have a go at steering the barge!

Left: Photo, Seagull Trust.

Individual Breaks

As well as offering breaks to carers through group support activities, the Carers Centre supports individual carers to access flexible short breaks that provide a break from caring that will improve their health and wellbeing and help them to cope with their caring role.

Personalised breaks for individual carers range from pampering sessions, stress management courses, days out, breaks away and funding grants (up to £300) to organise a break of their own choosing.

Breaks are made possible by funding received from the Scottish Government's **Short Breaks Fund**, the Falkirk Integrated Care Fund, and breaks that have been gifted by local and national hospitality businesses through the **Respite** scheme.



Short breaks fund

Cath (above), a Clackmannanshire carer, pictured with craft materials purchased with a Creative Breaks Grant which allowed her to pursue a much-loved hobby at home. Cath said, 'Crafting is a good way to escape mentally from caring. It gives me time out and something positive to do.'



Carer, Alice, enjoyed a Respite break, kindly donated by Mortonhall Caravan Park. She said: 'Thank you so much for arranging our wonderful holiday at Mortonhall. We felt very spoilt and enjoyed it all from the warm welcome to the luxury of the caravan.'



Carers Forum

Carers Forum meetings take place in Clackmannanshire and Falkirk.

These provide an opportunity for carers to meet with other carers and representatives from local authorities, health and the third sector to debate current issues and hear the latest updates.

CLACKMANNANSHIRE

The Clackmannanshire Carers Forum will meet at 10 am in Dunmar House, Alloa on the following dates:



Wednesday 14 November 2018

Wednesday 20 February 2019

Wednesday 15 May 2019

FALKIRK

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



Wednesday 28 November 2018

Wednesday 20 February 2019

Wednesday 22 May 2019

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

Carers Rights Day 2018



This year, Carers Rights Day is on Friday 30 November.

The Carers Centre aims to make carers aware of their rights, let carers know where to get help and support and raise awareness of the needs of carers. If you are caring for someone at the moment and would like to find out more about your rights and how to get help, get in touch.

Staff Changes

David Smyth and **Karen Guthrie** (above) joined the team of Adult Carer Support Workers in the Centre in Falkirk earlier this year. Their role is to work with individual carers to develop an Adult Carer Support Plan that will help them to plan and access support to enable them to continue caring, in good health, and to have a life alongside their caring role.



Katie Baker who is currently a member of the Adult Carer Support Team in Falkirk will shortly be moving to the role of Carer Support Worker (Hospital Support) based at the Forth Valley Royal Hospital in Larbert. The Centre is in the process of recruiting for a new member of staff to replace Katie at the Centre.

Carers Census

As part of the Carers Act, there is a duty on all local authorities to provide data to the Scottish Government on support provided to carers in their area, particularly in relation to Adult Carer Support Plans and Young Carers Statements. This is for statistical and research purposes only, in order to monitor the impact of the Act and plan and improve future services.

The Carers Centre will provide data for the annual Carers Census directly to the Scottish Government so that it can be included in the statistics that are produced. Statisticians/researchers will not be able to identify individual carers from the data that they will use.

We have updated our privacy policy for carers to include information about the Carers Census and this can be found on the Carers Centre website or provided on request. Carers can also contact the Centre for further information.

Central Carers Association Annual General Meeting

Carers and professionals attended Central Carers Association AGM in Falkirk in August.

There was a change to the Memorandum & Articles of the Association as per the AGM proposal and we also welcomed the appointment of Nick Pattison as a Director to the Board. There was an opportunity for carers to discuss the local Short Breaks Statement which will provide carers and the person they care for with information about the short breaks services available locally and across Scotland prior to the draft Statement being approved by the Integration Joint Board.



Fundraising

Alloa Rotary club has in the past sponsored Young Carers on an Ocean Youth Trust expedition and they would now like to make the Young Carers Project one of the beneficiaries of their "Santa at Sterling" Event.

They will host a Santa's Grotto at Sterling Warehouse, Tillicoultry, on four weekends prior to Christmas, collecting money from the public as well as facilitating children's visits to see Santa.



Young Carer Forums

The Young Carer (YC) and Young Adult Carer (YAC) Forums in Falkirk have had their inaugural meetings which included picking topics for future dates and board meeting training from Youth Scotland. The topics for discussion at the December meetings were decided:

Clackmannanshire YC and YAC Forum will discuss Education and Schools, focussing on what support is available and what could be done to make things better.

Falkirk YC Forum will also discuss Education and Schools.

Falkirk YAC Forum will discuss Mental Health and Transport.

Young Carer Grant

Young carers have participated in a focus group organised by the Scottish Government to discuss the Young Carer Grant which will recognise the value of young carers and the support they provide.

The Scottish Government is consulting on the development of the policy and regulations for the Young Carer Grant, a new benefit which will be delivered by Social Security Scotland. The grant will provide a £300 one-off payment, which can be applied for annually for young carers aged 16-17 (and 18 if still at school) with significant caring responsibilities. The Young Carer Grant aims to provide some financial support during a key transition period in young carers' lives to help improve their health and education outcomes as they move into the adult world.

The consultation is open until 10 December 2018 and can be found at: www.consult.gov.scot/social-security/consultation-on-young-carer-grant-regulations

Carers Scotland Annual Summit

This year, the Summit will be held in Edinburgh City Chambers on 30 November 2018.

The Summit is open to carers and professionals, although priority will be given to carers. This year's event will be on the theme "Caring about your Future" and speakers and information stalls will cover topics including nutrition, breaks, employability and skills and finances. The Summit will also hear from the Cabinet Secretary for Social Security and Older People, Shirley-Anne Somerville MSP.

The event will begin at 10.15 am with registration, coffee and information stalls and, following speakers, will continue with lunch at 1 pm. If you would like to attend, visit www.surveymonkey.co.uk/r/ScotSummit18 to register online, or email rhonda.fitzpatrick@carerscotland.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 Richmond Park Hotel, Bo'ness. Please note there will be no group in January.

- **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 from 10.30 am to 12.30 pm at Larbert Library.

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.

Drop-In Sessions:

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

- **Alloa Drop-In Session**

Every Tuesday from 10.30 am to 12.30pm at Ludgate House, Mar Place, Alloa.

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 Alloa will be open on Monday 24 December 2018, closed for the festive break, opening again on Thursday 3 January 2019. The Carers Centre in Falkirk will be closed on Monday 24 December 2018, opening again on Thursday 3 January 2019.

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

Email: centre@centralcarers.co.uk
www.centralcarers.org

Ludgate House, Mar Place,
Alloa, FK10 2AD Tel: 01259 226839
Email: centre@centralcarers.co.uk
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.

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.

Privacy

If you have received this publication by post or email, this means that we currently hold your contact details. This information is treated as confidential, kept securely and will not be shared with other organisations without your consent. You can update or remove your details from our mailing list at any time using the contact details on the back page of the newsletter or by returning the reply slip included with this newsletter. Full information about the information we collect and how it is treated is contained in our Privacy Notice which is available from the Carers Centre and on our website.

The Carers Christmas Lunch replaces the Community Group meetings in December.



Funded by

