

# newsletter

Information for Carers throughout Falkirk District and Clackmannanshire

**WINTER 2015**



## Young Adult Carers Take to the Sea

A team of 10 young adult carers (YACs) took part in a 5-day voyage with Ocean Youth Trust Scotland (OYT) at the end of September this year.

OYT is a youth development charity committed to the personal and social development of young people, regardless of their background or abilities, through Adventure under Sail. The trip was made possible by funding from the Scottish Government's CashBack for Communities programme and Carers Trust.

The YACs gained qualifications on their sailing voyage including an RYA Start Yachting and

an SQA in Communication and they will be given the chance of future opportunities with OYT Scotland.

At the end of the voyage, the Justice Minister, Michael Matheson, was welcomed aboard to meet the YACs and, after a safety talk and a tour of the 'Alba Venturer', the group had the chance to have a cuppa with the Minister and ask him questions.

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**Plus much more...**



# Carers Rights Day

## Friday 20 November 2015

**Open  
Afternoon**

**1.30 - 4 pm**

**The Carers Centre,  
1a Bank Street,  
Falkirk FK1 1NB**

### **Having the right information at the right time can make a huge difference when you are looking after someone.**

This year, Carers Rights Day is on Friday 20 November 2015 and organisations across the UK are coming together to help carers in their local community find out about their rights and how to get the help and support they are entitled to.

The Carers Centre in Falkirk invites local carers and professionals to drop in to an Open Afternoon at the Centre on Carers Rights Day from 1.30 pm to 4 pm to find out more about the support and services that are available. Carer Support Workers and representatives from other local organisations, including Alzheimer Scotland, Falkirk Council's Short Breaks Bureau, and the Citizen's Advice Bureau will be on hand to answer questions and provide information.

While you are at the Centre, why not try a free healthy 'smoothie' from our Smoothie Bar, or treat yourself to a relaxing 20 minute hand, head or back and shoulder massage (please call first to book as places will be limited).

**Carers in Clackmannanshire are invited to the Carers Forum meeting focussing on Carers Rights on Wednesday 25 November at Hawkhill Community Centre in Alloa at 10.00 am. This will be followed by the November Carers Café at 12 noon. As numbers are required for catering, please contact Ian McCourt at the Carers Centre in Alloa if you would like to attend this event.**



## Carers Christmas Lunch

By popular demand, the Centre will once again be inviting local carers to meet together for a festive Christmas lunch. The Christmas Lunch brings carers together at what can sometimes be a stressful and isolating time, to relax, have a break from their caring role, meet and chat with other carers and have some festive fun.

Carer Christmas lunches will take place as follows:

**Park Hotel, Falkirk**

**Wednesday 9 December 2015**

**12 noon to 2.30 pm**

**Dunmar House, Alloa**

**Wednesday 9 December 2015**

**12 noon to 3 pm**

Please see the flyer enclosed with this newsletter and on our website for further information and booking details. Places are limited and require to be booked in advance.



# Carers Parliament

The 4th Carers Parliament was held in Edinburgh in October and attended by carers from across Scotland.

First Minister, Nicola Sturgeon, spoke at the event and confirmed that carers won't be charged for services and the people they care for won't be charged for replacement care. She also confirmed that emergency planning would be included in the Carers Bill. Carers Allyson Campbell, Elizabeth Ramsay and Margaret Daniels from Clackmannanshire attended the event and are pictured here. Elizabeth and Margaret are members of the

Board of Central Carers Association and Elizabeth was recently elected as the Carer Representative on the Integration Joint Board. Elizabeth said, "The event was very informative and interesting and gave us the chance to share our experiences with carers from across Scotland. We also now have an increased awareness of the potential future challenges relating to the Carers Bill".

## Forth Valley Carers Card

**Carers from across Forth Valley have developed a Carers Card which will be piloted from December 2015 to November 2016.**

The Forth Valley Carers Card will identify the holder as a carer who is registered with the Carers Centre. Carers Cards will be issued to a limited number of carers initially to allow the use of the card to be closely monitored and evaluated to see if it is achieving the desired outcomes. It is hoped that being more formally identifiable as a carer by health and social care professionals will make it easier for carers to voice their views and ideas, participate in care planning discussions, and obtain caring information about the person they care for.



**If you would like more information, or are interested in taking part in the pilot scheme, please contact either Claire Crossan at the Carers Centre in Falkirk or Ian McCourt in Alloa.**

## Carers Week 2015

**The Carers Centre provided a programme of activities for carers during Carers week in June including a drumming workshop, afternoon tea at Callander House and a film matinee.**

The Centre hosted a 'Building Carer Friendly Communities' event in Alloa Town Hall which was attended by over 50 carers. Twenty-five stalls were provided by a range of organisations including Epilepsy Connections, Clackmannanshire Council and NHS Forth Valley Pharmacy Services. Feedback from both carers and participating organisations was extremely positive.

Councillor Les Sharp, Leader of Clackmannanshire Council and Carers' Champion said a few closing remarks and took part in the prize draw. The winners of the draw (pictured right) were John and Pauline Shaw. John and Pauline are both avid knitters and do in fact knit the hats for Innocent smoothies sold in the supermarkets in Clackmannanshire!





# Breaks for Carers

**Short**  
breaks fund

  
**respitality**

The purpose of Respitality is to give unpaid carers a break from their caring responsibilities so they can have some time for themselves to 'recharge' their batteries. This is achieved through the generosity and support of local hospitality providers who gift a Respitality break in the form of, for example, an overnight stay in their hotel, dinner for two, or a complimentary pass to their leisure club. Falkirk is one of several areas in Scotland where Respitality is being piloted.

To date, Falkirk carers have benefitted from hotel breaks in Aberdeen, Inverness and Glasgow thanks to a generous offer by Thistle Hotels; Afternoon Tea for Two at Callendar House and family guided tours of the Kelpies, donated by Falkirk Community Trust; and bus tours of Loch Lomond and the Trossachs gifted by Invent Scottish Tours.



## Respitality Bungalow

A beautiful bungalow in Perthshire has been offered for the use of carers as part of the Respitality project. The bungalow which sleeps two (twin room) is in Pitlochry and can be booked for periods up to one week at a charge of £60 per week to cover

servicing and cleaning. If you are a carer who might be interested in booking the bungalow, initially in the period from November 2015 to January 2016, or if you would like to find out more about this offer, please get in touch with Sharon Campbell at the Centre in Falkirk.

We are awaiting confirmation of more Respitality offers and are working closely with Falkirk Council's Short Breaks Bureau and Shared Care Scotland who are our partners for this project.

**As breaks become available, we will be publicising them through our website, Facebook, Twitter and email. We are also compiling a list of carers who would like to be kept informed about breaks as they become available, so please get in touch if you would like us to add your details to this list.**



**CREATIVE  
breaks**

**We are pleased to announce that the Creative Breaks Fund re-opened for applications in October 2015, thanks to funding received from the Scottish Government's Short Breaks Fund.**

Eligible carers, young adult carers and young carers in Falkirk and Clackmannanshire who are caring for an adult can apply for grants of up to £300 for a flexible break of their choice. The fund aims to ensure that:

- Carers and those they care for will have improved physical and emotional wellbeing
- Carers will feel more able to continue caring
- Carers will have more opportunities to enjoy a life outside their caring role

Previous grants have been used for short breaks away, pampering session, cinema passes, gym membership and have included requests for more unusual activities such as gold panning.

Funding from the Integrated Care Fund in Falkirk has also allowed us to increase the amount available for grants which improve the health and wellbeing of carers of all ages in Falkirk.

As funds are limited, carers who have previously received a Creative Breaks grant will only be considered for a second grant if certain priority criteria apply and no more than two awards can be given in total.

**For further information, or to make an application to the Creative Breaks Fund, contact the Carers Centre or visit our website.**

*Photo above: Heather is cared for by her mum but also supports her mum who has her own health problems. Creative Breaks enabled them to spend some quality time together.*

**BETTER  
breaks**



Better Breaks funding from the Short Breaks Fund provided outings to Auchengarrich Wildlife Park during the summer holidays for children with additional support needs and their families and places have been allocated to local families for a visit to the Pantomime in December.

## Shared Lives Short Breaks

'Shared Lives' is a service which allows adults with assessed support needs to stay for a short break in the family home of a person who has been specially recruited and trained. Introductions are carefully planned to ensure that people feel comfortable with each other and each individual is encouraged to be involved in deciding who they stay with, so that both the carer and person using the service feel happy before the arrangement is made. Short breaks for couples may also be offered.

The pilot service, which is currently running until mid-January, is funded by Falkirk Council's change fund and must benefit someone over the age of 65, whether that's the person using the break or their carer. Referrals are being encouraged for anyone in the Falkirk area with assessed needs who feels they would benefit from a short break.

**For more information please call the Shared Lives team on 0141 578 2288 or email [scotland@pss.org.uk](mailto:scotland@pss.org.uk).**

## Health and Social Care Integration: Carer Representation

**As health and social care services for adults become integrated across Scotland, there will be two health and social care partnerships that cover the Forth Valley area – one for Falkirk and one for Clackmannanshire and Stirling.**

These new bodies will each be led by an Integration Joint Board (IJB) which will include carer representation. Following a recruitment process involving the two partnerships, the Carers Centre and other local organisations, carer Elizabeth Ramsay has been appointed as the carer representative for Clackmannanshire and, pending the appointment of a carer representative to the Falkirk IJB, Claire Crossan from the Carers Centre will attend IJB meetings.

Going forward, as well supporting carer representation on the IJB, the Carers Centre will be involved in the development of a Strategic Plan which will set out how the partnership will meet both locally and nationally agreed outcomes. This Plan has to be drafted, agreed upon and submitted to the Scottish Government by 31 March 2016.

## Carers Forum

**Carers Forum meetings will provide an opportunity for carers to get involved in Health and Social Care Integration and other matters relevant to carers**

**23 November,  
10 am to 12 noon,  
Carers Centre, Falkirk**

**25 November,  
10 am to 12 noon,  
Hawthill Community Centre, Alloa**

If you would like to be involved, or require more information, please contact either Claire Crossan at the Carers Centre in Falkirk or Ian McCourt in Alloa. Regular information will also be posted on our website, Facebook and Twitter.

## Don't Miss Out!

**The Carers Centre newsletter is printed twice a year, in May and November.** With so much happening for carers locally and nationally however, we are keen that carers don't miss out on opportunities to have their voices heard, participate in events, or access information, services and support which is relevant to them and their caring situation.

Between newsletter issues, we are able to provide information through our website, Facebook, Twitter and email. So if you are a carer and don't want to miss out, or an organisation that has contact with carers, please:

- send us your email address: **[centre@centralcarers.org](mailto:centre@centralcarers.org)**
- like us on Facebook: **[fccentralcarers](https://www.facebook.com/fccentralcarers)**
- follow us on twitter: **[@CentralCarers](https://twitter.com/CentralCarers)**
- check our website regularly: **[www.centralcarers.org](http://www.centralcarers.org)**



## Care with Confidence

### Knowledge and Skills Training for Carers

Care with Confidence is a programme designed to provide carers with knowledge and skills in order to build confidence for their caring role whilst also supporting their own health and wellbeing.

The Care with Confidence programme is available from our website or from the Carers Centre. Future sessions include Power of Attorney, Residential Care, Relaxation and Foot Care.

## First Aid Session

An Everyday First Aid session for parents of children with additional support needs is coming up on Wednesday 2 December, from 9.30 am to 12 noon, at Hawthill Community Centre, Alloa. For further details, please contact Sharon Morgan at the Carers Centre in Alloa.

## Tell us what you think

The Carers Centre is committed to reviewing the quality of the services that we provide on an ongoing basis and ensuring that they continue to meet the needs of local carers.

In order to do this, it is important that we find out what carers think and what their views are. Please help us to ensure that local carers are receiving a quality service that meets their needs by completing and returning the enclosed short questionnaire or completing our online survey:

**<http://www.surveymonkey.com/r/BB3KY6S>**

**Thank you in advance for taking the time to let us know what you think.**



# Young Carers project news



**The Carers Centre has been awarded £42,852 from the Carers Trust 'Time for Change' grants programme which aims to help young adult carers make life-changing decisions about their future.**

Young adult carers often find themselves juggling the demands of looking after someone alongside the pressure of studying for exams, seeking work, applying for college and trying to find their own path in life. Time for Change funding will help to transform young adult carers' lives by providing training, residential trips and one-to-one support sessions about education, health, housing and employment. Young adult carer workers at the Carers Centre will be supporting young adult carers to ensure they understand their rights and have the information they need to make choices in life - beyond their demanding caring roles.

## Young Carers Summer Activities

**Over the last few months we have been really busy at our young carers groups.**

During the summer, over 130 young carers from Clackmannanshire and Falkirk enjoyed a range of outings and activities including visits to the Time Capsule, Five Sisters Zoo, Glasgow Science Centre, the Falkirk Wheel and the Jupiter Centre for pond dipping, mini beast hunting and den building! A highlight for the S3/4 Clacks group was a visit to the Edinburgh Fringe Festival to experience street theatre and performers.

## Young Carers at the Scottish Parliament

In June, a small group of young carers and young adult carers met with members of the Health and Sport Committee to talk about the Carers (Scotland) Bill. They enjoyed a tour of the Scottish Parliament building in the morning then observed First Minister's Questions before meeting with Members of the Committee to chat over lunch. The young people all felt that their views were listened to and valued.

## Scottish Young Carers Festival 2015



**For the eighth year, the Young Carers Project attended the Scottish Young Carers Festival organised by Carers Trust.**

Twelve young carers from Falkirk and Clackmannanshire camped out for two nights at Broomlee Outdoor Centre, joined by over 600 other young carers from as far afield as Orkney and Argyll. They had the chance to meet other young carers and have fun and – crucially – had the opportunity to have their say on what could make life better for Scottish young carers.

## Fundraising for Carers

### Thanks to Larbert High

Pupils at Larbert High chose the Young Carers project to be their Charity of the Year and raised funds by holding events in school including a Strictly Come Dancing event and a Fun Day. Pupils and staff presented the cheque of an amazing £2,600 to the project in October.

Thank you all so much!



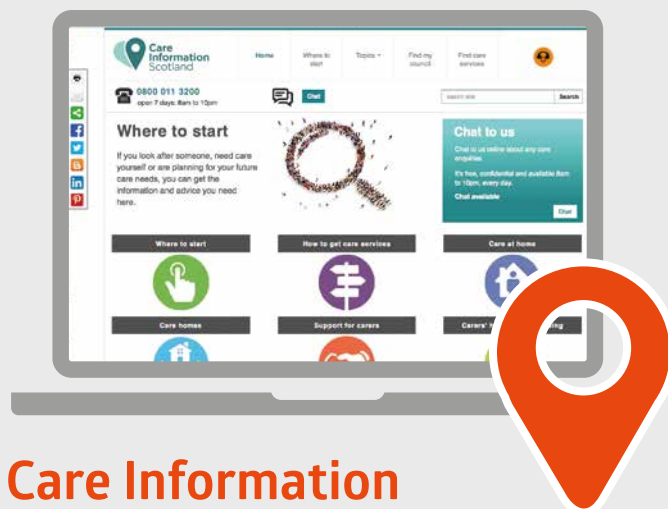
# What's on offer at your Community Pharmacy?

During Carers Week this year, the Carers Centre worked with local pharmacies to raise awareness about carers and the support that is available for them locally.

As well as dispensing prescriptions and supplying over the counter medicines, many pharmacies can provide a wide range of services that people from local communities can access without an appointment:

- **Free treatment for minor ailments** like acne, burns, cold sores, indigestion, and head lice to eligible patients.
- **Emergency contraception service** to eligible clients
- **Unscheduled care** including the urgent supply of repeat medicines and appliances and direct referral to the local Out of Hours service.
- **Help to people to stop smoking** through a 12 week programme of support and medication
- **Help to substance and drug misusers**
- **Help to patients with long-term conditions** including advice and information for patients with regards to their medicines (e.g. advice on dosing and how to take medicines, side effects, drug interactions).
- **Advice on self care** for example flu vaccination service to those not entitled to an NHS vaccination.
- **Advice on a healthy lifestyle** for example weight management help, diabetes and cholesterol screening.

For more information contact your local Community Pharmacy.



## Care Information Scotland Website

If you look after someone, need care yourself or are planning for your future care needs, you can now get information and advice from Care Information Scotland. The service includes sections dedicated to accessing care services, care at home and carers' health and wellbeing. For more information, visit [www.careinfoscotland.scot](http://www.careinfoscotland.scot) or phone **0800 011 3200** (8.00 am to 10.00 pm seven days a week)

## Go Card

Carers who are in receipt of Carers Allowance can now apply for a Falkirk Community Trust 'Go Card'. The Go Card is a concessionary card which can be used for free or discounted access to a range of Falkirk Community Trust facilities and services including swimming at the Mariner Centre, gym membership and some cinema and theatre tickets at FTH and The Hippodrome. The Go Card is available to those aged 65+, full time students and those in receipt of certain qualifying benefits.

To find out more about eligibility and how to apply for a Go Card contact Falkirk Community Trust on 01324 590900 or visit: [www.falkirkcommunitytrust.org/fitness/go-card.aspx](http://www.falkirkcommunitytrust.org/fitness/go-card.aspx)

## Unwanted Jewellery

If you have any unwanted jewellery you would like to donate to the Carers Centre to help us raise funds for carers, please hand it in to the Centre in Falkirk or in Alloa.

## Falkirk Tryst Orchestra

We would like to thank the Falkirk Tryst Orchestra for generously donating the proceeds from their October Charity Concert to the Carers Centre to support local carers.

## Falkirk for Carers

Carers Trust and ACE recycling have been exploring ways in which they can work together to raise money for the establishment of a trust fund to make awards available to young adult carers. The awards will be used towards gaining qualifications, work experience, learning exchange visits and personal development opportunities. The funding is raised through the charity retail arm of ACE, Falkirk for Carers, and you may have seen their furniture shops on Manor Street and Burnbank Road in Falkirk. Help young adult carers by donating your re-usable furniture, clothing, bric a brac etc.

To contact Falkirk for Carers please call 0800 0381 223.

# Regular Groups

## Falkirk Groups

### Regular groups held at the Carers Centre

- **Weekly Carers Cafe**

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

- **Mens Group**

The Group meets on the second Tuesday of the month at 12 noon for lunch in the Carers Centre. During lunch, the members plan and arrange their next outing.

- **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 Support 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.

### Slamannan Carers Group

Meets on the last Thursday of the month from 10 am to 12 noon in Slamannan Health Centre or Slamannan Community Centre (depending on activity).

### 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 third Wednesday of month at Larbert library from 10.30 am – 12.30 pm.

## Clackmannanshire Groups

- **Carers Drop-in**

For coffee and a chat on Tuesday mornings, 10.30 am – 12.30 pm at Ludgate House.

- **Coffee Morning**

A weekly drop-in opportunity to meet other carers and try out different art and craft activities. The meetings are held in Community House, 23 Maree Court, Alloa (entrance on Forth Crescent) from 10 am - 12 noon each Monday.

- **Carers Cafe**

A monthly event where carers can enjoy a light lunch together at Hawkhill Community Centre, Alloa from 12.30 pm to 1.30 pm on the second Wednesday of the month.

- **Menstrie Carers Group**

A monthly group that meets for afternoon tea and a chat at Menstrie Parish Church Hall, from 1.30 pm to 3 pm, on the third Thursday of the month.

- **Tillicoultry Carers Group**

A monthly group that takes place in The Annexe, Murray Square, Tillicoultry, from 10.30 am-12.30 pm, on the first Thursday of the month.

- **Carers Walking Group**

Health walk with other carers once a month on Tuesday morning. Contact the Carers Centre in Alloa for details.

## 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.

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: [alloaoffice@centralcarers.co.uk](mailto:alloaoffice@centralcarers.co.uk)

**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, which can be demonstrated by the achievement of the PQASSO level 1 Quality Mark and the Carers Trust Quality Award.



### 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



## Staff News

Some recent changes within the staff team have included the appointment of Claire Crossan, former Young Carers Worker at the Centre, as Service Manager for carer engagement.

Jo McCorriston, former Young Carers Worker and Befriending Organiser, has been appointed as Service Manager for young carer and young adult carer services and Ian McCourt, Service Manager, is now based fully in Clackmannanshire.

Holly McGoldrick, former Young Carer and Befriending Projects Manager is now Depute Centre Manager.

Some internal changes to the facilitation of carer support groups mean that groups have been allocated a lead Carer Support Workers as follows:

Bo'ness Group and Polmont Group –

**Pat Gallagher**

Larbert Group – **Fiona Williams**

Slamannan Group, Carers Café and Men's

Group – **Rebecca Fowler**

Parents Groups – **Anne Prinn**