

newsletter

Information for Carers throughout Falkirk District and Clackmannanshire

SUMMER 2016

Carers Centre 20th Anniversary

This year, the Carers Centre is celebrating 20 years of supporting and working with carers throughout Falkirk district and Clackmannanshire.

The Falkirk & Clackmannanshire Carers Centre, previously known as The Princess Royal Trust Carers Centre (Falkirk & Clackmannanshire), first opened its doors in Newmarket Street, Falkirk in January 1996. Currently, around 3000 carers of all ages are supported each year by our team of workers based at the Centre in Bank Street Falkirk, Ludgate House, Alloa, Forth Valley Royal Hospital, Falkirk Community Hospital and Clackmannanshire Community Healthcare Centre.

Our inner page spread shows some of the highlights and the progress made in developing support for local carers in the past 20 years.

Anniversary Celebration Event

Carers in Falkirk and Clackmannanshire are invited to a celebratory event at the Hippodrome in Bo'ness on Monday 6 June at 2 pm, during Carers Week. Come along and enjoy a glass of fizz and some canapés and an exclusive showing of the recently released film, 'Florence Foster Jenkins', starring Hugh Grant and Meryl Streep.

Please see the enclosed flyer for booking information and further details of this event.

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

This year, the focus will be on building Carer Friendly Communities - communities which support carers to look after their family or friends, while recognising that they are individuals with needs of their own.

Falkirk & Clackmannanshire Carers Centre has a programme of events and activities planned for local carers during Carers Week including a 'Big Fit Walk' for carers, individual pampering sessions and a 'Big Breakfast' at the Centre in Falkirk. A full Carers Week programme showing activities in your area is enclosed with this newsletter and on our website.

Visit the Carers Week website for further information at www.carersweek.org.

Carers Week

6-12 June 2016



Margaret Cheyne

It was with great sadness that the news was received of the death of Margaret Cheyne our Chairman of the Board of Trustees.

Margaret passed peacefully at home after a long illness bravely fought and with great dignity, on 6 January 2016. Reflecting her strong faith, Margaret was a Church Elder at Grahamston United Church in Falkirk. Margaret was a retired Head Occupational Therapist, a respected JP and Soroptimist, Community Councillor, supporter of many charities, especially Alzheimer Scotland, and of course our own Central Carers Association. The work of the Carers Centre was important to Margaret evidenced in her being involved for a period of more than 16 years, filling the post of Chairman (a term which Margaret insisted on) for the past 10 years. In this time Margaret was strongly involved in the many challenges and changes faced by the organisation including our rebranding to Falkirk & Clackmannanshire Carers Centre relatively recently. Margaret was a hardworking Trustee who organised fundraising events, including the many "bucket collections" at a variety of venues, all to benefit the carers supported by this organisation. Among many tributes to Margaret, the following were observed: "a true friend"; "a smile for all"; "a lovely lady with a heart of gold" – all of which rightly describe the lady who earned the respect of all involved with this organisation over the years - greatly benefiting from Margaret's involvement.

Jim Allardyce

Treasurer, Central Carers Association



Central Carers Centre AGM and Membership

The membership of Central Carers Association (CCA) is made up of carers and those who support the aims of CCA.

A voluntary Board of Directors, elected by the membership of CCA, manages Falkirk and Clackmannanshire Carers Centre. If you are a carer living in Falkirk district or Clackmannanshire and would like to become a member or renew your annual membership of CCA, please complete and return the enclosed registration form.

The AGM of CCA will take place on 25 August 2016. Members will be sent an invitation to the AGM nearer to the time of the event.

Health & Social Care Integration

Carers have a place on both the Clackmannanshire and Stirling Integration Joint Board and the Falkirk Integration Joint Board.

The carer representative attends the board meetings representing fellow carers. To assist in this work, we are now looking for another carer to act as a substitute when required and to provide additional support.

The carer representative works to ensure that the voice of local carers is heard and participates in the shaping of services for carers and those they care for. As a substitute you might be required to: attend a few meetings per year when the carer representative cannot attend, be involved with consulting local carers, and attend the local Carers Forum.

If you are interested in becoming a substitute carer representative, please contact Ian McCourt at the Centre in Alloa or Claire Crossan at the Centre in Falkirk.

Care with Confidence

Care with Confidence information sessions provide opportunities for carers to develop their skills and knowledge to help them in their caring role and build their confidence. The sessions also support and encourage carers to look after their own health and wellbeing.

The Centre will be delivering a series of Care with Confidence sessions between June and November 2016 at Hawkhill Community Centre in Alloa on Wednesday mornings, 10 am – 12.30 pm. These sessions are friendly, informal and informative. Carers will hear from various professionals about the services that are available to support them and the person they care for. For more information and a copy of the full programme, please contact Ian McCourt at the Centre in Alloa or visit our website.

A regular programme of Care With Confidence sessions is also provided at various venues in Falkirk. A programme of sessions will be running in Grangemouth throughout May and includes sessions on Home Fire Safety and Everyday First Aid. If you are interested in finding out more information about these or other Care With Confidence sessions, or would like to book a place, visit our website or contact the Carers Centre.

Forth Valley Carers Card

The Carers Centre has begun distributing the Forth Valley Carers Card to carers in Falkirk and Clackmannanshire as part of the 2016 Carers Card pilot.

The Carers Card clearly identifies the holder as a carer who is registered with the Carers Centre and is being 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 information about the person they care for.

If you would like to request a Carers Card as part of the pilot scheme, please contact the Carers Centre.



Carers (Scotland) Act 2016

The Carers (Scotland) Bill was passed by the Scottish Parliament on 4 February 2016 and became the Carers (Scotland) Act after Royal Assent was given in March 2016.

The aim of the new Carers Act is to ensure better and more consistent support for adult and young carers so they can continue to care, if they wish to do so, in better health, and to have a life alongside their caring role.

There will be a period of implementation to allow time for the Scottish Government to consult on guidance and regulations before the provisions of the Act are implemented from 2017. These will include:

- a duty on local authorities to provide support to carers, based on the carer's identified needs which meet the local eligibility criteria
- a specific Adult Carer Support Plan and Young Carer Statement to identify carers' needs and personal outcomes
- a requirement for each local authority to have its own information and advice service for carers. This service must provide information and advice on, among other things, emergency and future care planning, advocacy, employment and training, income maximisation, and carers' rights
- a duty on health boards to inform and involve carers in hospital discharge of the person they care for

Further information is available from the Carers Centre and can be found online. We will be keeping carers informed with regard to the implementation of the Act going forward.

Carer Recognition and Support Significant Milestones

Since the Carer Centre first opened in 1996 there have been a number of significant changes to government policy and legislation which are relevant to carers and their rights including:

2002 Community Care and Health (Scotland) Act

Created the right to a separate carers assessment and the responsibility of health boards to produce carer information strategies.

2003 Mental Health (Care & Treatment) (Scot) Act

Placed a duty on local councils to provide care and support services for people with mental disorders and introduced changes to develop community-based mental health services, involvement of service users and unpaid carers in decisions concerning treatment.

2010 Equalities Act

Introduced new legislation to protect carers from direct discrimination or harassment because of their caring responsibilities.

2010 Scotland's Carers Strategy - 'Caring Together'

Launched in 2010 as a framework to improve the lives of carers and ensure that organisations and services are able to support carers and recognise them as equal partners in care.

2011 Patient Rights (Scotland) Act

Supports the Scottish Government's plans for a high-quality NHS that respects the rights of patients as well as their carers and those who deliver NHS services.

2013 Social Care (Self-directed Support) (Scotland) Act

Introduced a new approach, giving adults, children and carers - who require support - more choice and control over their support.

2014 Public Bodies (Joint working) (Scotland) Act

Sets the framework for integrating adult health and social care, to ensure a consistent provision of quality, sustainable care services for those who need joined-up support and care, particularly people with multiple, complex, long-term conditions and their carers.

Carers Forum

Have your voice heard: join other carers and representatives of Health, Social Care and the Third Sector to discuss current issues and hear the latest updates

Clackmannanshire: The next Clackmannanshire Carers Forum is scheduled for Wednesday 10 August at Dunmar House, Alloa, starting at 10 am and finishing at 12.30 pm. Topic for discussion will be the Carers (Scotland) Act – how will it be implemented?

If you would like to attend or require more information please contact Ian McCourt at the Centre in Alloa

Falkirk: The Falkirk Carers Forum meets quarterly at the Carers Centre in Falkirk. It is an opportunity for local carers to discuss local and national issues that affect carers and those they care for with service providers and one another.

Contact Claire Crossan at the Centre in Falkirk if you are interested in attending the Falkirk Carers Forum from 11am to 1pm, followed by lunch, on the following dates: 25 May 2016, 24 August 2016 & 23 November 2016.

Young Carers project



So far, it has been a very busy year for the Young Carers Project which has been getting in touch with its wild side!

In February, Cool Creatures brought us some cuddly and not so cuddly animals to handle. The brave young carers enjoyed meeting a variety of animals including a raccoon called Bandit and armadillos called Arnie and Ellie. March groups continued with the wild theme with a visit from Little Critters bringing some of their amazing owls. These activities have been a rewarding experience for the young carers who have enjoyed handling the birds and animals, helping to increase their self-esteem and build their confidence. We are looking forward to more exciting activities in the coming months.

'Sit With Me' Project

'Sit With Me' is a Reachout with Arts in Mind project. Twelve young carers from Clackmannanshire are involved in a six week programme. Most of the young people have decided to personalise and upcycle a chair, one has opted to express their art onto canvas. The final chairs and canvas will form a public exhibition at the Speirs Centre in Alloa, in June 2016. This will help to raise awareness of the important role young carers have, as they ask you to sit in their world.

**BETTER
breaks**



Funding from the Scottish Government's Better Breaks Fund allowed us to offer breaks for children and young people with disabilities and their families and carers between April 2015 and March 2016. Pictured here are some of the families enjoying an outing to Blair Drummond Safari Park in March. During the year there were also visits to Auchengarrich Wildlife Park in Comrie and to the pantomime at the MacRobert Centre in Stirling.

A new Better Breaks award received in March will allow us to provide further activities and outings to eligible families during the school summer holidays and at Christmas time.



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.

Funding from the Integrated Care Fund in Falkirk has also allowed us to increase the number of grants we can offer to eligible carers in Falkirk to improve their health and wellbeing.

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

For further information on eligibility, or to make an application to the Creative Breaks Fund, contact the Carers Centre.

respitality

Giving carers a break with Scottish hospitality

The Respitality project allows carers to access breaks and leisure time activities gifted by hospitality providers.

Local carers have benefited from a variety of breaks - from afternoon tea, swimming passes, and tours at the Kelpies to weekend hotel breaks in Aberdeen, Edinburgh and Glasgow, to name a few. Carers can also book a break at the Respitality bungalow in Pitlochry.

To book a break at the bungalow, or to register your interest in future Respitality breaks, contact the Carers Centre.



Dreamnight at the Zoo

Friday 19 August 2016

The Carers Centre was one of 4 charities selected to receive an allocation of tickets to the event 'Dreamnight at the Zoo' in August. Dreamnight at Edinburgh Zoo is a unique evening for VIP children and their families.

On this special night, entertainment will include:

- animal talks, feeds and encounters
- entertainment, e.g. a disco, costume characters, Wild About Scotland bus
- face painting
- vehicles from the services
- other special experiences

The Carers Centre will be taking a group of young carers to the event, and tickets will also be made available to families that we are in contact with.

Ticket information

Tickets for this exciting opportunity will be made available to parent/carers of children with additional support needs and their families across Falkirk and Clackmannanshire. Details of how to register your interest will be sent out by email and made available via the Carers Centre website, Facebook and Twitter on the 26th May. If you do not use the internet, please call the Carers Centre on or after this date to find out more.



The Young Adult Carers Project is going from strength to strength and now has over forty young adult carers accessing support to have a positive future.

Recently, at the Time to be Heard for Young Adult Carers' Showcase and Learning Exchange held at the Science Centre in Glasgow, three young adult carers from Falkirk and Clackmannanshire shared their experiences. The Young Adult Carers Project is for young people aged between 16 and 25 whose lives are affected by a family member who has a disability, illness, mental health issues or an addiction. For more information please get in touch with Jo at the Centre in Falkirk.



Pamper Treatments for Carers

For some time now, carers who are new to the Centre in Falkirk have been offered the opportunity to experience a free pamper session with our long-term therapist, Mary. The three sessions each month are always in great demand and carers tell us of the huge benefits they gain as a result.

We are now pleased to be able to develop this service further, providing additional pampering sessions and extending the service to Clackmannanshire, thanks to the support of a qualified complimentary therapist who has offered her services on a voluntary basis.

Appointments will be available every 2 weeks, alternately at the Centre in Falkirk and in Alloa. **If you are interested in booking a pamper session, contact your local Carers Centre.**

Treatments on offer include:

- back massage
- back, neck & shoulders massage
- hands and feet massage
- Indian head massage

Foot Care Appointments

Your feet are probably the last part of your body you think about - until they start hurting. Come along and learn from a podiatrist, the best way to look after your feet. Carers can book a free appointment with the podiatrist at the Carers Centre. Appointments are available between 9.30 am and 3.30 pm on Wednesday 8 June and Wednesday 20 July. Contact the Carers Centre to book a place.

Singing & Music Workshop

Are you an adult carer living in the Falkirk area interested in singing and music?

Come along to lift your mood and feel good at the singing and music workshops with Alex Christie, a qualified singing coach and music therapist. The sessions will run weekly at the Carers Centre. If you are interested in attending the sessions, please contact the Carers Centre by 20 May 2016.

Thank You!

A generous gift from Clackmannanshire carer, Stuart Simpson, and his family has transformed the life of a resident in a local care home.

When Stuart's father, Bob, a music-lover, sadly passed away last November, around the same time Mr McCleary moved into the care home, Stuart's family gifted a keyboard to him when they heard that he too had a passion for music and was missing his much-loved keyboard. Stuart and his two daughters, Rebecca and Rachel, have also gifted a keyboard to the Carers Centre in recognition of the support that the family received when they were caring for Bob.

CELEBRATING

20
YEARS

OUR JOURNEY

1995

Central Carers Association (Falkirk & Clackmannan) was established as a charitable company

1996

- **January** The Princess Royal Trust Carers Centre (Falkirk & Clackmannanshire) opened its doors at 5 Newmarket Street, Falkirk
- **9 February** First carer visited the Centre
- **April** Clackmannanshire Carers Support Group set up, followed by outreach sessions in Bo'ness, Denny, Dollar, Alva and Tillicoultry
- **June** Monthly 'Carers Surgery' established in Alloa and first Centre newsletter for carers
- **August** First AGM of Central Carers Association took place
- **October** First Carers Lunch in Falkirk



2009

- Carers Centre moved to new premises in Bank Street, Falkirk
- New weekly Carers Café established at the Centre
- Funding from Coalfields Regeneration Trusts allowed us to develop community support for carers in Clackmannanshire
- Funding through the Carer Information Strategy allowed us to develop closer links with GP practices, to develop carer support in hospital and community settings, and to offer training and information sessions for carers



2010

- The base for carer support in Clackmannanshire moved to Ludgate House in Alloa
- Additional funding from the Carer Information Strategy, the Short Breaks Fund and the Big Lottery allowed us to expand and develop support for young carers and adult carers



2006

- Ceilidh to mark 10th anniversary of the Carers Centre
- Learning Disability Carers Group started in Clackmannanshire



2011

- Scottish Government funding through Autism Strategy allowed us to develop support for parents and siblings of those with autism

2012

- Through the Scottish Government initiative, Reshaping Care for Older People, we received funding which allowed us to develop services to inform, support and involve older carers including community training, support at the point of hospital discharge, anticipatory care, carer support planning and carer representation

2013

- Services for young carers were further developed thanks to Big Lottery funding for young carer activities





1997

- Young Carers Project and the Carers Befriending Project established
- The Men's Group and regular carers coffee mornings in Denny, Grangemouth and Alloa started

1998

- Central Carers Association incorporated as a Limited Company.
- Women's group and support group for parents of children with additional support needs set up
- **8 August** Official opening of the Carers Centre by HRH Princess Anne

1999

- A base for carer support services in Clackmannanshire established at the Whins Centre in Alloa.
- Bo'ness Carers Support Group started



2004

- Conference for parent carers took place and the Transition Pack was launched

2003

- Projects supporting young carers in schools and reaching carers through local pharmacies were developed

2002

- A group for adult carers aged 18 – 39 set up
- Conference for carer and professionals took place in Clackmannanshire

2001

- Parents Information Pack developed



2000

- New services developed: the Young Carers Befriending Project, Telephone Befriending for carers and a new support group for carers in Dollar.
- Carers Information Pack launched
- First conference for carers and professionals in Falkirk

2015

- Centre rebranded as Falkirk & Clackmannanshire Carers Centre and, as part of this process, new resources for the Centre were developed including new leaflets; a new website; a Facebook page and Twitter account
- Funding from Carers Trust led to the development of targeted support for Young Adult Carers (aged 16 to 25 years)
- Funding from the Integrated Care Fund allowed us to continue to provide services developed using Reshaping Care funding and develop additional services to involve and support carers including short breaks, health and wellbeing activities and opportunities to involve and engage with carers



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.

- **Men's 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:

Community support groups have been set up to allow carers to access support in their local area. The groups offer friendship and support, a short break, time for a chat over a cuppa, information and a variety of guest speakers and activities.

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

Clackmannanshire Groups

- **Carers Coffee Morning**

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

- **Drop-in for Carers**

at Tullibody Health Living - Every Wednesday from 9.30 am to 10.30 am. A Carer Support Worker will be present to chat over caring and issues and to inform carers about the services provided by the Carers Centre.

- **Drop-in for Carers**

at Ludgate House, Mar Place, Alloa - Every Tuesday from 10 to 11 am. A Carer Support Worker will be present to chat over caring and issues and to inform carers about the services provided by the Carers Centre.

- **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 (and cake!) in informal discussion and friendly chat

- **Tillicoultry Carers Corner**

1st Thursday of the month from 11.15 am to 12.15 pm. Join other carers over a coffee (and cake!) in informal discussion, and friendly chat.

- **Carers Café**

A monthly event where carers can enjoy a light lunch together at Hawkhill Community Centre from 12.30 to 1.30 pm. Please contact Ian at 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.

New Carer Activities

The Centre in Alloa is trying out a more informal way for carers to get together. Two new 'Carers Corners' will be starting in Tillicoultry and Menstrie (details above). If you are interested in attending for coffee/tea and a chat, or if you would like more information, contact the Centre in Alloa.

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: 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

