

# newsletter

Information for Carers throughout Falkirk District and Clackmannanshire

**SUMMER 2017**



## Care with Confidence Celebration

Care with Confidence information sessions run throughout the year and provide opportunities for carers to develop their skills and knowledge to help them in their caring role and build their confidence.

In March, carers gathered at Callendar House to celebrate another fantastic year of Care with Confidence.

There was an opportunity to reflect on the sessions delivered in the past year and for carers to suggest their ideas for the future. This was followed by a talk from Ian Scott, local historian, on the changing face of the NHS and the journey carers have had throughout Falkirk.

Donna and Rebecca, Carer Training Co-ordinators, are now eager to put learning from the morning into practice in planning forthcoming Care with Confidence programmes.

**Details of Care with Confidence programmes are available from the Carers Centre and information is regularly posted on our website and Facebook page.**

### COMING UP!

**Carers Week 2017** : **Carers Forum**  
12 - 18 June 2017 : Various dates through the year

See inside for details of these events for carers.



[www.centralcarers.org](http://www.centralcarers.org)

# Inform

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**Information and  
training for carers  
and professionals**

## Carers Week

**12 - 18 June 2017**

**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.**

The campaign is supported by thousands of individuals and organisations who come together to organise activities and events throughout the UK.

### **The focus for Carers Week this year is building communities**

The focus for Carers Week this year is building communities which support carers to look after their loved ones well, while recognising that they are individuals with needs of their own.

To celebrate the contribution that local carers make, the Carers Centre is organising a Fun Day for carers at the Centre in Falkirk on Wednesday 14 June

and other activities throughout the week including individual pampering sessions. In Clackmannanshire, there will be a special silk scarf session at the Carers Coffee Morning on Monday 12 June and on Wednesday 14 June carers will be enjoying Afternoon Tea at Dunmar House.

For further information about what's on during Carers Week, contact the Carers Centre or visit our website or Facebook page nearer the time.



**Family Fund**  
Helping disabled children

**Family Fund is the UK's largest charity providing grants for families raising disabled or seriously ill children and young people.**

.....  
Last year, the charity provided  
**89,423** grants or services  
worth over **£36million**  
to families across the UK  
.....

The Family Fund aims to give all families raising disabled and seriously ill children and young people the same opportunities as others by providing grants for essential items such as washing machines, sensory toys, family breaks, bedding, clothing and computers.

Find out more on **01904 550055** or join the conversation on Facebook, Twitter or on the Family Fund website [www.familyfund.org.uk](http://www.familyfund.org.uk)



**Celebrate carers throughout the UK!**

## The Coalition of Carers in Scotland

The Coalition of Carers in Scotland held a meeting on Wednesday 29 March.

The theme of this meeting was 'Equal, Expert and Valued'. There was an update from the Scottish Government on preparations for the Carers Act; an opportunity for delegates to contribute to the developing regulations and guidance to accompany the Carers Act; and a report entitled 'Equal, Expert and Valued' highlighting carer representatives' experience on Integrated Joint Boards.



SHARED CARE  
scotland

April  
2018

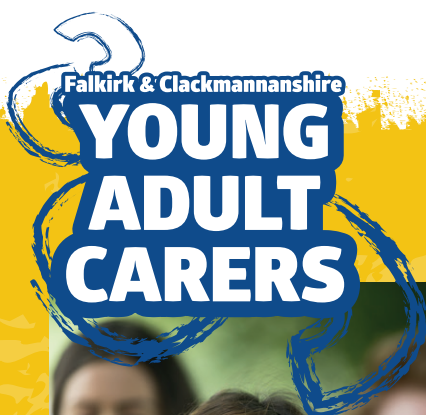
## Carers Act Workshop

**The Carers (Scotland) Act 2016 will be coming into force next April 2018.** In March this year, Shared Care Scotland facilitated the first in a series of workshops in Falkirk to bring local services together to:

- provide an overview of the Carers (Scotland) Act 2016 and to explain why this new legislation has been developed
- set out the 'headline' provisions of the Act, including new statutory duties
- explore the implications of the Act on our work, and also how it will support existing good practice
- identify further actions to be taken forward to ensure we are ready for implementation

After the Introduction by Don Williamson, Chief Executive, Shared Care Scotland, a local Falkirk carer spoke about her personal experience of being a carer and the challenges she faced. Moira Oliphant, Team Leader, Carers Policy, Scottish Government gave an overview of the Carers Act and Margaret Petherbridge, Project Development Manager, Self-directed Support, Falkirk Council gave a presentation on 'Carers Act Preparations - What Next?'

Further workshops are planned.



## Fixers

**Fixers are young people using their past to fix the future.**

They are motivated by personal experience to make positive change for themselves and those around them. The message from Robbie, Lauren, Chelsi & Eireann, young adult carers who have been working with Fixers on a project to promote their skills is:

"We're a group of young adult carers from Falkirk and Clackmannanshire. We are proud to be carers and want to show how our life skills can also be used in a professional environment"

The project is at the final stages and a postcard that has been produced as part of the project is almost ready to go to the printers.



# Support

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## Individual and group support for carers

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

### Falkirk Community Groups

**In Falkirk, there are monthly group meetings in Bo'ness, Larbert and Polmont with a full programme of activities and speakers taking place over the year.**

The groups provide an opportunity for carers to meet with other carers in their own area to chat, share information, enjoy some new activities and have a break from their caring role. Topics for the year include local history, first aid, jewellery workshop, managing medication, coping with stress, gentle exercise and much more.

Falkirk community groups don't meet in July or August but carers who normally attend the groups will be invited to a summer activity in August. To find out more about local carer groups in the Falkirk area, contact the Carers Centre or visit our website for details of the full programme of activities for each group.



The Richmond Park Hotel in Bo'ness have recently agreed to provide a room for monthly meetings of the Bo'ness group free of charge and carers are enjoying meeting in this new venue.

## Improving the Health and Wellbeing of Carers – Short Breaks For Carers

The Carers Centre provides individual and group support for carers. A range of activities and groups for carers take place at the Carers Centre in Falkirk and at other venues throughout Falkirk and Clackmannanshire. Details of all the Centre's groups and drop in sessions in Falkirk and Clackmannanshire can be found on the back page of the newsletter and on our website.

### Health & Wellbeing Programme

Thanks to funding from the Falkirk Integrated Care Fund, the Centre in Falkirk is able to offer a programme of activities designed to improve the health and wellbeing of carers.

There is an ongoing programme of stress management and pampering sessions for individual carers and recent group activities have included chair yoga, weight management, podiatry and singing workshops. Carers have also had the opportunity to have a personal health check from a local Keepwell Nurse Assessor.

The forthcoming programme includes:

- **Pamper Sessions** (1 hour appointments)
- **'Keep Well' Health Checks** (1 hour appointments)
- **Stress Management Sessions**  
(1 hour appointments weekly for a 4-week block)
- **Podiatry** (30 minute appointments)

Details of the current programme are available from the Carers Centre and on our website and regular updates are posted on our Facebook page. Please get in touch if you are interested in booking a place on any of our health and wellbeing activities.

### Men's Group

**The Men's Group which meets from 12 noon to 2 pm on the second Tuesday of the month (apart from July and August) is keen to attract new members.**

The group meets at the Centre in Falkirk and offers an opportunity for male carers to get together to enjoy conversation, a sandwich lunch, and a break from caring.

**If you would like further information or to come along to this group, contact the Carers Centre in Falkirk.**



# respitality

**Respitality allows carers to access breaks and leisure time activities gifted by a range of hospitality providers.**

Carers in Falkirk and Clackmannanshire who are registered with the Carers Centre can participate in breaks as they become available. **The range of gifts on offer varies and is limited by availability.** Current and future breaks include:

- ★ **A Champagne Afternoon Tea**, gifted by the Wheelhouse Restaurant, Falkirk
- ★ **Tickets for the Hippodrome Cinema**, gifted by Falkirk Community Trust
- ★ **A game of bingo, meal and soft drink for two**, gifted by Gala Bingo, Falkirk
- ★ **Fishing Permit for River Carron**, gifted by Larbert & Stenhousemuir Angling Club

Many thanks to all our generous providers for supporting Respitality for carers. To register your interest in the above or future breaks, contact the Carers Centre.

## BETTER breaks

A grant from the Scottish Government Short Breaks Fund (Better Breaks Programme) allowed the Centre to offer 26 families of children with additional support needs a trip to the Pantomime at Christmas time 2016.

This year a choice of options were available to families: a performance of Peter Pan by Larbert Amateur Operatic Society in the Dobbie Hall in Larbert, or Weans in the Woods at the Macroberts Art Centre in Stirling. These outings allow families to be supported by Carer Support Workers on the day with the option of transport being provided in order for them to attend and any specific needs accommodated if possible. With continued funding, the Centre will look to continue to offer similar events in the coming months.

## Short breaks fund

## CREATIVE breaks

**Funding from the Scottish Government's Short Breaks Fund and the Falkirk Integrated Care Fund allows the Centre to offer individual grants of up to £300** to fund flexible breaks to eligible carers that will improve their health and wellbeing and help them to cope with their caring role. To find out more, or to discuss making an application to this fund, contact the Carers Centre.

## Young Carers project



## Ocean Youth Trust Voyage

**Ten young carers from Falkirk and Clackmannanshire took part in a five day voyage with Ocean Youth Trust Scotland over the Easter school holidays.**

The group embarked at Greenock onto Alba Explorer for five days of learning to sail on the West coast of Scotland. Accompanying the young carers were two workers Jayne and Craig from the Young Carers Project and the OYT crew, which includes Emma-May Millar who has been supported by the Falkirk and Clackmannanshire Young Adult Carers Project and took part in our first voyage with OYT back in 2015. Emma-May discovered a new passion and now works full time with OYT.

## Donations

Thank you to the...  
**Greenpark Quilters**  
for their very kind donation of  
**£630** to the Young Carers Project

This will be used to provide activities at young carer groups which give young carers opportunities to explore new interests, make new friendships and improve their health and wellbeing.

Highland Spring have been more than kind to the Young Carers Project. Not only have they  
**donated pallets**

**of water**



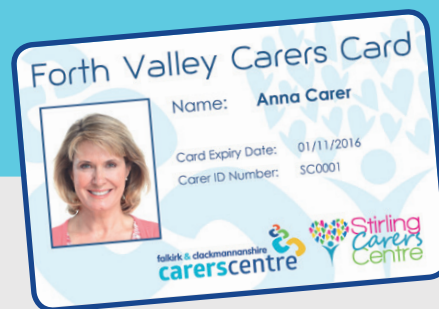
for the young carer groups, they have also given a generous **donation of**

**£250** which funded the travel and lunch for the ten young carers on the Ocean Youth Trust voyage in April.

# Involve

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Opportunities  
for carers to have  
their voices heard



## Forth Valley Carers Card

The Forth Valley Carers Card was piloted across Forth Valley during 2016.

An evaluation was carried out and a report has been produced. This reported very positive feedback from carers that had taken part in the pilot including:

**87 %** agreed that the card helped them to be **identified as carers**

**62 %** said the card had helped them to participate in **discussions about their cared for person**

**61 %** said that the card had helped them **gain information from professionals**

**78 %** felt more **confident** and **reassured** just by having the card

Carers indicated that the main benefits of having the card had been:

"It gave me confidence in anything I do in conjunction with my husbands health"

"Its a form of ID, that I use"

"Being able to ask for more information about my mums condition"

"It proves I am a carer when I'm at the doctors or dentist"

"People recognise that I now do a proper job"

The report has recommended that the Forth Valley Carers Card should continue in its present format and that its potential future development as an emergency card be considered. The report is currently being presented to the Integration Joint Board and it is hoped that the Carers Card will be available to carers from spring 2017.

If you are interested in being issued with a Forth Valley Carers Card once it is available, please contact the Centre and your name will be placed on the waiting list.

## Carers Forum

Carers Forum meetings take place in Clackmannanshire and Falkirk.

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:



Wednesday 24 May 2017

Wednesday 30 August 2017

Wednesday 29 November 2017

The next Falkirk Carers Forum meeting on 24 May 2017 will include presentations on the role of the district nurse and local reablement services and there will be an update on the Carers Act.

### CLACKMANNANSHIRE

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



Wednesday 17 May 2017

Wednesday 13 Sept 2017

Wednesday 22 Nov 2017

Contact Aileen at the Centre in Falkirk or Ian at the Centre in Alloa if you are interested in attending Carers Forum meetings.





## Scottish Youth Parliament

One of our young adult carers in Clackmannanshire, Lauren Baigrie, has become an elected Member of the Scottish Youth Parliament for 2017–2019.

Lauren said:

“So happy to announce that I’ve been elected as an MSYP as of June 2017. I’m so excited to begin this new venture and I would just like to thank everyone for their support over the last few weeks. Here’s to exciting times!”



## Central Carers Association Membership and AGM

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

A voluntary Board of Directors, elected by the membership of CCA, manages the Falkirk & 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 or download a form from our website.

**The AGM of CCA will take place in Clackmannanshire in August 2017. Members will be sent an invitation to the AGM nearer to the time of the event.**

## Social Care Eligibility Criteria Consultation



**Falkirk Social Work Adult Services held a social care eligibility criteria consultation event at the Carers Café in April.**

The consultation wanted to hear the views of carers on proposed changes to the eligibility criteria which help decide who is able to receive services and support from Social Work Adult Services.

# 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.
- **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.

### 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**  
First and third Friday of the month 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.



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Email: [centre@centralcarers.co.uk](mailto:centre@centralcarers.co.uk)  
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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.