

newsletter

Information for Carers throughout Falkirk District and Clackmannanshire

WINTER 2017

Carers Act Update

The Scottish Government has introduced new legislation that will enhance and extend the rights of carers.

This will ensure better and more consistent support for adult and young carers by introducing new approaches such as an Adult Carer Support Plan, a Young Carers Statement, involving carers when the person they care for is discharged from hospital and providing carers with information and advice services.



**Carers (Scotland) Act 2016
Supporting Carers**



FORTHCOMING EVENTS TO HAVE YOUR SAY AND GET INVOLVED:

Clackmannanshire Carers Forum

10 am on Wednesday 22 November 2017 at Dunmar House, Alloa.

An opportunity to discuss the Carers (Scotland) Act 2016, in particular, local eligibility criteria, adult carer support plans and the carers strategy.

Carers Rights Day

10 am to 12 noon, followed by lunch, on Friday 24 November 2017 at the Carers Centre.



Falkirk Carers Forum

10.45 am to 1 pm, followed by lunch on Wednesday 6 December 2017 at the Park Hotel, Falkirk.

An opportunity to discuss the Carers (Scotland) Act 2016, and to be involved with partners in health and social care to determine how the needs of local carers will be met in the future.

Clackmannanshire Carers Act Event

10 am to 12 noon or 2 pm to 4 pm with lunch available from 12 noon - 2 pm on Friday 8 December 2017 at the Municipal Buildings, Stirling.

An opportunity to discuss pathways to accessing support, information/advice for carers, eligibility criteria, what works well now, what gaps exist, and consideration of other models of support.



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Plus much more...

Care with Confidence

CAMHS Workshops

The Child and Adolescent Mental Health Service (CAMHS), working with Falkirk & Clackmannanshire Carers Centre, has 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. To register your interest for the CAMHS workshops in the New Year, please contact Anne Prinn, Parent Carer Support Worker at the Centre in Falkirk.

What Carers Need to Know

Carers have highlighted that there are key topics they wish they had known about earlier in their caring journey and that they greatly benefit from peer support in a group setting. An opportunity was identified to develop a core 6 week programme aimed primarily, though not exclusively, at newly identified carers. What Carers Need to Know, which was piloted in Denny in September/October 2017, takes this into account and will provide a weekly rolling programme, designed to give carers essential information to develop confidence in their caring role. This should create a clear pathway between carer support and future Care with Confidence sessions enabling other professionals like GPs to signpost carers for support as early as possible.

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

Power of Attorney

Carers Centre, Falkirk

Wednesday 13 December 2017 at 10.30 am

Monday 15 January 2018 at 11 am

Monday 19 February 2018 at 11 am

Tuesday 13 March 2018 at 3 pm

Ludgate House, Alloa

Tuesday 16 January 2018 at 11.30 am

Thursday 15 March 2018 at 2.30 pm

Thursday 9 May 2018 at 10.30 am

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.

Fundraising & Donations

The Carers Centre relies on donations and contributions from fundraising to provide a range of activities for carers. Recently, these have included:

Clackmannanshire
Friends of the Carers
Centre Pop up Events **£341**

Falkirk Charities Day **£189**

Thanks to all who contributed.

Social Security Changes

From summer 2018, Carer's Allowance, one of the eleven benefits devolved to the Scottish Government, will be paid at an increased rate.

It will be in line with Jobseeker's Allowance, which at current rates, would mean an increase of £10.40 a week, from £62.70 to £73.10.

.....
This represents an additional investment of over £30 million in supporting carers.
.....

The Best Start Grant and the Funeral Expense Assistance will follow from summer 2019.

The new Scottish social security agency will be carrying out

benefit assessments for Personal Independence Payments (PIP) and Employment and Support Allowance instead of private companies, heralding a welcome change for claimants who often felt negatively challenged by such interviews.

Scotland's new social security agency administrative office will have its headquarters in Dundee and there will also be an office in Glasgow. In addition, the agency will have a local presence with additional staff working across the country to ensure that applicants have more localised support.

INCREASE OF

£10.40

A WEEK



carers SCOTLAND ANNUAL SUMMIT

This year's Carers Summit is to be held in Glasgow City Chambers on Friday 24 November 2017. Speakers will include the Minister for Health and Sport, Aileen Campbell MSP and the event will explore a range of current issues for carers in Scotland. The event will begin at 10.30am with registration and, following speakers, will continue with lunch at 1pm.

For further information, please contact: Rhonda Fitzpatrick at Carers Scotland at rhonda.fitzpatrick@carerscotland.org.



**Young Adult Carers
have been working
with Fixers UK to
produce a postcard.**



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

Carer Breaks

As a carer, it is not always easy to take a break, but having a break is so important for the carer's own health and wellbeing.

A break from caring might be for a couple of days or longer, or it may just be for a few hours - to enjoy an activity outside the caring role, to socialise with other people, or to rest and have a chance to re-charge your batteries.

The Carers Centre offers a range of opportunities for carers to take a much-needed break for a few hours or longer.

Short breaks fund

A new award from the Scottish Government's Short Breaks Fund and funding from the Falkirk Integrated Care Fund means that the Centre can continue to offer grants of **up to £300 to individual carers to fund a flexible break of their choosing for themselves or along with the person they care for.**

This might be for a break away, gym membership, a cinema pass, day trips, hobby pursuits – or something else entirely which would help improve the health and wellbeing of the carer and allow them to enjoy some time outside the routine of their caring role.

BETTER breaks

Funding from the Short Breaks Fund Better Breaks programme allows the Centre to offer outings to children and young people with additional support needs and their families.

Below: Summer outing to Glasgow Science Centre



Health and Wellbeing

Through funding from the Falkirk Integrated Care Fund and the support of volunteers, the Centre in Falkirk is able to offer a range of health and wellbeing opportunities to individual carers including **footcare, massage, and stress management sessions**. This funding also allows for occasional group activities such as **Singing Workshops** which are starting in November (see details across page).



Rhona Haddow,
Therapist

respitality

Respitality breaks are available to carers due to the generosity of local and national organisations, businesses and hospitality providers. Local carers have benefitted from a range of breaks thanks to:

Falkirk Community Trust, The Wheelhouse Restaurant, Larbert and Stenhousemuir Angling Club, Gala Bingo, Scottish Segway, Haggis Tours, Forth Valley College, The Scotch Whisky Experience, Scottish Licensed Trade Benevolent Society



Cameron and
Nicholas on their
Segways



Cool Creatures visited the young carers groups in September, everyone enjoyed learning how to handle the cool creatures and found out lots of quirky facts about them too.



Group Activities

Regular weekly or monthly carer groups and one-off events, such as the Carers Christmas Lunch (see below for details), bring carers together in their local communities to meet other carers, try new activities, learn new things or just relax for a few hours.

Since the last newsletter, carers in Clackmannanshire have found themselves involved in a tapestry workshop, jewellery making, therapeutic sound, a consultation on NHS Inform, basic first aid for the heart, energy and budgeting advice and have had lots of laughs.

A new programme for groups in Bo'ness, Larbert and Falkirk will be available from January 2017.

Carers Christmas Lunch

Carers in Falkirk and Clackmannanshire are invited to a festive lunch in December. The Carers Christmas lunch is an opportunity to relax, take a break from caring, meet other carers and have some festive fun. In Falkirk, carers who have participated in the Singing Workshop in November and December will be singing some seasonal songs.

Lunches will take place on Tuesday 12 December 2017 at 12 noon at the Park Hotel in Falkirk and Dunmar House in Alloa.

To book a place, please see the flyer enclosed with this newsletter or visit our website. Places are limited and require to be booked in advance.



Singing Workshops

It is not too late to join in the remaining Singing Workshops for carers at the Centre in Falkirk, facilitated by Alex Christie, a qualified singing coach and music therapist. The Workshops are taking place on Mondays from 11 am to 12 noon on the following dates: 6, 13 and 27 November and 4 and 11 December 2017

Singing can lift your mood and make you feel good. Singers of all standards are welcome.

For those who participate in the workshops, there will be an option to take part in an informal performance at the Falkirk Carers Christmas Lunch on Tuesday 12 December 2017.

Individual Support for Carers

Carer Support Workers based in the Carers Centre in Falkirk and Alloa, Forth Valley Royal Hospital, Falkirk Community Hospital and Clackmannanshire Community Healthcare Centre provide individual support to carers.

Home visits can also be arranged where the carer is unable to access any of these venues. Talking to a Carer Support Worker about their caring role and the impact it is having on their lives can help carers to plan changes to improve their situation and to access the support that is available to them.

72%

.....
**reported improvements
as a result of the support
they received**
.....

From April to September this year, Carer Support Workers provided individual support to 853 carers. Where Carer Support Plans were recorded and reviewed with individual carers, 72% reported improvements as a result of the support they received in relation to issues they had originally identified.

Tuesday Mornings at Ludgate House

On Tuesday mornings at Ludgate House, Alloa, there are a range of support activities on offer for individual carers in Clackmannanshire.



These activities have been developed over the past few months working in partnership with Alloa Citizen Advice bureau (CAB) and carer volunteers (who are giving back to their local Carers Centre).

- As part of its outreach programme across Clackmannanshire, one of Alloa CAB's clinics, working with carers, takes place. Carers are allocated individual one-hour appointments to meet with the CAB advisor. This has proved very popular with carers and many have so far had very positive outcomes.
- Carers can enjoy a luxury manicure or hand and arm massage with a trained therapist at an individual appointment lasting up to 75 minutes. This is to help with carers' stress, improve relaxation and to help carers feel that little bit better about themselves.
- Carers can drop in to see a Carer Support Worker for a quick chat, for some information or to make an appointment for a more detailed chat. As this is a drop-in session, exclusive time with a Carer Support Worker can't be guaranteed. If you know that your enquiry is more detailed or complex, it is better to book an appointment.



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 22 November 2017

Wednesday 14 February 2018

Wednesday 16 May 2018

FALKIRK

Please see front page for details of Falkirk Carers Forum taking place on **Wednesday 6 December 2017** at the Park Hotel.



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

Wednesday 21 February 2018

Wednesday 23 May 2018

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

Forth Valley Carers Card

Carers who are registered with the Carers Centre can request a Carers Card. The Forth Valley Carers Card is a carer identification card that has been developed by carers from across Forth Valley with the support of Falkirk & Clackmannanshire Carers Centre, Stirling Carers Centre, NHS Forth Valley, Clackmannanshire Council, Falkirk Council and Stirling Council.

The Forth Valley Carers Card will identify you as a carer and show which Carers Centre you are registered with. It should also assist you in being:

- **Recognised as a carer**
- **Listened to as an equal partner**
- **Provided with information to help you in your caring role**
- **Involved as an equal partner in care**

For further information, or to request a card, please contact Ian McCourt at the Carers Centre (Alloa) or Aileen Barclay at the Carers Centre (Falkirk).



Friday 24 November 2017

**10 am to 12 noon,
followed by lunch,
at the Carers Centre.
Check our website
for further details.**

Your Experiences of Health & Social Care

Falkirk Health & Social Care Partnership (HSCP) thanked those who took part in a group discussion in April and for the feedback provided about experiences of health and social care services.

It seems that, while many health and social care services work well, there are times when services are disjointed or there is a delay in receiving services. By listening to the experiences of service users, carers and staff, as well as reviewing data about services, the Partnership is able to focus on areas where service improvement should take place. There will be further opportunities for carers to get involved through sharing their views and experience as the Partnership starts to make changes to local services.

Key themes highlighted as being important were:

- **Good information**
- **Sharing information between services**
- **Signposting and referral**
- **Connected services**
- **Helping people gain or regain independence**

Central Carers Association Annual General Meeting

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

Following the business of the meeting, guest speakers, Robert Stevenson, NHS Forth Valley, and Heather Noller, Carers Trust, provided updates on the progress of the Carers (Scotland) Act 2016 locally and nationally.

After lunch, participants were asked to consider two questions relating to hospital discharge:

- What has been your experience of hospital discharge, both positive and challenging?
- From your perspective what do you think is meant by involving carers in hospital discharge?



Discussions generated a range of feedback and comments from participants which was then collated for consultation submission.

If you would like further details of points raised, please contact Ian McCourt at the Centre in Alloa.



Falkirk Health and Social Care Partnership

Falkirk Health and Social Care Partnership Carer Recruitment

The Falkirk Health and Social Care Partnership (HSCP) is seeking to recruit two carer representatives, one as lead and a second as substitute, to the Integration Joint Board (IJB). This will be from April 2018. We would like to hear from you if you and the person you care for live in the Falkirk Council area, you are over 18 years of age and would like to represent carers.

Further information on the role and recruitment process will be made available:

- at the Carers Forum meeting on 6 December 2017
- at drop-in information sessions to be organised
- published on the Carers Centre website
- published on the Falkirk HSCP web pages - www.nhsforthvalley.com/about-us/health-and-social-care-integration

In the meantime if you would like any further information please contact: centre@centralcarers.co.uk



YouthLink Scotland worked with My Life My Say and Young Scot to host a focus group with 6 young carers and young adult carers, to learn about their experiences and understandings of the EU referendum, and their expectations and priorities for the Brexit process. The findings from the focus groups will feed back into the Westminster All-Party Parliamentary Group on A Better Brexit for Young People.



Three young adult carers visited the head office of YoungScot in Edinburgh to have a chat with them about their experiences as a young adult carer and in particular, Carers Allowance.

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 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:

- **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 10.30 am to 12.30 pm at Ludgate House, Mar Place, Alloa.



Christmas Opening Hours: The Carers Centre in Falkirk and Alloa will be closed from Monday 25 December 2017 to Tuesday 2 January 2017, opening again on Wednesday 3 January 2017.

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.

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.



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

