

newsletter

Information for Carers throughout Falkirk District and Clackmannanshire

SUMMER 2018

Carers Act Comes into Effect

On 1 April this year, Scotland took a major step towards extending and enhancing the rights of unpaid carers with the introduction of the Carers (Scotland) Act 2016.

This comes at a time when there is increasing pressure on health and social care services, and greater reliance on those who take on caring responsibilities. The Act aims to ensure that carers are supported more consistently, so they can continue to care if they wish, and are able to do so in good health and with a life alongside their caring responsibilities.

The Act gives carers new rights including the right to have or request an Adult Carer Support Plan or Young Carer Statement, and also sets out duties relating to support, breaks from caring, hospital discharge, and information and advice. For more information, visit www.gov.scot and search for the Carers' Charter or contact the Carers Centre.



Carers (Scotland) Act 2016
Supporting Carers

We would like to take this opportunity to thank carers and professionals for their support over the last year and acknowledge all those carers who spent time taking part in consultations either online, by post or in person in the run up to the Carers (Scotland) 2016 Act.

Carers Week 2018 Monday 11 - Sunday 17 June

Carers Week is an annual awareness campaign to celebrate and recognise the vital contribution made by the UK's 6.5 million carers. Individuals and groups all over the UK are organising events to raise awareness for Carers Week 2018.



Carers face barriers to maintaining their own health and, this year, the focus for Carers Week will be *'helping carers to be healthy and connected'*.

In Falkirk and Clackmannanshire, the Carers Centre will be offering a range of events and activities for carers to help promote health and wellbeing.

See inside for further details of what is happening in your area.

COMING UP!

Forthcoming events to have your say and get involved:
Clackmannanshire Carers Forum: Wednesday 16 May 2018
Falkirk Carers Forum: Wednesday 23 May 2018

See inside for details of these events for carers.

www.centralcarers.org

Central Carers Association Membership

The membership of Central Carers Association (CCA) is made up of local 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.

Central Carers Association AGM

Wednesday 27 June 2018

Venue: Trinity Church, Manse Place, Falkirk FK1 1JN

Time: 11am followed by lunch

Current members and new members are invited to attend. Following the business of the AGM, there will be lunch and a chance to speak to other carers, members of the Board, Carers Centre staff, and representatives from other organisations.

If you are a member, or would like to become a member, and you would like to attend the AGM, please use the enclosed Membership form to let us know you will be coming.

Digital Reach

As part of Nominet Trust's Digital Reach Programme the Carers Centre was awarded £7,000 and five laptops by Carers Trust.

Nominet Trust are the UK's leading social tech funder. Young adult carers, aged 16+, were also given the opportunity to gain or improve their digital skills by linking into the E-learning resource, 'Learn My Way'. Seventy-two young adult carers took part in the programme to improve their basic digital skills to enable them to safely and efficiently access the advice, information and support they need to achieve their aspirations.



'Learn My Way' participants

Data Protection

The laws around Data Protection are changing. The General Data Protection Regulation (GDPR) comes into force on Friday 25 May 2018.

If you have received this publication by post or email, this means that we currently hold your contact details and that you have asked us to add your details to the Carers Centre mailing list to receive the twice-yearly newsletter and occasional information from the Centre relevant to carers. This information is treated as confidential, kept securely and will not be shared with other organisations without your consent.

You can let us know if you wish to update or remove your details from our mailing list at any time using the contact details on the back page of the newsletter, either in person, by email, by telephone, or by returning the reply slip included with this newsletter.

2018



year of young people
bliadhna na h-òigridh
2018

The Scottish Government's Year of Young People

Throughout the year, events are being held across the country to celebrate the talent of Scotland's young people and provide a platform to have their voices heard on issues affecting them.

The Year of Young People aims to create new opportunities for Scotland's young people, recognises their valuable contribution to society and celebrates their achievements.

Falkirk and Clackmannanshire Young Carers & Young Adult Carers Project is looking forward to being part of these exciting events, so follow the Project's Facebook and Twitter feed for opportunities to become involved!

Congratulations to Clackmannanshire young carer Kaitlin Paterson who is a Year of Young People 2018 Ambassador. The YC Project is so proud of you!



Some of Falkirk & Clackmannanshire's Young Adult Carers

Care with Confidence What Carers Need to Know

We are offering carers a new opportunity to attend local sessions that will focus on improving their confidence in caring for someone else by receiving key information over a range of topics.

The course is aimed at newly identified carers in need of some targeted support that will develop their knowledge and help them in their caring role. This is a response to the feedback provided by local carers in contact with Falkirk & Clackmannanshire Carers Centre over many years and reflects the local strategic agenda for the support of carers.

Morning sessions are presently underway in Clackmannanshire and the following are planned for the remainder of 2018:

Falkirk:

Thursdays 17 May – 21 June

Clackmannanshire:

Wednesdays 17 October – 21 November

Falkirk:

Tuesdays 23 October – 27 November

If you are interested or require more information, please contact the Carers Centre or visit our website.



Young Carers Team: Jacqueline, Leanne, Jayne, Jo, Jordan and Craig

Welcome to our two new Young Carers Workers ...

Jordan Rowse and Leanne Flynn, the two new members of the Young Carers team started in April and will enable the team to continue to support Young Carers on a 1:1 basis, at Young Carers groups, and within school. We are also going to be developing a Young Carers Forum and a Young Adult Carers Forum.



Support

Inform | Support | Involve

Individual and
group support
for carers



Carers have enjoyed a varied range of recent breaks that have been provided by the hospitality and tourism sector **FREE OF CHARGE**. Thanks to generous gifts from local and national businesses and organisations, carers have enjoyed afternoon tea for two (Falkirk Community Trust), family swim passes (Falkirk Community Trust), and a game of bingo and meal for two (Gala Bingo).

Carers and Respitality providers from across Scotland attended a national Respitality event in March in St Andrews. As part of this event, carers were offered two nights accommodation at local hotels and guest houses in St Andrews.

Health & Wellbeing

Thanks to funding from Falkirk Council's Integrated Care Fund, the Centre in Falkirk is able to continue a programme of health and wellbeing activities for local carers. The current programme includes individual aromatherapy sessions and blocks of 4 weekly individual stress management sessions. Previous group activities have included singing workshops and fitness sessions.

Carers have told us how much they have benefited from individual pampering and stress management sessions:

- *"Wonderful, welcoming and relaxing session"*
- *"Thank you for an amazing appointment. It was really relaxing and definitely what I needed"*
- *"I don't feel tense anymore, the service is just wonderful for carers"*
- *"I was given great coping techniques"*
- *"I feel less stressed and have more energy"*
- *"The stress management course was excellent and really helped me"*

Short Breaks

The Carers Centre provides a range of opportunities for carers in Falkirk and Clackmannanshire to take a break and enjoy some time away from their caring role. Carers have told us that regular breaks are essential to their own health and wellbeing and help to make it possible for them to continue caring.

Carer Groups

Carer groups bring carers together to enjoy a short break from caring and provide an opportunity to meet with other carers, enjoy new activities, learn new skills, share information and make



new friends. Details of regular carer groups are shown on the back page of the newsletter and new members are always welcome. Please note that some groups do not meet in July and August over the summer.



Funding from the Scottish Government's Short Breaks Fund and Falkirk Council's Integrated Care Fund allows the Carers Centre to continue to offer grants of up to £300 to enable eligible

local carers to have a break from caring that will improve their health and wellbeing and help them to cope with their caring role. As well as short breaks away, recent Creative Breaks awards have enabled individual carers to purchase annual gym membership, cinema passes, garden equipment and fishing permits.

Carer Craft Sessions

A monthly Carers Craft Session takes place on the second Thursday of every month, from 11 am to 1 pm, at the Centre in Falkirk. Bring along your current projects and inspire others with your designs.



Carers Week 2018

Healthy and
Connected



Falkirk Carers Week Programme

- Monday 11 June**
- Individual pampering appointments
- Tuesday 12 June**
- Male carers are invited to attend a Carers Week Lunch, 12 noon to 2pm
 - Carers Act Information Session, Greenpark Community Centre, Polmont, 10.30am to 12.30pm
- Wednesday 13 June**
- Health & Wellbeing event at Carers Cafe, 10.30am to 12 noon
 - Carers Week Lunch at 12 noon
 - Digital Inclusion Session, 1.30pm to 2.30pm
 - Individual pampering appointments
- Thursday 14 June**
- Carers Craft Session and Healthy Lunch, 11am to 1pm
 - Individual Keep Well checks

Unless otherwise stated, events will take place at the Carers Centre in Falkirk and all carers are welcome.

For catering purposes, please contact us to let us know if you will be attending any of the Carers Week events and contact the Centre to book individual appointments.



Clackmannanshire Carers Week Programme

- Monday 11 June**
- Circle Dancing at Community House, Alloa, 10 am to 12 noon
- Tuesday 12 June**
- Healthy & Connected sessions, 10 am to 12 noon, at Ludgate House, including pampering and footcare appointments, Carers Centre and health information stall, staying safe in the community, and Technology Enabled Care with information and interactive opportunities.
- Thursday 14 June**
- Carers Afternoon Tea, 2 pm to 4 pm, at Inglewood House, Tullibody Road, Alloa.

To book a place at Carers Week events, contact the Centre in Alloa or use enclosed flyer to book Afternoon Tea.



Young Carers
project

The young carers groups have been so busy recently!

Young carers have enjoyed playing basketball and badminton and, thanks to a project that enables young people and families who would not normally have access to theatre, 80 young carers attended the Chick Whittington panto at Macrobert Arts Centre. Thank you to Mackie's of Scotland who once again provided free ice cream and thank you to Drummond Laurie Chartered Accountants who funded the

transport to take Falkirk young carers to the Macrobert Arts Centre.

Falkirk Wheelers have been teaching some of the groups to roller skate, Youth Scotland have been putting some older young carers through their paces with a driving simulator and Enable Scotland joined us with emergency planning workshops. Younger groups have been creative with crafts and cakes.

Involve

Inform | Support | Involve

Opportunities for carers to have their voices heard



Carers Card

The Forth Valley Carers Card continues to be offered to carers in the Forth Valley Area. Since the pilot began in 2015, 162 cards have been issued to carers in Falkirk and Clackmannanshire. The 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 on carer involvement opportunities, please contact Ian McCourt at the Carers Centre (Alloa) or Claire Crossan at the Carers Centre (Falkirk).

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 in Dunmar House, Alloa at 10 am on the following dates:



Wednesday 16 May 2018

Wednesday 12 September 2018

Wednesday 14 November 2018

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 23 May 2018

Wednesday 22 August 2018

Wednesday 21 November 2018



The Coalition of Carers is the national carer organisation in Scotland which exists to advance the voice of carers by facilitating carer engagement through bringing carers and local carer organisations together with key decision makers from local and national government. The Coalition of Carers holds 4 meetings a year throughout Scotland. They also provide the opportunity for people to network and share best practice from across Scotland.



Falkirk Health and Social Care Partnership

Falkirk Health & Social Care Partnership

At the Falkirk Carers Forum on 21 February 2018, it was agreed that a proposal to the Integration Joint Board (IJB) would appoint Morven Mack as Carer Representative and Claire Crossan as substitute, this was subsequently agreed at the IJB on 6 April 2018.

Morven said 'I am delighted and honoured to have been selected as the Carer representative on Falkirk Integration Joint Board and hope to fulfil this role to the satisfaction of all carers. For the past year I have acted as substitute carer representative and have found the experience highly beneficial. It has given me an insight into the expectations and challenges of the role which I trust will enable me to represent all Falkirk carers irrespective of the nature of their caring role. Being a carer myself I am aware of the anxiety and frustration experienced by carers when they feel that their voice is not being heard by those in



Carer Representative: Morven Mack

authority. Through my membership of Falkirk & Clackmannanshire Carers Centre, and most particularly my involvement with the Carers Forum, I benefit from the experience of other carers and broaden my knowledge of different disabilities and how they impact upon carers. For more information on the Falkirk Health & Social Care Partnership, you can access their web page at www.falkirkhsc.org

Falkirk Health and Social Care Partnership: Locality Working

As part of the Scottish Government's plan for health and social care integration, Falkirk Health and Social Care Partnership has identified three locality areas for service planning purposes.

These are:

- **West (Denny, Bonnybridge, Larbert and Stenhousemuir)**
- **Central (Falkirk Town)**
- **East (Grangemouth, Bo'ness and Braes)**

Representatives from health and social care, as well as CVS Falkirk and the Carers Centre met between October 2017 and March 2018 to undertake the first phase of locality working; this involved identifying how locality working would operate in each area.

Following this, the next phase will include developing a strategic plan for each locality and will also involve engaging with service users and carers.

Clackmannanshire and Stirling Health & Social Care Partnership

The Integration Joint Board for Clackmannanshire and Stirling Health and Social Care Partnership is made up of representatives from Clackmannanshire Council, Stirling Council, NHS Forth Valley, Third Sector representatives, service users and carers.

It has responsibility for the planning, resourcing and the operational oversight of a wide range of local health and social care services. Over the last two years, carer representatives or their substitutes have contributed to the workings of both the Integration Joint Board and the Strategic Planning Group. In line with the governance arrangements of the Board, it is now time for current carer representatives to stand down and for the Partnership to seek nominations for selection of carer representatives for the next three-year term of office.

The Carers Centre will support the carer representatives, and all reasonable costs will be covered. If you are interested in being the carer representative on the Clackmannanshire & Stirling Integration Joint Board or the Strategic Planning Group, please contact us.

Representatives will be chosen by vote at Clackmannanshire Carers Forum on Wednesday 16 May 2018. If you would like to know more or wish to chat over this important role, please contact the Centre in Alloa.

Carer representatives are expected to:

- Attend 4/5 IJB meetings and briefing meetings per year
- Attend 4/5 Strategic Planning Group meetings per year
- Attend 4/5 local carer forum meetings per year
- Support consultations with local carers

Carers (Scotland) Act 2016 Young Carers Focus Group

A group of seven young carers and young adult carers have formed a focus group to consider the implications of the Carers Act for young carers.

They have given feedback to both Falkirk and Clackmannanshire local authorities and directly to MSP Aileen Campbell, Minister for Public Health & Sport, on Young Carers Statements, the eligibility criteria and their views on emergency planning. This group has now been asked to take part in a focus group to look at the Young Carers Grant with the Scottish Government.



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.
Please note that Falkirk Community Groups do not meet in July or August.

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 10.00 am to 12.00pm at Ludgate House, Mar Place, 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: centre@centralcarers.co.uk
www.centralcarers.org

Falkirk & Clackmannanshire Carers Centre is managed by a board of trustees elected from the membership of **Central Carers Association**, a voluntary organisation comprising carers and those with an interest in carers' issues.

The organisation is a Company Limited by Guarantee (Company No SC184443) and a Registered Scottish Charity (No SC023658)

Mission Statement

Central Carers Association seeks to ensure that carers of all ages in Falkirk district and Clackmannanshire are recognised, valued, receive the information and support they need to allow them to care with confidence and in good health, and are empowered to have a life of their own outside caring.

Quality Statement

Central Carers Association is committed to running an organisation with high standards of organisation and operational practice.



Former Carer Policy

Falkirk & Clackmannanshire Carers Centre provides information and support to carers, young carers and former carers for up to two years after their caring role has ended.

Funded by



Falkirk Council



Clackmannanshire Council

www.clacksweb.org.uk



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.