

newsletter

Information for Carers throughout Falkirk District and Clackmannanshire

SUMMER 2019

Carers Act One Year On

1 April 2019 marked the first anniversary of the Carers (Scotland) Act 2016. From April

2018 to March 2019 the Carers Centre has helped 393 carers in Falkirk & Clackmannanshire to complete an adult carer support plan and 57 young carers to complete a Young Carers Statement.

To find out about the rights that carers in Scotland now have as a result of the Act, check out the Coalition of Carers quick guide 'What to Expect - the Carers Scotland Act' on our website. Alternatively, to speak to someone about your rights as a carer, and/or to request an Adult Carer Support Plan, please contact the Carers Centre.



Carers (Scotland) Act 2016
Supporting Carers



Carers have the right to...



Access a local information and advice service



Request an Adult Carer Support Plan/Young Carer Statment



Access support to meet their eligible needs



Be consulted on services for them and person they are caring for



Be included in the hospital discharge of person they are caring for.



Carers Week 2019
Monday 10 – Sunday 16 June

Inform

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**Information and
training for carers
and professionals**

Central Carers Association AGM

Wednesday 12 June 2019

Venue: Falkirk & Clackmannanshire Carers Centre

Time: 11 am followed by lunch

Current members of Central Carers Association (CCA) and other carers who are interested in how the Carers Centre is managed 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.

Friends of Clackmannanshire Carers

Friends of Clackmannanshire Carers was set up by a group of individual carers from Clackmannanshire who raise funds to help support carers in Clackmannanshire and see it as a way to pay back some of the help they themselves have received. Their main purpose is to:

- Raise funds to support carer activities in Clackmannanshire
- Help promote the work of Falkirk & Clackmannanshire Carers Centre

Funds raised by Friends of Clackmannanshire Carers have, in the past, helped to provide activities such as Carers Christmas Lunch, trips and craft activities organised by the Carers Centre.

If you would like more information about Friends of Clackmannanshire Carers, please contact Ian McCourt at the Centre in Alloa.

Care with Confidence

Care with Confidence is delivered to respond to the needs of carers and the changing backdrop of caring at a local and national level. The aim of Care with Confidence is to enable carers to:

- Develop skills in the practical tasks relating to their caring role
- Develop the abilities to self-manage their own health, care and wellbeing
- Be more able to have a life outside of caring
- Manage the emotional impact of their caring role
- Build effective and supportive networks with other carers
- Build positive relations with social care and health professionals

It is clear from a decade of delivering Care with Confidence that carers who have participated in training feel more confident and better supported. Carers have said:

“This has provided me with information about learning to start caring for myself”

“I felt as if I was on my own - meeting and sharing with other carers was very helpful”

During 2019/20, the Centre will be delivering Care with Confidence programmes throughout the areas of Clackmannanshire and Falkirk, covering topics such as Power of Attorney, Dementia Awareness, What Carers Need to Know, Stress & Relaxation and Managing Difficult Situations.

If you would like further details, please contact Rebecca Fowler-Ralston or Donna Mulder at the Centre in Falkirk or Ian McCourt at the Centre in Alloa.



Power of Attorney

Carers Centre, Falkirk

Monday 3 June at 2 pm
Wednesday 10 July at 11 am
Monday 19 August at 1 pm
Monday 9 September at 11 am

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Ludgate House, Alloa

Monday 17 June at 10.30 am
Tuesday 13 August at 2 pm
Monday 7 October at 10.30 am
Wednesday 27 November at 2 pm

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 how Solicitors for Older People can help with applying for Legal Aid to cover or subsidise any associated costs.

Information Sessions for Professionals

The Carers (Scotland) Act 2016 was enacted on 1 April 2018 and places a range of duties on local authorities and the National Health Service. If you work within Falkirk Council, Forth Valley NHS or a local community organisation and would like to know more about the role of the Carers Centre in supporting carers, please come along to one of our Information Sessions which take place on the last Thursday of every month from 2 pm to 4 pm.

We hope this leads to a greater awareness of carers' rights as well as the information and support available from the Carers Centre. Please contact the Centre in Falkirk to book a place on a date that suits.



- Young carers and young adult carers have taken part in the Scottish Centre for Conflict Resolution (SCCR) conference where they learned how the brain reacts to conflict and how to 'Keep the Heid'.

SCCR will be visiting the Carers Centre in the summer to deliver a 'Stop, Think & Be Cool' session to more young carers & young adult carers. (Photo: Conflict Resolution)

- The Carers (Scotland) Act 2016 includes the introduction of an offer of a Young Carers Statement (YCS) to young carers.

The Young Carers Project is working with schools in Falkirk and Clackmannanshire to support young carers in education, raise awareness of young carers issues and to identify hidden young carers. Some of this work will be achieved by talking to pupils in classes, explaining what a young carer is and what makes them different from other young people.

Young Carers
project

Falkirk & Clackmannanshire
**YOUNG
ADULT
CARERS**

Support

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Individual and group support for carers



Carers continue to enjoy a varied range of breaks provided free of charge by the hospitality and tourism sector. Thanks to generous gifts from local and national businesses and organisations, carers have enjoyed overnight and short breaks at the University of St Andrews McIntosh Hall, Sandgreen Caravan Park in Gatehouse of Fleet as well as various venues courtesy of Hostelling Scotland. Carers have also benefitted from a game of bingo and meal for two (Buzz Bingo), family swim passes (Falkirk Community Trust) and day trips to Dewars Distillery in Aberfeldy.

"We would like to thank all concerned for the day at the Bingo and the lovely meal, for those few hours our minds were taken off caring and so relaxing. Thank you very much from three grateful carers!"

Health & Wellbeing



Thanks to funding from Falkirk Health and Social Care Partnership'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, Keep Well Sessions and blocks of 4 weekly individual stress management sessions.

Carers have told us how much they have benefited from the health and wellbeing sessions:

- *"The chat with Mary was just as therapeutic as the massage. Such a warm, friendly lady... most grateful"*
- *"The pamper session was lovely, just what I needed. A chance to relax and have a little 'me' time."*
- *"Very happy! Thank you for the Keep Well session."*
- *"It helped to talk during the 4 week stress management sessions. I feel more confident and now have better relationships with family members who also care."*

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 Health & Social Care Partnership's 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 fishing equipment, cinema passes and annual gym memberships.



For further information about short breaks opportunities for carers, contact the Centre in Falkirk or Clackmannanshire.

Carers Week 2019

Monday 10 – Sunday 16 June

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

Getting Carers Connected

This Carers Week, we're coming together to help carers get connected. Everyone has a part to play in connecting carers and helping them to get the support they need to care without putting off their own health needs or losing important relationships with others.

Carers Week is an annual awareness campaign to celebrate and recognise the vital contribution made by carers in the UK. There are 6.5 million people who are carers looking after a family member or friend who has a disability, illness, mental health condition or who needs extra help as they grow older.

This could include an employer creating carer-friendly policies by listening to the experiences of their workforce, a GP practice offering an annual health check or alternative appointment times to carers struggling to attend due to their caring responsibilities, or a leisure centre offering special deals for carers.



Falkirk Carers Week Programme

- Monday 10 June** • Individual pampering appointments
- Tuesday 11 June** • Male carers are invited to attend a 'Ready Steady Cook' Workshop including lunch, 12 noon to 2 pm*
- Reminiscence Session (come along for a trip down Memory Lane) at Greenpark Community Centre, **Polmont**, 10.30 am to 12.30 pm
- Wednesday 12 June** • Central Carers Association **AGM**, 11 am to 12 noon followed by lunch at the Carers Centre in **Falkirk***
- Keeping Carers Connected Fun Session, 2 pm to 3.30 pm
- Thursday 13 June** • Carers Craft and Healthy Lunch, 11 am to 1 pm*
- Friday 14 June** • Individual Keep Well check. An hourly appointment with a Health Assessor who will check blood pressure, cholesterol and glucose levels with an opportunity to discuss lifestyle matters*

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

*For catering purposes and/or for further information, please contact the Centre on **01324 611510** or email centre@centralcarers.co.uk

For individual appointments, please phone or email to book.



Clackmannanshire Carers Week Programme

- Monday 10 June** • Circle Dancing at Ludgate House, Mar Place, **Alloa**, 10 am to 12 noon*
- Tuesday 11 June** • Carers Afternoon Tea at Inglewood House, Tullibody Road, **Alloa** 1.30 pm to 3 pm*
- Wednesday 12 June** • Central Carers Association **AGM**, 11 am to 12 noon followed by lunch at the Carers Centre in **Falkirk***
- Keeping Carers Connected Fun Session, 2 pm to 3.30 pm in **Falkirk***
- Thursday 13 June** • Carers Centre Information Stall at Clackmannanshire Community Healthcare Centre (CCHC), 10 am to 12 noon
- Pop Up Fundraising stall with Friends of Clackmannanshire Carers at CCHC, 10 am to 12 noon

*For catering purposes and/or for further information, please contact Ian McCourt at the Alloa office on **01259 226839** or email centre@centralcarers.co.uk



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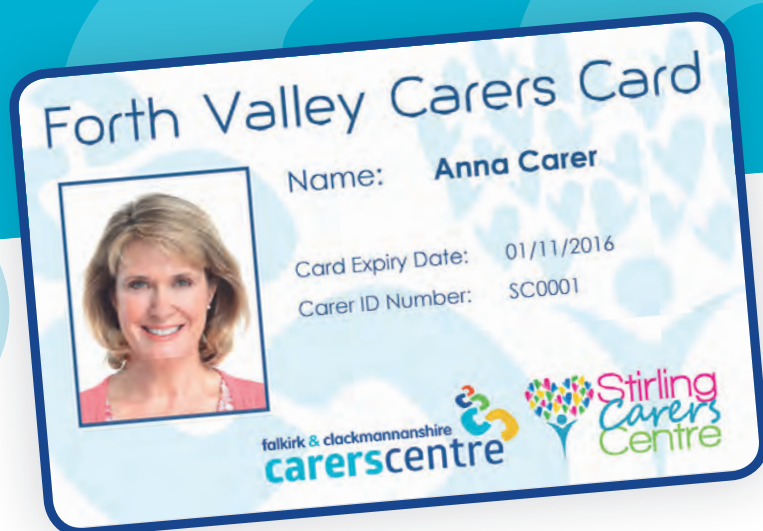
Opportunities for carers to have their voices heard

Young Carer and Young Adult Carer Forums

Our Young Carer and Young Adult Carer Forums in Falkirk and Clackmannanshire will continue in 2019 with meetings scheduled for June and September to look at issues that are affecting young carers and young adult carers. Any young carer or young adult carer aged 13-25 who would like to attend should contact Jordan Rowse on **01324 611510** or jordanrowse@centralcarers.co.uk.

Young Carers App

Young carers will be involved in a consultation about the creation of a Young Carers App. This will allow young carers to tell the developers what the app should look like and what the content should be. They will also be able to preview the app and help decide the best way to inform other young carers of the app.



Forth Valley Carers Card Update

The aim of the Carers Card is for carers to be more easily identified by Health and Social Care professionals and enable carers to:

- Voice their views and ideas
- Participate in care planning discussions
- Gain caring information on the person they care for
- Be recognised and valued as an equal partner in care

Since the launch of the Carers Card we have issued more than 200 cards. Many of those first issued have now passed, or are coming towards, their expiry date.

- If you wish to renew your Carers Card, please contact the Carers Centre
- Cards will be issued for a period of two years from the date of issue

To request a Carers Card or for further information, please contact the Carers Centre in Falkirk on **01324 611510** or email: centre@centralcarers.co.uk.



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 discuss current issues and hear the latest updates.

CLACKMANNANSHIRE

The Clackmannanshire Carers Forum will meet in Ludgate House, Mar Place, Alloa at 10 am on the following dates:



Thursday 5 September 2019

Thursday 14 November 2019

FALKIRK

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



Wednesday 21 August 2019

Wednesday 27 November 2019

For further information on carer involvement opportunities, please contact Ian McCourt at the Carers Centre (Alloa) or Claire Crossan at the Carers Centre (Falkirk).



The aim of the Young Carers Project is to raise awareness of the needs of young carers, create positive outcomes and provide time away from their caring role.

The level and type of care undertaken by a young adult carer varies according to their individual circumstances. Both projects will continue to offer one to one, group support, befriending and short breaks away.

This summer, young adult carers are taking part in an Ocean Youth Trust 7 day voyage in July, whilst other young carers will be attending the Young Carers Festival in August or sailing on a 5 day Ocean Youth Trust voyage.

Some of the activities planned have been made possible through donations and fundraising from local Rotary groups, organisations and individuals.



Falkirk & Clackmannanshire

**YOUNG
ADULT
CARERS**

Group Support Activities

Group meetings and carer drop in sessions take place on a regular basis at the Carers Centre and in the community, they 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

Weekly Support Group:

- **Carers Coffee Morning**
Ludgate House, Mar Place, Alloa - Every Monday morning 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:

- **Alloa Drop-In Session**
Every Tuesday from 10.30 am to 12.30 pm 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.

Privacy

If you have received this publication by post or email, this means that we currently hold your contact details. This information is treated as confidential, kept securely and will not be shared with other organisations without your consent. You can update or remove your details from our mailing list at any time using the contact details on the back page of the newsletter or by returning the reply slip included with this newsletter. Full information about the information we collect and how it is treated is contained in our Privacy Notice which is available from the Carers Centre and on our website.



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