

# newsletter

Information for Carers throughout Falkirk District and Clackmannanshire

**WINTER 2019**

## NHS Forth Valley 'Be Carer Aware Campaign'

**NHS Forth Valley is currently running their 'Be Carer Aware' campaign.**

Alex and Jillian from the Unscheduled Care Team, along with Katie Baker, the Carers Centre's Carer Support Worker based at Forth Valley Royal Hospital, are working hard to raise awareness with staff about the importance of involving carers in discharging patients from hospital. They recognise the valuable role that carers have and want carers to feel confident in having a say when it's time for the patient to go home, which is part of the carers (Scotland) Act 2016.

'Be Carer Aware' supports staff to recognise what it means to be a carer, to involve carers in decision making where possible, and to be aware of the support available for carers, both at their local Carers Centre and from Katie at the hospital.

Together, we'll be hosting an awareness event in Forth Valley Royal Hospital on 21 November 2019 from 10.30am to 1.30pm and then 6pm to 8pm to mark Carers Rights Day.

**carers  
RIGHTS DAY  
2019**

**This year, Carers Rights Day is on Thursday 21 November.**

Carers Rights Day is a national awareness raising day which aims to:

- Ensure carers are aware of their rights
- Let carers know where to get help and support
- Raise awareness of the needs of carers.

The Carers Centre supports all of these aims in informing, supporting and involving local carers. If you are caring for someone and would like to find out more about your rights and how to get help, contact the Carers Centre.

**NHS**  
Forth Valley

# Inform

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## Information and training for carers and professionals

### Carer's Allowance Supplement

Last year, the Carer's Allowance Supplement was introduced which meant that carers in Scotland received an extra £452.40 per year. Carer's Allowance Supplement is a social security payment made to carers who provide regular and substantial care.

### Best Start Grant

The **Best Start Grant package** which includes the Pregnancy and Baby Payment and the Early Learning Payment was launched in April this year and now includes the £250 School Age Payment for families with a child starting school. The Best Start Grant package, made up of these three payments, is for families in receipt of eligible benefits – including Universal Credit, Income Support, Housing Benefit and tax credits - and is designed to help at key stages in a child's life.

### Information Sessions for Professionals

If you are someone working with carers in the Falkirk area and you would like to know more about the Carers Centre and the support available for carers, including how carers can access an Adult Carer Support Plan or a Young Carer Statement, please come along to one of our regular information sessions for professionals on the **last Thursday of the month from 2 pm to 4pm at the Centre in Falkirk.**

Please contact us to let us know if you will be coming along, and to confirm that there has been no change to the timing of the session.

## SOCIAL SECURITY SCOTLAND Benefits Update

**Social Security Scotland is an agency of the Scottish Government, set up in September 2018 to manage and deliver a number of benefits that have been devolved to the Scottish Government.**

### New Funeral Benefit

A new benefit providing help for people on low incomes to meet the costs of a funeral became available in September. The Funeral Support Payment is being delivered by Social Security Scotland and will replace the Department for Work and Pensions (DWP) Funeral Expense Payment for people living in Scotland.

The changes mean around 40% more people will be eligible for financial support at the point of bereavement. People will be able to apply over the phone, by post or online. Once Social Security Scotland is fully operational, face to face pre-application support will also be available.

### Young Carers Grant

The Young Carer Grant is a new yearly payment of £300 for carers aged 16 to 18 who live in Scotland. Young carers can spend the cash payment as they choose and can apply if they are at school, in further education, employed or unemployed.

A series of roadshow events took place in September and October to ensure that stakeholders had all the information they needed before the Young Carer Grant was launched in October.

**Further information about all of these benefits can be found at [mygov.scot/benefits](https://mygov.scot/benefits) or by calling 0800 182 2222**

## Benefits Appointments at the Carers Centre

**Carers who are registered with the Carers Centre can request an appointment with a Benefits Advisor at the Centre in Falkirk and Alloa.**

The Carers Centre in Falkirk and Falkirk Citizen's Advice Bureau (CAB) secured funding from the Falkirk Health & Social Care Partnership to provide welfare benefits advice and support at the Centre in Falkirk. Since this service began in June this year, 312 carers have received advice and support and the financial benefits to those carers have accumulated to £347,000.

A CAB Benefits Advisor is available for appointments with carers every Tuesday morning at the Centre in Alloa. Carers should call the Centre to book an appointment.

## Staff Changes

There have been a number of staff changes recently.



**Ian McCourt**, who has been with the Carers Centre since July 2010, working in Falkirk and, in recent years, in Clackmannanshire, retired at the end of September. He will be greatly missed by carers and the staff team alike and we wish him all the very best in his retirement.



**Laura McKenzie** joined the staff team in September as Operations Manager, filling the post vacated by Holly Hoskisson who left after 9 years' service. Laura is managing Carers Centre services across Falkirk and Clackmannanshire.

Carers and staff were sad to lose three more long-serving members of staff earlier this year: Anne Prinn, Parent Carer Support Worker, who had worked at the Centre in Falkirk supporting parents of children with addition support needs for 6 years; Pat Gallagher who retired after being with the organisation for 9 years; and Katharyn Barnett who had provided support to carers in Clackmannanshire since she joined the organisation in 2014. We wish all our ex-colleagues all the very best for the future.

Some internal shuffling has seen Rebecca Fowler-Ralston move to a new post as Young Carers Lead, based at Kilncraigs in Alloa, along with Craig Marsden, Young Carers Worker and our new Young Carers Worker, Vanora Campbell. Susan Docherty has taken on Rebecca's former role of Training Co-ordinator in Falkirk, and Tracy Gibson has moved from her Carer Support Worker role in Falkirk to a Carer Support Worker/Training Co-ordinator role at the Centre in Alloa.

In addition to Vanora in Clackmannanshire, we were pleased to welcome 3 new Carer Support Workers to the Centre in Falkirk in October – Ami McNight, Jason Thomson and Stella Siddiq, Parent Carer Support Worker (pictured left to right below).



## Care With Confidence

**'Care with Confidence' information sessions provide opportunities in Falkirk and Clackmannanshire 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.**

Sessions are delivered in an informal way that ensures there are opportunities for social interaction and peer support for the carers who attend. Care with Confidence includes a regular programme of sessions on Tuesday mornings at the Carers Centre in Falkirk, and on Mondays, once a month at the Carers Centre in Alloa. The sessions cover a wide range of topics, with recent topics including 'Ask the Psychiatrist', 'Aromatherapy and Hand Massage' and 'Sepsis'.

### Other regular sessions include:

- Child and Adolescent Mental Health Service (CAMHS) sessions for carers of people diagnosed with Autism Spectrum Disorder, Carers Centre, Falkirk - open to carers in Clackmannanshire and Falkirk
- Child and Adolescent Mental Health Service (CAMHS) sessions for carers of people with a learning disability, Carers Centre, Falkirk
- Post Diagnostic Support Group for those recently diagnosed with dementia and their partner, relative or friend providing them with support, weekly in Clackmannanshire and Falkirk
- Frontotemporal Dementia Carer Sessions for carers of people with a confirmed diagnosis of Frontotemporal Dementia, monthly at the Carers Centre, Falkirk
- Power of Attorney mini sessions both in Clackmannanshire and Falkirk

For details of these and other Care With Confidence sessions for carers, please visit the Carers Centre website or contact the Centre in Falkirk or Clackmannanshire.

# Support

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## Individual and group support for carers

### Carers Christmas Lunch

Carers in Falkirk and Clackmannanshire are warmly invited to this year's Christmas Lunch. Carers who wish to attend should complete and return the enclosed flyer.

Lunches will take place on **Tuesday 10 December** as follows:

Grange Manor Hotel  
Glensburgh Road  
Grangemouth FK3 8XJ  
**11.30 for 12 noon - 2 pm**

Dunmar House Hotel  
Alloa FK10 2EN  
**12 noon for 12:30 pm - 3.30pm**

Raffle prize donations welcome



The Respality project allows carers to access breaks and leisure time activities gifted, free of charge to carers, by local and national hospitality providers. The Carer Centre has access to a range of breaks for carers through the Respality project. Breaks available at any time can vary, depending on availability, but examples include:

- **Buzz Bingo, Falkirk** – meal, soft drink and game of bingo for carer and companion – one break available each week.
- **Pitlochry Bungalow** – limited dates available for a week long stay for a carer and companion sharing a twin-bedded room
- **Dewars Distillery, Aberfeldy** – complimentary cask tasting tour with lunch in the Distillery café
- **Haggis Bus Tours** – day trips to St Andrews, Inverness, Dunfermline, Linlithgow and the Trossachs

**'Many thanks for a great day out! As a carer it is hard for me to afford a day out, which you provided'**  
(CARER TO ABERFELDY DISTILLERY STAFF)

**'Thank you very much for our day out at a Bingo Session. The lunch was lovely. Everyone was so nice and helpful'** (CARER TO BUZZ BINGO STAFF)

**Please note that some breaks may have access restrictions.**

## Short breaks fund

**The Carers Centre has been successful in an application to the Scottish Government's Short Breaks Fund for continuation funding for the Creative Breaks programme.** This allows the Centre to offer grants of up to £300 to enable eligible local carers to fund a break from caring that will improve their health and wellbeing and help them to cope with their caring role.

In Falkirk, funding for the Creative Breaks programme is also provided by the Falkirk Health and Social Care Partnership.

Carers in Falkirk and Clackmannanshire can apply through the Carer's Centre for funding for a break from caring. Priority will be given to carers who have not previously received a grant from the fund.

**'I was feeling extremely ill from years of caring alone for my husband. This first ever break was a great joy. I now know I need respite breaks to be able to care 24/7 for my husband. It has made a tremendous difference to me physically and emotionally and mentally. Thank you!'**

**For further information about these and other breaks for carers, contact the Centre in Falkirk or Clackmannanshire.**

# BETTER breaks

## Better Breaks Outing

Families enjoyed a Better Breaks Outing to the Jupiter Urban Wildlife Centre in Grangemouth this summer, where they explored the nature reserve, set out on a Minibeast hunt, spent some time pond dipping, den building and enjoying arts and crafts. Everyone had a super time!



## Singing Workshops for Carers

**Do you enjoy singing in the bath or with a choir?**

Our Singing Workshops for carers in Falkirk are a time of fun for singers of any standard. The first session is on Monday 4 November from 10.45 am to 12.15 pm. Workshops will thereafter be held on the following five Mondays. For those who wish, the workshops will culminate in an informal performance at the Falkirk Carers Christmas Lunch on Tuesday 10 December. Please come along on Monday 4 November or, for more information, contact the Centre in Falkirk.

## Young Carers project

### Support for Young Carers Project:

- **Rotary Club**

The Young Carers Project is fortunate to have great partnerships with the local Rotary Clubs. Thank you to the Falkirk Rotary Club who actively encourage and support this engagement from Rotarians in the Falkirk area.

Thank you also to Alloa Rotary Club who have picked young carers again for 2019 as one of the beneficiaries of their "Santa at Sterling" Event. The Club runs a Santa's Grotto at Sterling Warehouse in Tillicoultry on the 4 weekends prior to Christmas and collects money from the public as well as facilitating children's visits to see Santa.

- **Larbert Ladies**

Thank you to Larbert Ladies for their very kind donation of £100 for the Young Carers Project.

- **Westquarter & Redding Church**

The Young Carers Project received a generous donation of £200 from Westquarter & Redding Church group. Thank you!

- **Christmas Panto**

The Macrobert Art Centre and Mackies Ice Cream have provided tickets again this year for young carers and young adult carers to go and enjoy the panto, Rapunzel: A Hair Braiding Adventure.

- **Volunteers**

We would like to say a huge thank you to our group volunteers and befrienders for their continued help and support, we couldn't deliver the service without you all.



The Young Adult Carers Project is funded by the Robertson Trust. Young Adult Carers meet in Falkirk and Clackmannanshire. If you have left school and are aged 16-25 and are interested in knowing more about this service get in touch with the Carers Centre.

# Involve

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## Opportunities for carers to have their voices heard

### Join up or Renew your Membership for 2020/21

**Central Carers Association (CCA)** is the local voluntary organisation that aims to support carers in Falkirk district and Clackmannanshire and is the managing body of the Carers Centre. Local carers are invited to register as a member of CCA to demonstrate their support for the work of the organisation and strengthen its voice as a body that represents carers. Members can also vote at the AGM. The enclosed leaflet provides more information and includes a Membership Registration Form for those who would like to become a Member of CCA, or renew their existing membership for the next financial year 2020/21.

## Carers Forum

Carers Forum meetings in Falkirk and Clackmannanshire provide an opportunity for carers to meet with other carers and representatives from local authorities.

### FALKIRK

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



**Wednesday 27 November 2019**

**Wednesday 19 February 2020**

**Wednesday 20 May 2020**

### CLACKMANNANSHIRE

Clackmannanshire Carers Forum will take place at 10am, followed by lunch, at Ludgate House, Alloa, on the following dates:



**Thursday 14 November 2019**

**Thursday 13 February 2020**

**For further information about the Carers Forum please contact the Centre in Falkirk or Alloa.**

## Central Carers Association

### Board of Directors

**CCA is managed by a voluntary Board of Directors made up of up to 12 members, at least one third of whom are carers.** If you would like to find out more about becoming a member of the Board, please contact the Carers Centre. Our newest member of the Board, Louise Cunningham, introduces herself below and talks about her experience since joining the Board.

### New Board Member

*By Louise Cunningham*

**The Carers Centre is an extremely valuable and important element to our community. This was something I was aware of, but not fully appreciative of, until becoming a member of the Board myself.** My name is Louise and I am the most recent member to join the Board of Central Carers Association. This role has been fulfilling and has significantly enhanced my knowledge of the vital services provided.



Prior to joining the Board, I was worried that the form of this would be strict and formal, my stereotype assumption of a Board. My experience has been the very opposite. I have been welcomed on to the Board by a group of passionate individuals. As a result, I have gained a wider appreciation of how valuable this service is through witnessing the dedication of my fellow Board Members. The friendly and co-operative nature of the Board means that effective discussions for the benefit of the Carers Centre, their staff, and the individuals the organisation is in place to assist, is always at the forefront of our Board Meetings.

I have recently been appointed as Treasurer and look forward to working closely with my fellow Board Members to assist them in enhancing the already significant service in our community. With former and current carers on our Board, the decisions we carry out are a result of real experiences. I would unquestionably encourage anyone who is keen to be involved with Carers Centre, with or without a carer background, to consider being a part of our Board and experience this rewarding role.

### Carers Card

Carers can register with the Carers Centre and request a Carers Card that can help them be more easily identified as a carer so that they can voice their views and ideas, participate in care planning, gain information relevant to their caring role and be recognised as an equal partner in the care of the person they care for. Carers cards are issued for a period of two years from the date of issue.

**To request, or renew a Carers Card, contact the Carers Centre in Falkirk.**



Falkirk  
Health and Social Care  
Partnership

## IJB Carer Representative

**Falkirk Integration Joint Board (IJB) is looking to recruit a substitute Carer Representative to the Board. The Integration Joint Board is responsible for the planning, management and delivery of delegated health and social care services.**

If you are interested in the role you must be over 18 years of age, live in and be caring for someone in the Falkirk Council area.

It is essential that representatives can represent the views of carers and take part in the Board on their behalf. However, it is not expected that the representatives will have

knowledge or experience of all of the Board's responsibilities before joining. Experience of a similar role is desirable, although relevant training and support will be given to the representative throughout their role on the Board.

The candidates for the substitute representative will be asked to attend the Carers Forum on 27 November 2019, where a candidate will be voted on to the Board following approval by the IJB.

If you are interested in the role and want to discuss it further, contact Claire Crossan at the Carers Centre, [clairecrossan@centralcarers.co.uk](mailto:clairecrossan@centralcarers.co.uk), 01324 611510.

## Coalition of Carers in Scotland AGM

**13 November 2019, 11 am to 3 pm,  
APEX HOTEL, EDINBURGH**

**Theme: Give Us a Break – Short Break Provision Now and In the Future**

The meeting will include:

- Information on research from Shared Care Scotland on holiday activity provision for disabled children
- An update on the Scottish Government's reform of adult social care and a discussion on how carer support and short breaks should be considered in the reform.
- Further development of our Guiding Principles and campaigning around short breaks

**Contact the Carers Centre if you would like to book a place.**



## The Triangle of Care

**Carers Included: A Guide to Best Practice in Mental Health Care in Scotland**

**In 2013, Carers Trust Scotland launched a guide to develop awareness of carers' needs amongst healthcare professionals and to recognise carers as partners in care. *The Triangle of Care: A Guide to Best Practice in Mental Health Care in Scotland* is an alliance between service user, carer and staff member that promotes safety, supports recovery and sustains wellbeing.**

Carers Trust Scotland invites carers and professionals to attend the launch of the 3rd edition of Triangle of Care on **Thursday 21 November 2019**, Carers Rights Day, at the Insight Institute, University of Strathclyde, 10am - 2pm. There will be an update on the development of Triangle of Care and a chance to hear about carer involvement in the process.

This is also an ideal opportunity to find out how Triangle of Care is working in your area in respect of involving carers in discharge planning in response to the Carers (Scotland) Act.

Also being launched at the event will be Triangle of Care for use within Child and Adolescent Mental Health Services.

**If you are interested in attending this event, or if you would like to find out more, please contact Claire Crossan at the Carers Centre.**



## Young Carer & Young Adult Carer Forums

Young Carer and Young Adult Carer Forums in Falkirk and Clackmannanshire will continue to meet in 2020 to look at issues that are affecting young carers and young adult carers. Forum meetings in Falkirk will take place on 3 December 2019 and 17 March 2020 at the Carers Centre. Forum meetings in Clackmannanshire will take place on 5 December 2019 and 26 March 2020 at Alva Parish Church. Any young carer or young adult carer aged 13-25 who would like to attend should contact Jordan Rowse at the Centre in Falkirk or email [jordanrowse@centralcarers.co.uk](mailto:jordanrowse@centralcarers.co.uk)

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 Cowdenhill Community Hall, Grangebanks, 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

### • 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 Session:

A carer support worker will be available to provide support and information to carers as follows:

### • Alloa Drop-In Session

Every Tuesday from 10.30 am to 12.30 pm at Ludgate House, Mar Place Alloa.

## 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.

### Christmas Opening Hours:

The Carers Centre in Falkirk and Alloa will be closed from **Wednesday 25 December 2019 to Thursday 2 January 2020 inclusive**, re-opening Friday 3 January 2020.

1a Bank Street, Falkirk FK1 1NB  
Tel: 01324 611510

Email: [centre@centralcarers.co.uk](mailto:centre@centralcarers.co.uk)  
[www.centralcarers.org](http://www.centralcarers.org)

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.

### 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.

**The Carers Christmas Lunch replaces the Community Group meetings in December.**

Funded by

