



Information for Carers throughout Falkirk District and Clackmannanshire

WINTER 2020

Carers Survey 2020 Report

In June 2020 we sent out a short survey asking carers to express their views on our service provision before and during the Covid-19 outbreak. 1,100 surveys were emailed and 300 were sent by post. We had 159 responses, of which 115 were returned from carers in Falkirk and 44 were returned from carers in Clackmannanshire.

We would like to thank the 159 carers who responded with their experiences, ideas, and views and we wanted to share the results of the collated feedback. Your feedback as a carer is essential to us ensuring that we continue to shape and develop our service around what carers want and need. Below we have outlined a summary of the survey results, and highlighted areas that carers have said are important to them; what is working well; carers' needs and our next steps in light of this feedback. If you would like a copy of the survey results, please contact us and we would be happy to send these out.

Save the date!

We are asking carers to join these conversations and let us know about your experiences and ideas as a carer to help us plan and shape our support. The focus groups will take place online via Zoom on the following dates:

- **Wednesday, 28 October – 11 am to 12.30 pm**
- **Wednesday, 28 October – 1.30 pm to 3 pm**
- **Thursday, 29 October – 6 pm to 7.30 pm**

To share your views, or to register your interest in these focus groups please call **Susan** on **07818 592990**, or email susandocherty@centralcarers.co.uk.

Over the course of 2019-20, up to but not including the lockdown period:

90% of carers felt that they could maintain or improve their health and wellbeing.

93% of carers felt that they had been able to maintain or improve their confidence in caring.

91% of carers felt that they had been able to maintain or improve their life outside caring.

95% of carers felt that they had been able to maintain or improve their economic wellbeing.

29% of carers felt that they had more opportunities to have their voice heard.

42% of carers felt that they were more informed.

During lockdown:

52% of carers who responded said that the number of hours of care that they were providing had increased during lockdown. The average weekly increase in hours of caring was 38.5 hours.

48% of carers who responded told us that they were receiving less support due to a reduction in services, during the lockdown period.

79% of carers who responded told us that they had not had a break from their caring role during lockdown.

Carers told us that, since lockdown began in March 2020, their health and wellbeing, as well as their confidence, feeling involved, and being able to take a break have all been negatively impacted. As a Carers Centre, our objective is to prioritise the areas below that carers have identified within their feedback. Our next steps will be to organise focus groups with carers to discuss the following areas:



INFORM

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Care with Confidence

'Care with Confidence' information sessions are informal and provide opportunities 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.

The Centre's training team is continuing to offer regular online 'Care with Confidence' sessions to small groups of carers in Falkirk and Clackmannanshire using Zoom. One to one help is also available to carers who would like to find out how to use Zoom at home to take part in these sessions.

Sessions take place on different days of the week and at different times of day and cover many topics.

Sessions coming up include: Moving and Handling, Fire Safety, Dementia and Delirium, and Diabetes (Reducing Your Risk). If you would like to find out more about 'Care with Confidence', or if you would like to book a place for a particular session, please call the Centre to be put in touch with someone from the training team.

Citizens Advice

citizens
advice

Both Lyn (Falkirk) and Wullie (Clackmannanshire) continue to provide support by telephone to carers regarding their welfare benefits.

During the period beginning April 2020 to end of August 2020, 365 carers were supported in Falkirk with £644,916 secured in welfare benefits. During the period beginning July 2020 to September 2020, 42 carers were supported in Clackmannanshire with £81,300 secured in welfare benefits.

Should you require any further information or wish to discuss your own situations further with a Citizens Advice worker, please contact the Carers Centre.

Short Breaks Bureau Flexible Respite

If you have an overnight respite budget this can be used flexibly to provide other forms of respite, or breaks from caring, as long as this meets the needs of both you and the person you are caring for. From the recent Carers Survey that was completed, 78% of carers in Falkirk have not been able to have a break from their caring role during the lockdown period; it is therefore hoped that using overnight budgets in other ways will allow carers to get a much needed break.

Some ideas might be purchasing technology, online classes/subscriptions, buying items (such as garden furniture, exercise bikes, fitness equipment) or even getting assistance to create a space to relax in the garden. The Carers Survey responses showed that the provision of a service (e.g dog walking or gardening) and purchasing an item such as exercise equipment or gardening furniture were the most popular flexible respite options, however other ideas are welcome.

Creativity surrounding how breaks can be provided is crucial at this time, so the Short Breaks Bureau are keen to hear from you. If you have an assessed need for overnight respite and would like to find out more, please contact the **Short Breaks Bureau** on **01324 504309** or **www.sbb@falkirk.gov.uk**. Please contact the Carers Centre if you would like to discuss a new Adult Carer Support Plan, or review your existing Plan to further discuss your individual needs. If you are a carer who lives in **Clackmannanshire**, please contact us on **01324 611510** to discuss further.

Self-Directed Support Forth Valley

Self-Directed Support Forth Valley are still available to provide all the information regarding the four Self-Directed Support (SDS) options. They are now delivering this information online via video call.

For more information, contact **SDS Forth Valley** on **01324 508794**, or visit their website at **sdsforthvalley.co.uk**.

SUPPORT

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Adult Carers

As a Carers Centre we have provided support to 1848 carers through 8837 contacts over the last year. We understand how difficult the lockdown period has been for carers, and since it began, the Carers Centre team have worked tirelessly to reach and respond to as many carers as possible. In the last six months, our 8 Adult Carer Support Workers have provided one-to-one support to over 1100 carers.

If you need support or are looking for some information or advice, we urge you to please get in touch and ask to speak to the duty support worker. During our opening hours, there is always a member of the team available to answer calls or emails. You will find our contact details on the final page of this newsletter.

With current restrictions in place, we have been limited in the ways that we can provide support to carers; however, we have been able to continue with online support groups and one to one telephone support including the completion of Adult Carer Support Plans, responding to carers who are in crisis (ensuring regular support calls are in place and working closely with our statutory partners), sharing information on our social media channels, supporting carers with accessing grants and providing a digital carer identification card.

Hospital Support

A reminder that our Carer Support Workers are available to provide support to you if you are a carer and the person you care for has been admitted to hospital or recently discharged. The hospital support workers are working from home providing this support. Katie Baker covers Forth Valley Royal Hospital, Bruce Leckenby covers Falkirk Community Hospital and discharges, and Diane Brines covers Clackmannanshire Community Health Centre. **If you have someone in hospital and you require information and support, please contact the Carers Centre.**

Young Carers
project



The project continues to support young carers (YCs) and young adult carers (YACs) with regular support calls, virtual groups, dropping off resources, liaising with education, health and social work including attending virtual Team Around the Child meetings, Social Work Reviews, Child Protection and Professionals Meetings for individual YCs/YACs. Partnerships with Youth Scotland, Forth Valley College and Young Scot have also supported YCs/YACs. Funders have been flexible and adapted their funding to enable the project to best support YCs/YACs at this time.

The young carers teams are continuing to support young carers to develop their own Young Carers Statement (YCS). At this time, the YCS has been particularly important in identifying the changing needs of young carers and ensuring that we can provide the necessary support to meet these needs.

There are a number of grants that are available to young carers. Please contact the Young Carers Project for more information about a Young Carers Statement, or any grant opportunities that are available.

Adult Carer Support Plans and Young Carer Statements

Adult Carer Support Plans and Young Carer Statements are a chance for carers to let the right people know about anything that might support them in their caring role and what they would like to achieve in their life. These conversations help our support workers to plan support for carers to meet their individual goals, and to keep as healthy and well as possible.

Thanks to our short breaks funders – **the Scottish Government Short Breaks Fund, Falkirk Health & Social Care Partnership, Clackmannanshire Council, Carers Trust and STV Appeal** – short breaks grants are available to support carers with some flexibility around having some respite from their caring role. There is more information on this page about some of the grants which are available. Additionally, if you are a parent carer then there are specific grants which you may be eligible to apply for.

If you are interested in finding out more, or applying for funding, please contact us to speak with a Carer Support Worker.

Young Carers Activity Grant

Contact the Young Carer Team about the support available for young carers and young adult carers including the new young carer activity grant available in Clackmannanshire. The grant is available to help with things like funding memberships, regular activity costs, or learning a new skill, for example. Please contact us to find out more.

Support Activities - What's On!

- **Men's Group**

Our Falkirk Men's group meets every second Tuesday (next session is on 27 October) online at 1 pm. Male carers are invited to join at lunchtime and have a chat! To join or for further information, please contact **Jason** on **07593 446628**.

- **Clackmannanshire Weekly Group**

Our Clackmannanshire support group meets every Monday online at 10.30 am. Carers are invited to join and have a chat! To join or for further information, please contact **Alison** on **07593 446632**.

- **Relaxation group**

We are running a relaxation Zoom session every second Friday (next session is on 23 October) at 2 pm with Anne Millard. To join or for further information, please contact **Karen** on **07593 446630**.

Short
breaks fund

The Creative Breaks Fund is available to benefit carers of all ages living in Falkirk district and Clackmannanshire by enabling carers and those they care for to have a break away from their regular domestic and caring routines in order to improve health and wellbeing.

During these unprecedented times of Covid-19, carers may be dealing with particular challenges and are unable to access a traditional type of break. We are therefore keen to support carers to access grants that can be used in creative ways to support activities that can be undertaken in the home or, where available, the garden. Examples could include the purchase of board games, subscriptions to movie channels, magazine subscriptions, gardening tools, PC gaming equipment, Kindle readers or tablets, online music tuition, arts and crafts materials, etc.

CARERS TRUST

Carers Trust currently has a grant fund open for individual adult carers, aged 16+. Carers may be able to apply for grants of up to £300 for items or activities that will benefit them in their caring role, for example:

- Breaks for carers, with or without the person they care for.
- Items for the home including cookers, fridges, beds and washing machines.
- Courses and materials to develop carers' skills and personal development.
- Home repairs.
- Short-term or time-limited replacement care

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Carers Forum

The Falkirk Carers Forum was held on 19 August and discussions included the limited services available to carers now due to COVID 19. These services include respite and day care provisions. Day care and respite is being arranged for people with a critical need at present and this will be reviewed with the government guidance. Hospital visits remain restricted to half an hour with one nominated visitor decided by the patient.

The Clackmannanshire Carers Forum was on 24 September with discussion about locality planning and community engagement, as well as updates from the carers' representative on the Integration Joint Board, NHS, and Third sector organisations.

Carer Involvement

The Carers Centre encourages carers to become more involved and to have a say about local issues and services which affect them. We hold the Carers Forum each quarter throughout the year and invite carers to meet at regular intervals to have discussions and influence change. If you wish to become more involved in carers' issues, please get in touch with Susan Docherty on 07818 592990 if you are in Falkirk district, or Nicola Weedon on 07593 446638 in Clackmannanshire.



This year, Carers Rights Day is on Thursday 26 November.

Carers Rights Day is a national awareness raising day which aims to: 1) Ensure carers are aware of their rights; 2) let carers know where to get help and support; 3) and raise awareness of the needs of carers.

This Carers Rights Day, as part of the Carers Forum, we will hold a 'Know Your Rights' event on **26 November from 10.30 am to 12 noon**. Whether you are a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it.

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.

***Once you have completed this tear off slip,
please place in an envelope and return to:***

**CENTRAL CARERS ASSOCIATION
FREEPOST SCO167
FALKIRK
FK1 1BR**

How to contact us

If you have received this publication, it means that you have given Falkirk & Clackmannanshire Carers Centre permission to contact you. If your details have changed, please contact the Carers Centre so that we can amend our records. If you no longer wish to receive publications from us then let us know and we will remove your details from our mailing list.

Prefer Paperless?

To keep the costs associated with our newsletter down we would encourage anyone who is able to receive this newsletter online to get in touch and let us know your email address!



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Ludgate House, Mar Place,

Alloa, FK10 2AD

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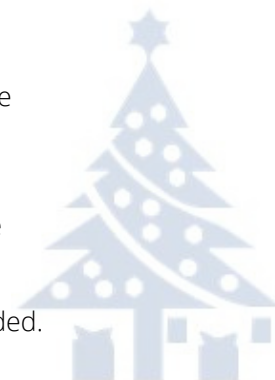
12 Days of Christmas (free entry!)



This year, the Carers Centre will not be able to host our annual Christmas Carers' Lunch. Instead, we are inviting carers to take part in our **'12 Days of Christmas' raffle!** A draw will be held daily (weekends excluded) starting from **Tuesday 1 December** for **twelve days**.

During these difficult times, we want to support local businesses, so the prizes for this raffle will include locally sourced hampers, vouchers for a meal out, luxury chocolates, and more!

To enter, please complete the tear off slip below and send back to us using the freepost address provided. All entries will be included in an anonymous prize draw. Winners will be notified daily by telephone.



Let us know...!

If you are interested in being involved in the 'Carers Rights Day' Carers Forum, or included in the '12 Days of Christmas' raffle, then please complete the tear off slip below and return to us. Alternatively you can let us know by phone or by email using the contact details above.

Additionally if you would like to receive information from us by email in the future, or if you would like to be removed from the mailing list, please either complete your details, indicate your choices below and return to the freepost address, or contact us by phone or by email.

NAME: _____

ADDRESS: _____

CONTACT NUMBER: _____

EMAIL ADDRESS: _____

☐

Please include me in the '12 Days of Christmas' prize draw

☐

Please contact me about Carers Rights Day

☐

I agree to receiving future information by email

☐

Please remove me from the mailing list for this newsletter

