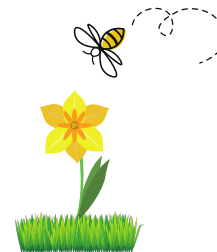


# bulletin



Information for Carers throughout Falkirk District and Clackmannanshire

MARCH 2021

Shared by Falkirk & Clackmannanshire Carers Centre on behalf of the Scottish Government



Scottish Government  
Riaghaltas na h-Alba  
gov.scot

A dedicated website found at **<https://register.vacs.nhs.scot>**, will allow those not yet contacted, to register as an unpaid carer for the COVID-19 vaccination. The aim of this service is to enable as many eligible carers to receive their COVID-19 vaccination as possible.

You are eligible for vaccination at this stage and should register **if all of the following statements apply to you:**

- You are 16 to 64 years old;
- You provide face-to-face care and support to one or more family members, friends or neighbours;
- The care you provide is not part of a contract or voluntary work;
- If caring for someone under 18, they are affected by a disability, physical or mental ill-health or other care-related issue; and
- You have not already received your first COVID-19 vaccination or vaccination appointment letter.



When registering, you will be asked to confirm that you meet all of the above criteria. If you do not (for example, you provide only emotional support by phone/video call), then you will be asked to wait until NHS Scotland contacts you to let you know it's your turn to have the vaccine. It is important not to contact NHS Scotland for a vaccination before then.

To access the self-registration website, visit **<https://register.vacs.nhs.scot>**. If possible, please use this online option to register. For those who cannot do this online, please call the **Covid Vaccination Helpline on 0800 030 8013** from **Monday 15 March**.

## CCA Membership

Central Carers Association (CCA) memberships are due for renewal on the 1 April 2021. We have already written out to existing members, but we are also always keen to welcome new members to join. To renew your membership or to discuss becoming a member, please contact us on 01324 61150.

## Care with Confidence

The Care with Confidence team continue to work from home providing regular online Care with Confidence sessions for carers in Falkirk and Clackmannanshire. There are weekly Zoom sessions on **Tuesday, Wednesday and Thursday** mornings which have been covering a wide variety of topics including Moving and Handling, Home Energy, Fire Safety, Living with Arthritis, Mindfulness, Technology at Home, as well as regular session on dementia related topics and joint sessions with the Child and Adolescent Mental Health Service (CAMHS) for carers of children with Autism. Monthly sessions are offered providing information specifically on Power of Attorney, and monthly sessions for parent carers are currently running.

These sessions aim to provide carers with information to help them in their caring role, and to help them to look after their own health and wellbeing. They provide an opportunity to meet and chat with other carers informally for mutual support and for a bit of fun and relaxation. Carers can come along to an individual session, or to regular weekly or monthly sessions.

To find out more about the Care with Confidence programme coming up, visit the Carers Centre website, contact the Carers Centre by email or phone to speak to **Donna** or **Cath** in **Falkirk**, or **Tracy** in **Clackmannanshire**, or follow the Carers Centre on Facebook or Twitter.

If you are not yet able to get online or use Zoom, we can provide individual help to get you started, including help to find funding for equipment or other costs.



## Short breaks fund

In the year since the first lockdown started, the Carers Centre has been helping carers to access grants of up to £300 to pay for short breaks to suit their needs, or to purchase items which would help them to have a break from their everyday caring role. This has been an incredibly difficult year for everyone, but particularly for carers, especially where their usual respite has had to stop, and where opportunities to take breaks have been almost non-existent.

Creative Breaks grants have enabled carers of all ages, in all situations, to think of imaginative ways to have a break within the restrictions that have been in place, and ideas have included grants for gardening equipment/furniture; toys, games and play equipment for children; laptops and tablets; magazine subscriptions; and short breaks away/day trips when restrictions have allowed.

Additional funding for these short breaks grants has been available during this period from the Scottish Government, through the Short Breaks fund, Falkirk Health & Social Care Partnership, Clackmannanshire Council, the STV Appeal Fund, and Carers Trust. In total, **around 200 Creative Breaks grants have been awarded to local carers.**

Unfortunately, these funds are limited and cannot be guaranteed going forward. To find out whether you may be eligible to apply for a Creative Break, or to discuss any other support that may be available to help you as a carer, contact the Carers Centre to speak to a Carer Support Worker.

Inform | Support | Involve

## YOUNG CARERS & YOUNG ADULT CARERS FORUMS

The young carers and young adult carers forum met in February on Zoom. These are the main areas they want to look at this year:

- Education – identification and support in school, greater understanding of some of the challenges faced.
- Transport – cost of transport, getting to and from appointments etc.
- Work – specifically carers' right to time off, to care and for medical appointments.
- College/Uni – making sure YCs and YACs know about schemes to support them if they were to apply for further education.

## YOUNG CARERS ACTION DAY

16 MARCH 2021



Young Carers Action Day is on Tuesday 16 March and this year the theme is **Protect Young Carers' Futures!**

### What will we be calling for during YCAD 2021?

When we spoke to young/young adult carers they were really clear that YCAD 2021 must be about **action and delivering change for young/young adult carers.**

This is why we are talking to young/young adult carers right now, so they can help us develop actions that young/young adult carer groups can take to engage with employers, **calling on them to recognise their skills so employers are much more likely to recruit young/young adult carers.**

Young Carers  
project



The Young Carers and Young Adult Carers Project continues to support Falkirk and Clackmannanshire young carers and young adult carers. Most of this is done virtually for now, using lots of different platforms including regular groups held digitally via Zoom. After delivering a festive gift bag of goodies to all our young carers in December, we held a Festive Bonanza event where we took part in a quiz dressed in our festive outfits and ate our selection boxes. Good fun was had by all as you can see



Zoom groups continued in January with a visit from Cool Creatures who showed us animals including meerkats, a baby bearded dragon, geckos, snakes and scorpions. Did you know that the larger the claws a scorpion has, the less poisonous it is?



For February and March it's games nights, art with Reachout With Arts in Mind, energetic Clubbercise sessions to get us all moving - all via Zoom and afternoon tea boxes delivered by Optimise Wellness Centre in Clackmannanshire and David's Kitchen in Falkirk.



Inform Support Involve

## Carers Week 2021 7 - 13 June

This year, people across the country are continuing to face new challenges as a result of the coronavirus outbreak. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding.

During Carers Week, we are coming together to help **Make Caring Visible and Valued.**

Falkirk & Clackmannanshire Carers Centre will have a programme of events and activities during Carers Week. There will be more information on our website, social media and in the local press nearer the time.



### Carers Rights Day was on 26 November 2020

and the theme was "Know Your Rights". In recognition of Carers Rights Day, the Carers Centre held a morning session where various professionals delivered a presentation of their area of expertise followed by question and answers from carers.

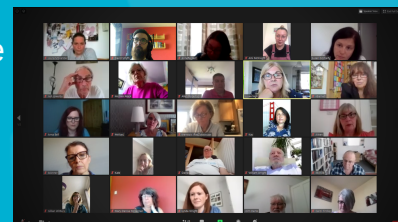
The session was held on Zoom and carers were taken into 5 different breakout rooms which rotated with the following topics presented:

- Benefits
- Carers Act & Adult Carer Support Plans
- Emergency Planning and Power of Attorney
- Hospital Discharge
- Self-Directed Support

This session was well attended by both carers and professionals. We wish to thank all who participated in making this a successful, informative, and enjoyable morning!

## Carers Forums - 2021

The Carers Forums in 2021 for both Falkirk and Clackmannanshire will continue to be hosted on Zoom every quarter, at least for the foreseeable future! The next Forum will be a joint Falkirk and Clackmannanshire Forum on **Wednesday 9 June 2021.**



If you would like more information about the forums, or would like to take part, please contact **Susan** (Falkirk) on 07818 592290 or email [susandocherty@centralcarers.co.uk](mailto:susandocherty@centralcarers.co.uk). For Clacks, contact **Nicola** on 07593 446638 or email: [nicolaweeton@centralcarers.co.uk](mailto:nicolaweeton@centralcarers.co.uk).