

newsletter

Information for Carers throughout Falkirk District and Clackmannanshire

WINTER 2022



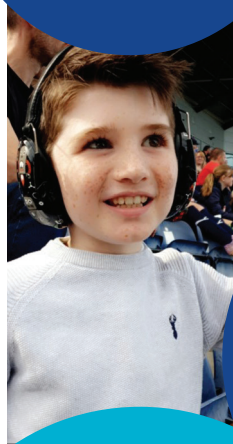
“It was brilliant!
We loved it and the fact
Falkirk won was a bonus :)
Really appreciated
the tickets.”

Carers Centre makes a New Signing!

In August this year we teamed up with the Falkirk Foundation and Falkirk Football Club which, thanks to the generosity of the Falkirk fanbase, gives carers in Falkirk and Clackmannanshire and their families the opportunity to attend Falkirk games at The Falkirk Stadium.

Ahead of every home game, 50 tickets will be made available to Falkirk & Clackmannanshire Carers Centre, who will distribute them through their Respite programme to give the carers and families in our community a chance to experience a match day and support their team without having to worry about the cost as well as the opportunity to have a break.

You can find out more about this fantastic opportunity by visiting our website, or by scanning the QR code!



“Thank you so much for
the tickets. We had a great
time, the boys absolutely
loved it! It meant the
absolute world to be able
to do something with
my boys!”

“The football was brilliant!
Everyone had a great time
especially my daughter who
loves football. Even my son
joined in cheering. Was so nice
to do something all together as
a family. Thanks again for the
tickets and vouchers.”



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Falkirk Information Sessions for Professionals

These sessions are for those who encounter carers in the course of their work and who would like to find out more about the work of the Carers Centre and how to identify and refer carers to the Centre for support.

The sessions offer the opportunity to look at how the Carers (Scotland) Act 2016, along with the EPiC principles, underpin this. There is also an opportunity to meet some of the team who will talk about the different roles within the Centre and how carers can be referred to them, as well as the support they are able to offer.

Sessions for professionals based in Falkirk are held on the third Wednesday afternoon of each month from 2 pm - 4.30 pm and can be accessed in person at the Carers Centre or on Zoom. Contact the Carers Centre to book a place. Professionals based in Clackmannanshire can contact the Carers Centre team based in Clackmannanshire for information by phone or email using the Centre's main contact details.

Cost of Living Support for Carers

Our 'Help for Carers' project with Falkirk Citizens Advice Bureau (CAB) was set up to support carers requiring advice on benefits and entitlements, with advice provided to the carer and the cared-for person, if required. If you would like to speak to someone about your benefits and entitlements, then get in touch on **01324 611510** or email centre@centralcarers.co.uk. This project is funded by the Falkirk Health and Social Care Partnership.

Citizens Advice Bureau can complete a full benefit check which will establish which benefits apply in your individual circumstances. They can deal with urgent hardship issues by referring to the foodbank and/or the Scottish Welfare Fund and can also refer to Home Energy Scotland, Home Energy Advice (for assistance with energy bills), as well as the Household Support fund.

Clacks Citizens Advice Bureau can be contacted on 01259 219404.

Falkirk Citizens Advice Bureau can be contacted on 01324 626070.

**citizens
advice
bureau**



IN FOCUS Office Administrator

Welcome to Lyndsay Short, our new Office Administrator. We pulled a busy Lyndsay aside to ask her a few questions about her new role, as well as her own caring role:

What is your role at the Carers Centre?

My official title is Office Administrator. I'm here to answer all of your calls and queries via post or the website (love a good chat). I have to say, meeting you face to face in the Centre has been my favourite part of the job so far (and I'm hoping to meet more of you soon!).

There is lots of different work that goes on in the background and I'm here to support the fantastic Support Workers with admin tasks, freeing them up to spend more time doing the stuff that really matters supporting you wonderful carers.

Did you know about the Carers Centre before you started here?

Yes! I have a child with ASD and ADHD, and I'm not ashamed to say I've received support in so many different ways from the organisation. We have been on group days out, received

funding for holidays, I've attended parent's groups and information sessions, and my other two kids have been involved with the Young Carers Project. I've also been supported by Citizen's Advice but above all that I have had a non-judgemental listening ear when times got tough and overwhelming.

What is it like to now work at the Carers Centre?

I'm so proud to work for the Carers Centre; it's honestly a pleasure to work here, giving a little back for all the support I've received in the past. Plus, it's a bonus the full team are amazing, and I couldn't have felt a warmer welcome.

What do you do in your spare time?

3 kids and 2 dogs need I say more!!!

Tell us an interesting fact!

I was grade 6 in classical piano without ever learning to read music!



From left to right: Lyndsay, Carly and Kim



Our Centre Manager, Agnes (centre), celebrates the staff milestones with Katie (left) and Jayne (right).

Staff Ch-ch-changes

A fond farewell to two of our colleagues in our Young Carers Project (YCP). **Jaqueline 'Jaxx' Kidd**, who worked with the YCP for 10 years left at the beginning of the year to start a new role with Home Start Clackmannanshire, while **Leanne Flynn** has also moved on after 4 years at the Centre. We would like to say thank you to Leanne and Jaxx for their hard work and dedication during their time with us and wish them both all the best for the future.

Susan Docherty and **Katie Baker** recently celebrated 5 years at the Carers Centre, whilst **Jayne Lennox** celebrated 10 whole years at the Centre! Here's to many more!

Since our last newsletter we've added three additional staff members to our roster, bringing the total number of staff working for the organisation to over 30! **Carly Crooks** joined our adult team in Falkirk as a Carer Support Worker. **Kim Wyllie** (featured on page 7) has taken up a new post as Young Adult Carer Development Worker across Falkirk and Clackmannanshire. And **Lyndsay Short** (featured opposite on page 2) is our new Office Administrator!

Care with Confidence

The Carers Centre offers regular Care with Confidence information sessions for carers to help them in their caring role and to improve their health and wellbeing.

Sessions take place at the Carers Centre in Falkirk and at other venues in Falkirk district and Clackmannanshire as well as online using Zoom, including a monthly evening session on Zoom on the last Tuesday of the month.

Weekly sessions cover a range of topics and activities and have included healthy eating, dealing with scams, legal must dos, taking care of yourself, self-directed support, and energy advice. Regular sessions are also offered on Power of Attorney and dementia related topics, and there are sessions specifically for carers of people with fronto-temporal dementia and for parent carers, including joint sessions with the Child and Adolescent Mental Health Service (CAMHS) for carers of children with Autism.

In September, an event was held at Callendar House in Falkirk to find out what carers might want future sessions to cover and suggestions included First



Aid, Continence Care, Delirium, Care Home Costs, Equipment for the home, and Trading Standards – Scams.

Care with Confidence programmes are available on the 'What's On' section of our website and are promoted on our Facebook page. If you would like to speak to someone about Care with Confidence, please contact Tracy Gibson (Clackmannanshire), or Donna Mulder/Cath Brunton (Falkirk) at the Carers Centre.

Support

Inform | Support | Involve

Individual and group support for carers



Clackmannanshire Mental Health & Wellbeing Events

Carers told us they were struggling to attend our groups as there was no provision for the people they care for. Thanks to a successful application to the Scottish Government's Mental Health & Wellbeing Fund, we have been able to host monthly carer and cared-for person lunch events at Hawkhill Community Centre, Alloa, and Tullibody Civic Centre. We have also worked with Reachout with Arts in Mind to deliver workshops where carers and their cared-for person can try art and craft techniques such as animation and modelling with clay.

Carers have told us that it's great to get out and do something different with the person they care for, with one carer commenting:

"We both really enjoyed the Reachout events which are really relaxing. Attending events like this with other people has increased my confidence. We both look forward to attending the lunches each month because everyone is really friendly and helpful".



Short Breaks

The Carers Centre can help carers access a short break from their caring routine by providing information on different short break opportunities available for carers and/or those they care for, and through a number of options offered directly by the Carers Centre. These include individual short breaks grants of up to £400 to fund a break of the carer's choosing and access to a range of short breaks through our Respite programme.

Short breaks fund

Short breaks grants are funded by the Scottish Government's Short Breaks Fund and also by the Falkirk Health and Social Care Partnership. Respite breaks are breaks which have been offered by local hospitality and activity providers and are free to carers.



Parent Carer & Family Trips

Funding from the Health and Social Care Partnership has allowed us to enjoy some great outings with our parent carers in recent months. Families enjoyed feeding penguins and watching the monkeys swing from tree to tree at Edinburgh Zoo. We also had a trip to M&D's theme park for all our thrill-seeking families. Water rides, pizza, and candy floss were all enjoyed...even by staff!



Christmas Plans

The Carers Centre does Art Attack... Christmas Edition. We will be hosting a number of Christmas Arts and Crafts nights at the Carers Centre at the end of November/start of December. Come and decorate Santa's mug, get your name on a Christmas bobble, and take home your handmade Christmas dinner place mat. We will even be making reindeer dust for you to scatter on Christmas Eve so that Rudolph knows where to guide Santa. Adults can enjoy a well-deserved mince pie and hot drink whilst the artists get to work! Contact the Centre to sign up.

Clacks Activity Grant Case Study

Meet Josh. He's an 11-year-old carer who has been accessing support from the Young Carers Project for around 2 years. Josh lives at home with his mum, dad, and two older siblings. He helps to care for his sister, who lives with hemiplegia and epilepsy.

While completing his Young Carers Statement it was identified that Josh was isolated due to his caring role and applying for a Clacks Activity Grant would allow him take up a hobby. Josh was keen to get involved in photography.

Josh told his Young Carer Support Worker:

"It will help me get outside into nature which I love to do and have something that I'm interested in doing. When I'm out with my sister and family I can look out for birds and photograph them."

Josh purchased a new digital camera and accessories for it. He told us that he has also started a photography club at school, with the school's support, and has encouraged classmates and other pupils to join. They meet up at lunch time and after school and take photos in the local community and local wildlife spots.

Josh said that receiving the Clacks Activity Grant has allowed him to cope better with his caring role and that he feels less stressed. It has allowed him to be healthier by being outside and getting extra exercise.



Josh with his new camera and pictures he has taken with it.

Young Carers Festival '22

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.

All young carers are entitled to a Young Carers Statement which helps to establish what support is right for them as an individual. At the project we continue to provide 1:1 support, group sessions and opportunities for short breaks.

In August we were delighted to see the return of the Scottish Young Carers Festival – this was the first face to face festival in 3 years! The event, organised by Carers Trust Scotland and funded by Scottish Government, welcomed over 300 young carers from all across Scotland. We supported 12 young carers to take part in the 2-night camping trip, with activities including a zip-line, giant slip & slide, inflatables, silent disco and consultation zone. As well as having a brilliant time with their peers and having the opportunity to try new things it gave the young carers a break away from their caring roles. For some of our young carers this was the first time staying away from home and they all smashed it!



Young Carers project

Involve

Inform | Support | Involve

Opportunities for carers to have their voices heard

Carers Rights Day 2022

Carers Rights Day will be marked on Thursday 24 November. In recognition, the Carers Centre will be hosting a coffee morning to give carers in Falkirk the opportunity to have a chat and meet organisations who help in recognising carers rights, raising awareness, and informing carers of the supports available. Falkirk carers are welcomed to come in and see us, but we also warmly welcome individuals who provide support but do not recognise themselves as carers. Contact Susan Docherty on susandocherty@centralcarers.co.uk or call **01324 611510** (option 4) for more information.

Falkirk Integrated Joint Board Carer Representative

Following the recruitment campaign for a new IJB Carer Representative, we are pleased to announce that **Carol Ann Harrower** has been successfully appointed to this role. We give Carol Ann our support and best wishes in her role as the new Carer Representative.

CCA Membership for 2023-24

Did you know that you can become a member of Central Carers Association (CCA)?

CCA is the local voluntary organisation that aims to support carers in Falkirk 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. Memberships start or renew in April every year and we would like to ask if you would be interested in becoming a member in April 2023. To indicate your interest in becoming a member please tick the relevant box on the tear off slip and return to us as stated and we will send you out some further information and details at the start of 2023.

For existing members, we will contact you early 2023 to ask you to renew your membership.



New Faces on Board

At the AGM back in June, we welcomed two new trustees who have now attended their first board meeting. At this first meeting following the AGM, Elizabeth Ramsay was elected Chair, Nick Pattinson Vice Chair, Jim Allardyce Treasurer, and Alan Martin Company Secretary.



Alice Matthews is a carer who lives in Tillicoultry and has previously served on the board of Reachout with Arts in Mind. Having previously worked in education, Alice is especially interested in the support we provide for young carers.

Pat Reid is a well-known face in Falkirk, having previously served as Provost. Pat brings a wealth of experience serving on the boards of other local charities, including the Forth Valley Sensory Centre.

Clacks Carers' Voice

Clackmannanshire Carers' Voice met at the end of August and took part in the National Care Service bill consultation. Our next meeting to discuss issues of national and local policy that affect carers will be in November, please contact Nicola Weedon for more information.

IN FOCUS

Young Adult Carer Development Worker

Meet Kim Wyllie, the latest addition to the Carers Centre team! Kim will specifically be supporting Young Adult Carers (16-25s). We took the opportunity to put Kim under the spotlight, and ask her a few questions:

What's your favourite way to spend a day off?

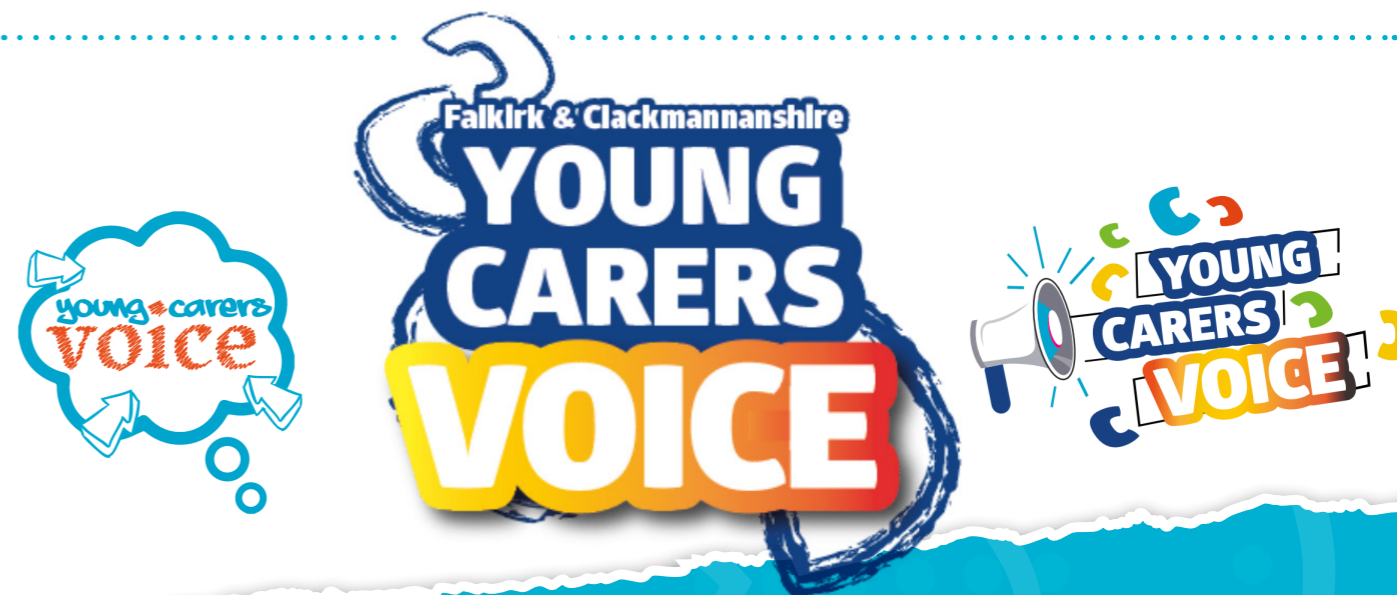
My favourite way to spend a day off is outside doing something high energy like go-karting or exploring, or on the weekends I'll be found in front of the TV watching the Formula 1.

Where's the next place on your bucket list and why?

The next place I'd like to go on my bucket list is Las Vegas! I was supposed to go in 2021 but Covid meant it wasn't possible. I'd love to see all the neon lights of the main strip at night - plus F1 has a night race planned for there next November that I wouldn't say no to attending.

What's something an outsider wouldn't know about your job?

Well, it's not all just fun activities, coffees, and providing individually tailored support. I spend a lot of my time building relationships not just with the young adult carers we work with, but also with different organisations and partners across Falkirk and Clackmannanshire who can provide opportunities, support, and experiences for our young adult carers too. I also spend my time making sure the needs and wants of young adult carers across Falkirk and Clackmannanshire are heard, respected, and understood.



YC Voice Update

Our young carers and young adult carers have recently voted to change the name of their forum to **Young Carers' Voice**. Our members felt this name would better reflect the aims and purpose of the group – to have their voices heard and take action on what matters to them.

The Young Carers' Voice are currently working with Eden, a marketing agency based in Falkirk, to create a unique logo for the group. Some of these logo options are displayed above. Our young carers voted last month for their favourite logo and we're excited to present the winning one above!

If you're interested in joining the Young Carers' Voice please get in touch with Alice Wadkin, Young Carer Involvement Worker. Email alicewadkin@centralcarers.co.uk or text 07871 729937.

Group Support Activities

Group meetings take place on a regular basis on Zoom and in the community. These events 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.

Falkirk

For more about **Falkirk** groups, contact **Jason** on 01324 611510 (opt. 1).

- **East Locality** – meets on Zoom every Thursday between 10.30 am and 11.30 am. Every fourth Thursday of the month, the group meets in-person.
- **Men's Group** – the group meets on Zoom (with the occasional in-person meet), every Tuesday between 1 pm and 2 pm.
- **Carers Café** – enjoy a tea/coffee and meet informally with other carers every second Wednesday, 10 am to 12 noon in the **Carers Centre** in Falkirk.

Clackmannanshire

For more about **Clackmannanshire** groups, contact **Tracy** on 01324 611510 (opt. 2).

- **Clackmannanshire Carer Support Group** – the group meets every Tuesday (except the first Tuesday of the month) at **Hawkhill Community Centre** between 1.30 pm and 3 pm.
- **Tullibody Monthly Lunch** – This group meets for lunch every third Monday of the month at **Tullibody Civic Centre**, between 12 noon and 2 pm. Carers and the person you care for are welcome.

Carers Christmas Lunches

We are delighted to announce that we now in a position to welcome carers to register for our annual Carers Christmas Lunches.

In **Clackmannanshire**, the lunch will be on Tuesday, 13 December (12 noon for 12.30 pm start to 3.30 pm) at **Dunmar House Hotel** in Alloa. Lunch will cost £5. Spaces are very limited - to book a space, please get in touch with us on **01324 611510 (option 2)**.

Falkirk carers are invited to join us on Tuesday, 13 December (12 noon for 12.30 pm start) at the **Grange Manor Hotel** in Grangemouth. Lunch will cost £5 and spaces are also very limited - to book a space, please get in touch with us on **01324 611510 (option 1)**.



'5 Days of Christmas' prize draw

We recognise that not everyone will be able to make it to one of the Christmas Carers' Lunches. But fear not; there is still a chance to take part in our '5 Days of Christmas' prize draw! A draw will be held every few days, starting from Thursday 1 December, with multiple winners each day!

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 contact us, complete the tear off slip below and send back to us using the freepost address provided, or simply scan the QR code. All entries will be included in an anonymous prize draw. Winners will be notified by telephone.



Name
 Address

 Contact number
 Email address

- ☐ Please include me in the Christmas Prize Draw
- ☐ I agree to receiving future information by email
- ☐ Please remove me from the mailing list for this newsletter
- ☐ Please send me more information about becoming a member.



Freepost address is: **Central Carers Association, Freepost SC0167, Falkirk, FK1 1BR.**

Prefer Paperless?

To keep the costs associated with our newsletter down, and to get more up-to-date information from our e-bulletins, we would encourage anyone who is able to receive this newsletter online to get in touch and let us know your email address! You can also complete and return the tear off slip below, or scan the QR code to sign-up to our e-mailing list.



Christmas Opening Hours:
 Falkirk & Clackmannanshire Carers Centre will be closed from Monday 26 December 2022 to Tuesday 3 January 2023, opening again on Wednesday 4 January 2023.

falkirk & clackmannanshire carerscentre
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Falkirk FK1 1NB
Tel: 01324 611510
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)

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