

# newsletter

Information for Carers throughout Falkirk District and Clackmannanshire

SUMMER 2023



## Young Carers Action Day 2023!

This year, Young Carers Action Day (YCAD) was on March 15. The theme was 'make time for young carers'. We celebrated in lots of different ways with our young carers, young adult carers, and young carers' voice. Both the Falkirk Herald and the Alloa Advertiser featured articles on YCAD this year to highlight this year's theme.

Our Young Carers' Voice Group created two stop motion animations, which show the different ways we can make time for young carers and the positive impacts this can have on them. View them on our YouTube using the QR code.

Some Falkirk young carers celebrated with a pizza party at Sustainable Thinking within the Walled Garden at Kinneil Estate. They all had a blast! Other Falkirk young carers experienced animal handling with Callum from Cool Creatures. We had a mix of different animals along at the sessions – and everyone really enjoyed getting up close with them.

Clacks young carers groups went to Jump'n'Joy – a local trampoline park. They loved running, jumping, and laughing together, even practising their flips, tricks and playing dodgeball too.

The young adult carers went axe throwing in Stirling. They said it was a great way to get rid of stress, meet with friends, and of course have a bit of competition too.

Workers from the Young Carers & Young Adult Carers Project spent the week raising awareness of YCAD in schools, workshops and in external meetings.



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[www.centralcarers.org](http://www.centralcarers.org)

# Inform

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**Information and  
training for carers  
and professionals**



## Self-Growth Programme

**The Young Adult Carers (YAC) Project is for young people aged between 16 and 25 whose lives are affected by a family member who has a disability, illness, mental health issue or an addiction.**

The YAC Project is developing a new programme of support for carers aged 16 – 25. The programme aims to help young adult carers build on and strengthen their life skills using a mixture of workshops and fun activities. We've spent time consulting the young adult carers on what skills they'd like to learn or enhance and what activities they would like to do.

The YACs came up with topics like finances, mental health and wellbeing, sleep, and healthy cooking. We will be working with other local organisations on the delivery of the programme, which is open to all young adult carers registered with the Project. Sessions will run monthly, and attendance isn't required at every session.

For more information, please contact Kim, the Young Adult Carer Development Worker, via email at:  
**[kimwyllie@centralcarers.co.uk](mailto:kimwyllie@centralcarers.co.uk)**



## IN FOCUS Clackmannanshire Adult Carer Support Worker

**Alison is part of our Adult Carer Support Team in Clackmannanshire. We took a few moments out of Alison's busy day to ask her some questions!**

### **Can you tell us about your role with the Carers Centre?**

I'm a carer support worker supporting adult carers in Clackmannanshire, providing advice, information, signposting and emotional support to a wide range of carers. I'm also responsible for any Clacks groups, such as our weekly Tuesday carers group.

### **You started in February 2020, just a few weeks before the first lockdown. What was it like supporting carers during the pandemic?**

I managed just 3 weeks in the office (in Ludgate House) before lockdown started, and I've been working from home ever since then! I didn't really get a chance to meet many carers in-person or to know the workings of the Carer Centre, which was tricky. Telephone support was the way forward then, along with using Zoom, which many weren't used to (neither was I!).

### **What do you enjoy most about your job?**

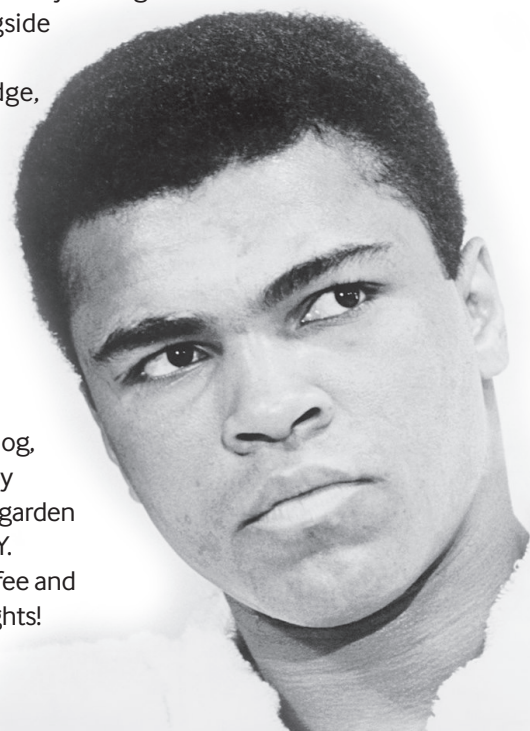
Running the carer group and actually seeing carers in-person. Working alongside my colleagues, as we all have different expertise and knowledge, which is helpful to share.

### **Tell us an interesting fact about you!**

Many years ago, I shook hands with Muhammed Ali outside Harrods in London!

### **What do you do in your spare time?**

I'm usually out walking with my dog, Buddy, in any weather! I also enjoy being outdoors and have a large garden to maintain, along with house DIY. Meeting up with friends over coffee and cake, and putting the world to rights!







Centre Manager, Agnes, saying farewell to Susan (right).



Heather and Rhona.

## Care With Confidence

Carers in Falkirk and Clackmannanshire can learn about topics that will help them in their caring role, meet and chat to other carers and Carers Centre staff, and find ways of improving their own health and wellbeing by choosing from an extensive **Care with Confidence** programme which offers sessions on a range of topics, online or in person, during the day or in the evening.

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 to find out more about Care with Confidence, please contact **Nicola Weedon (Clackmannanshire)**, or **Donna Mulder/Cath Brunton (Falkirk)** at the Carers Centre.



## Staff Changes

Since our last newsletter we've added three additional staff members to our Carers Centre team, bringing the total number of staff working for the organisation to 33!

**Sharlene Ramage** joined our adult team in Falkirk as a Carer Support Worker, whilst **Rhona Cameron** joined our Falkirk Telephone Support Team. **Heather Black** became the newest recruit to our Young Carers Project as a Young Carer Support Worker in Falkirk.

We've also had some internal movement, with appointments to two newly created senior roles in our adult carer support team in Falkirk. **Taylor McFarlane** has taken on the role of Senior Carer Support Worker, whilst **Louise McKnight** is our new Senior Telephone Support Worker.

In March, we said goodbye to Carer Engagement Service Lead, **Susan Docherty**. Susan, who started at the Carers Centre in July 2017, will be greatly missed by staff and carers alike. We'd like to say a big thank you to Susan for all her hard work over the years and wish her the best of luck with her future endeavours.

In anniversary news, **Jordan Rowse** recently celebrated 5 years at the Carers Centre, whilst **Nicola Weedon** and **Bruce Leckenby** celebrated 10 wonderful years at the Centre! Here's to many more!

## What is Power of Attorney?



**A Power of Attorney (POA) is a document in which you appoint someone you trust to look after your affairs.**

POAs are the best way for you to have maximum say in what happens if one day you can't make decisions yourself. Having a POA can give you peace of mind, as you know you will have the support of someone you trust if you are unable to make decisions for yourself.

A fairly standard POA may cost around £420. If you're on certain benefits or a low income, then you may be eligible for Legal Aid to cover or subsidise any associated costs.

If you're considering setting up a POA and would like to find out more about this, then please contact Donna (Falkirk) or Nicola (Clackmannanshire).

# Support

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## Individual and group support for carers



## 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.

To discuss available short break opportunities, contact Ami on 01324 611510 (opt. 1).



## IN FOCUS Hospital Carer Support Worker

After working at home for a few years, our Forth Valley Royal Hospital (FVRH) Carer Support Worker Katie Baker is once again supporting carers in the hospital in Larbert. We borrowed a few minutes of her time to ask her a bit more about her and her role.

### Hi Katie! Can you tell us a bit about why your job is important for carers?

For me, the FVRH Carer Support role is important because of the impact a hospital admission can have on carers. In some instances (e.g., strokes, accidents) family members become carers overnight. For others, it is a time of realising the impact caring is having, making them question whether they can go on providing this. It can also be when a person's abilities lessen meaning that more care will be needed on discharge.

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

Lesser-known aspects of my role is to raise awareness of carer issues, (e.g., by speaking to groups of staff) and to participate in working parties to represent the carers' perspective. I have been part of working groups developing the palliative/end of life, anxiety, and early intervention in psychosis pathways.

### Tell us an interesting fact!

I was born in Liverpool and have lived in many different places in England before moving to Scotland 16 years ago. My background is in local authority social work having worked in children and family and community care teams.

### What do you do in your spare time?

I walk regularly with the Stirling and Falkirk Area Ramblers and am a Samaritan. I am currently spending too much time on simple games on my mobile phone while I should be reading the novel for my next book club meeting!

### And finally, how can carers get in touch with you?

Referrals come mainly from hospital staff or via the Carers Centre, but anyone can refer to me through the Carers Centre or using my email or mobile number which are on the leaflets around the hospital. Most of my support is emotional and explaining hospital procedures especially around discharge. But I can also arrange benefit advice; inform carers of their rights; of what supports there are in the community; what grants they can apply for and advice on looking for a care home as well as much more.








5 – 11 June 2023

## Recognising and supporting carers in the community

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The theme for Carers Week 2023 is '**Recognising and supporting carers in the community**'. It's all about communities coming together to recognise the huge contribution unpaid carers make to society.

We're also running a '5 Days of Carers Week' prize draw – find out more on page 8.

 Tuesday 6 June	 Wednesday 7 June	 Thursday 8 June
<b>Falkirk Men's Group</b> 1 pm - 2 pm Contact Jason 01324 611510 (opt. 1)	<b>Central Carers Association AGM</b> 11 am - 1 pm Contact Vicki 01324 611510 (opt. 4)	<b>Therapets (Falkirk)</b> 11 am - 1 pm Contact Taylor 01324 611510 (opt. 1)
<b>Hawkhill Carer &amp; CFP Lunch (Clacks)</b> 12.30 pm - 2.30 pm Contact Alison 01324 611510 (opt. 2)		<b>Inglewood Afternoon Tea (Clacks)</b> 1 pm - 3 pm Contact Alison 01324 611510 (opt. 2)



### Carers Week YACs

During Carers Week the Young Adult Carers Project will take over the Carers Centre social media on **Thursday 8 June**.

This will be our opportunity to raise awareness of how caring looks for a variety of our carers, and the support they receive from the project. Look out for our updates!

We will also be running a group on the Thursday night – the activity of choice will be chosen by the group to reflect the theme of '**recognising and supporting carers in the community**'.



### Young Carers Residential

In April, twelve of our young carers from Falkirk and Clackmannanshire made the journey up to Loch Eli in Fort William, in what was our first young carers residential since the pandemic started three years ago! They had the opportunity to spend a few days doing lots of exciting outdoor activities, including gorge walking, abseiling, and canoeing!

# Involve

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**Opportunities for carers to have their voices heard**

## ANNUAL GENERAL MEETING

### Forth Valley College Partnership YCAD

**The Young Carers Project and Young Adult Carers Project have strong partnership connections with the Widening Participation Project at Forth Valley College.**

We continued this work by supporting the Widening Participation Project to deliver focus groups for Young Carers Action Day (March 15). We used this opportunity to chat to student carers about the support available to them and how we can work together to support their transition to and from college. This is a piece of work we will continue to develop over the academic year.

## Notice of Annual General Meeting 2023

**The 27th AGM of Central Carers Association (CCA) will take place on Wednesday 7th June 2023 at 11 am followed by a members lunch in the Falkirk and Clackmannanshire Carers Centre in Falkirk. For those who cannot attend in person you will be able to join the AGM via zoom. The AGM is open to all CCA members.**

CCA is the local voluntary organisation that aims to support carers in Falkirk and Clackmannanshire and is the managing body of the Carers Centre.

Full membership of CCA is open to all carers 18 years of age and over in Falkirk and Clackmannanshire and associate membership is open to young carers under the age of 18, who support the aims and objectives of CCA.

By becoming a Member of CCA you will be demonstrating your support for the work of the organisation and strengthening its voice as a body that represents carers. Full Members are also entitled to vote at the AGM.

The current annual subscription fee is £5 for full or associate membership. If you would like to become a member of CCA, please contact us on **01324 611510 (option 4)** or via email: **centre@centralcarers.co.uk**.





**NEW!**

## INTRODUCING: NEW CLACKS & STIRLING HSCP STAFF

### Clacks Carers Lead Officer, and Short Breaks Co-ordinator



#### Jennifer Kennedy

Jennifer has commenced her new role as carers lead officer for the Clackmannanshire and Stirling Health and Social Care Partnership. Having had 18 years' experience within Social Work Services and with 10 of those implementing

Self-Directed Support within another area, Jennifer recognises the challenges ahead. Jennifer's role is to lead on strategic and statutory outcomes linked to carers policy, more specifically the Carers (Scotland) Act 2016. Key responsibilities to the role are driving a change of culture, delivering training and building a collaborative approach, establishing strong relationships with carers, their representatives, stakeholders, and wider partners. Jennifer has already progressed a carers eligibility criteria in which a consultation process with carers will commence shortly, as well as making system changes jointly with key partners. Although Jennifer recognises the challenges ahead, she is confident better outcomes for carers can be achieved by working together with carers as key partners.

#### Hazel Chalk

Hazel has been in her new role as short breaks co-ordinator for the Clackmannanshire and Stirling Health and Social Care Partnership since September 2022. She has had 23 years' experience within Care at Home and Home Care with Stirling Council and the Health and Social Care Partnership. Hazel's role is to support carers by working with a range of partners including the private, voluntary, and independent sectors, to develop person-centred short breaks that promote health and wellbeing for both the carer and supported person and enables carers to have a life outwith or alongside their caring role. Hazel acknowledges that there will be future challenges within her role but hopes to continue to develop and promote the existing good practice, shared resources and joint working with partners to meet carer's individual goals, offering choice and flexibility that are central to person-centred short breaks.

If you would like a discussion with Jennifer or Hazel, please contact Clackmannanshire Service Lead Nicola Weedon on 01324 611510 (option 2), who will then forward your contact details.



Clackmannanshire & Stirling

Health & Social Care Partnership

## Falkirk Carers Strategy 2023 – 26

Following a period of consultation in November and December 2022, the Falkirk Health and Social Care Partnership (HSCP) are preparing to publish the Falkirk Carer Strategy 2023–26. More information on this will be shared on our website and social media in due course.

Over 50 adult carers and 35 young carers completed the consultation, sharing their views on the challenges they face and what matters to them. The consultation included topics such as the impact of the cost-of-living crisis, mental health & wellbeing support for carers, and the right to a break.

Working together to create the Falkirk Carers Strategy has further strengthened the partnership between the Carers Centre and the HSCP, and we are excited to continue involving carers in shaping local decisions.



Falkirk Health and Social Care Partnership

# '5 Days of Carers Week' PRIZE DRAW



Our '5 Days of Christmas' prize draw was so successful, we've decided to do it again for this year's Carers Week! We'll be doing a draw each day from **Monday 5 June to Friday 9 June!** We want to support local businesses, so the prizes for this raffle will include vouchers for local childrens' soft play, flowers, afternoon teas, 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, and winners will be notified by telephone.



Name .....

Address .....

.....

Contact number .....

Email address .....

☐ Please include me in the **Carers Week Prize Draw**  
(tick and post back or scan the QR above)

☐ I agree to receiving future information by email

☐ Please remove me from the mailing list for this newsletter

Freepost address:

**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!

Get in touch with us today, or scan the QR to sign-up to our e-mailing list.



## 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.

We recently undertook a survey of our carers in Falkirk to determine what sort of groups they would like in the future. We'll let you know more about these in our Winter 2023 newsletter, as well as on social media and our website. Current groups for each area are as follows:



### Falkirk

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

- **Men's Group** – the group meets in-person in the **Carers Centre**, on the last Tuesday of the month 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.
- **Carers Craft Group** – Open to anyone, bring your own crafts or come along and do some crafts with some of the materials that we have on hand! Takes place every second Thursday of the month, 10 am to 12 noon.



### Clackmannanshire

For more about **Clackmannanshire groups**, contact **Alison** 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.



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[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)

## Central Wellbeing SCIO

Central Wellbeing are a charity based in Falkirk, who support people to improve their mental health and wellbeing. They believe that when you bring people together wonderful things can happen. With this in mind, they run peer support groups and community events. You can visit their website and social media pages to find out more about what events are coming up soon!

[www.centralwellbeingscio.wordpress.com](http://www.centralwellbeingscio.wordpress.com)

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**Central Wellbeing SCIO**  
Bringing people together

## Funded by

