

CARERS NEWS

A NEW LOCALITY BASED CARER SERVICE FOR NORTH AYRSHIRE

Since 2000, charity Unity has operated the popular Carers Centre in Irvine. Thanks to a new strategic partnership with North Ayrshire Health and Social Care Partnership, Unity will expand its services across the region and introduce dedicated carer support officers in each of the six localities - Irvine, Kilwinning, The Three Towns, Arran, North Coast and the Garnock Valley. In addition, young carer support officers will work across all schools in the region. The Carers Gateway will also offer specialist advice on carer wellbeing and breaks from caring.

The Carers Gateway service will offer a new out-of-hours service to ensure in-work carers receive equitable access to support. An innovative new digital portal will launch in February 2024 and enable carers to access support 24 hours a day and create their own online support plans.

CARERS RIGHTS DAY

On 23 November over 50 carers, professionals and other organisations came together to celebrate Carers Rights Day.

The event at West Kilbride Village Hall, saw unpaid carers from the local area come together with Gateway staff and other service providers to strengthen local relationships and connections.

As well as launching the new Carers Gateway service, Carers Rights Day also marked the first in a series of roadshow events which will take place throughout the year in each of the six localities.



Councillor Nairn McDonald, North Ayrshire Council's Carers Champion said: "Caring can greatly impact physical and mental wellbeing. We urge unpaid carers to seek support this Carers Rights Day and year-round. Help is available – you do not have to do this alone."



WHO'S WHO AT CARERS GATEWAY NORTH AYRSHIRE

Over the past few months, we've added to the team at the Carers Gateway and there are a few new faces alongside those that you already know.



David Weir
Localities Coordinator



Ann Cook
Support Worker -
Irvine



Sheena Savage
Support Worker -
Irvine



Sheena Morrison
Family Support
Worker - Arran



Jay Wyllie-Quinn
Support Worker -
Kilwinning



Lorna Rowan
Support Worker -
Three Towns



David Cooke
Carers Gateway
Manager



Andy Mitchell
Marketing &
Engagement



Elaine Griffin
Coordinator Young
Carers



Holly Tait
Young Carer Support
Worker - Three Towns



Emma Nethercote
Young Carer Support
Worker - Irvine &
Kilwinning



Lizzy Cain
Young Carer Support
Worker - Garnock
Valley & North Coast



01294 311333



northayrshire.carers@unity-enterprise.com

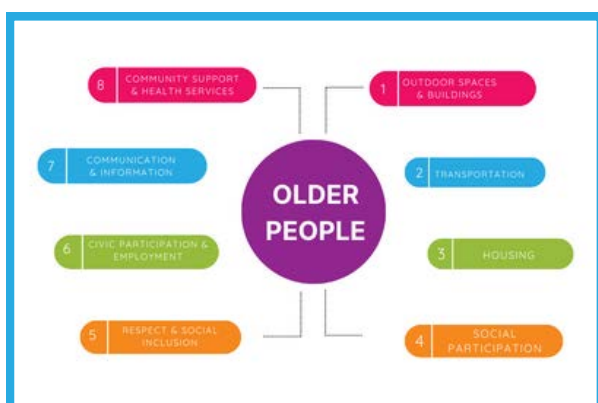


174 High Street, Irvine, KA12 8AN

NEWS ROUNDUP

Older People's Voices

Sheena and Ann attended on 22 November Older People's Voices Conference in the Town Hall Saltcoats, where we held an information stall. The conference, organised by Graham Hunter who is a Community Development worker with North Ayrshire Council, looked to address topics that are very important to older carers.



Scottish Parliament

David Cooke and Andy represented North Ayrshire at a meeting in Holyrood organised by Carers Trust and MSP Paul O'Kane. The purpose was to raise awareness on the impact on older carers of changes to benefits.



Shared Care Scotland

David Weir was a panel member at the recent Shared Care Scotland AGM. David shared with the audience his vast experience of running short breaks for carers and how important they are.



Honestly, David Weir wasn't sleeping he was thinking about his next answer!



01294 311333



northayrshire.carers@unity-enterprise.com



174 High Street, Irvine, KA12 8AN

CARERS CHRISTMAS LUNCH

The Lauriston Hotel in Ardrossan was once again the venue for the annual Carers Christmas lunch.

After an introduction from Carers Gateway Manager, David Cooke, everyone tucked into a lovely Christmas dinner.

The raffle was very popular and one table was very lucky and scooped a lot of the prizes.

We would like to thank the team at the Lauriston for their hospitality.



01294 311333



northayrshire.carers@unity-enterprise.com



174 High Street, Irvine, KA12 8AN

YOUNG CARERS CHRISTMAS PARTY



On Wednesday 20 December, a very special visitor joined us at the Young Carers Christmas Party in the Ardeer Community Centre.

An evening of playing pass the parcel, musical statues, arts & crafts and lots of food and treats made sure that everyone had a great time and Santa had gifts for everyone.

Thank you to everyone who attended and those who contributed their time or donated prizes, food, baking and presents.

A huge thank you for West FM and Cash for Kids West Scotland for their support, and finally Salvation Army for all the gifts and presents.



01294 311333



northayrshire.carers@unity-enterprise.com



174 High Street, Irvine, KA12 8AN



HONEYPOT RESIDENTIAL WEEKEND

Over the weekend of 19 - 21 January, 11 young carers got the chance to visit the new HoneyPot House in Dalkeith for a two night residential.

The young carers had the opportunity to take part in activities such as baking, arts & crafts and a movie night. The young carers also visited Dumfries House and the Hertigate Centre, Cumnock.

We would like to thank the team at HoneyPot for such a wonderful opportunity for our young carers.

All young carers received respite from their caring roles with a focus on trying new things, making new friends and making memories that will last a life time.



01294 311333



northayrshire.carers@unity-enterprise.com



174 High Street, Irvine, KA12 8AN

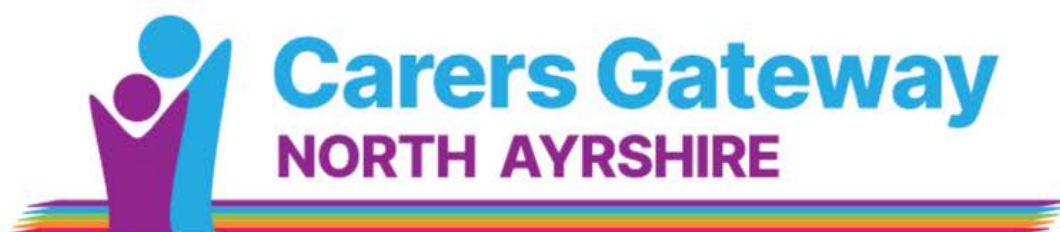
Are you an unpaid carer living on Arran?

Come along and meet other carers
and your new island-based
support officer.

Join us for a coffee and a chat.

22 February 2024 at 11am
In the “snug” at the
Douglas Hotel Brodick

Look forward to seeing you then



01294 311333



northayrshire.carers@unity-enterprise.com



174 High Street, Irvine, KA12 8AN

EASTER ACTIVITY PLAN

We are delighted to announce that this Easter we have an exciting range of events for Young Carers and all the family.

We'll be in touch about how to apply for places.

	What is it	When is it
Arty Party Crafts	Build-a-bear Slime, Candy Cart Lunch Provided	2 April 11:30am - 1:30pm 54 Princes Street, Ardrossan KA22 8DF
Umbrella Holistic Therapies	Therapies, Mindfulness sessions	3 April 1pm - 3pm Fullerton Hub
Family Day out	Lunch & Travel Provided	4 April 10am - 4pm South Ayrshire
Science Centre Family Day	Young Carers plus families. Travel Provided	5 April 9am - 4pm Science Centre, Glasgow
Pony Riding	Travel & Lunch Provided	8 April 10am - 4pm Kelburn Castle
Water Sports Day	Travel Provided Bring a packed lunch	9 April 10am - 4pm Craigengillan Estate
Escape Rooms	Travel and lunch provided	10 April 12:30pm - 3pm Ayr
Young Carers Fun Day	Inflatables, face painting, animals Lunch provided	11 April 10am - 2pm Kelburn Castle
Ocean Youth Trust Sailing Weekend	Travel and meals provided	12 -14 April Greenock

UPCOMING EVENTS

	When is it	Where is it	How to book
Arran Carers Meeting	22 February at 11am	The Douglas Hotel, Brodick	Drop in
Young Carers Action Day	13 March	tba	Drop in
Adult Carers Easter Surprise	To be announced	To be announced	Phone 01294 311333
Adult Craft & Chat Group	First Monday of the month 1:30pm - 3PM	Irvine Library	Drop in
Adult Kilbirnie Therapies	Second Friday of the month 10am - 12 noon	Kilbirnie Library	Phone 01294 311333
Three Towns Adult Carers Group	Third Monday of the month 10am - 12 noon	Ardeer Community Centre, Stevenston	Drop in
Largs Adult Carers Group	First & third Wednesdays of the month 10am - 12 noon	Brooksby Medical & Resource Centre, 31 Brisbane Road, Largs	Drop in
Saltcoats Adult Carers Group	Fourth Monday of the month 10am - 12 noon	Saltcoats Library	Drop in
Adult Carers Connect Group	Fourth Wednesday of the month 1:30pm - 3pm	KA Leisure Hub, 20 Bridgegate, Irvine	Drop in



01294 311333



northayrshire.carers@unity-enterprise.com



174 High Street, Irvine, KA12 8AN