



North Ayrshire Carers Centre Newsletter



January 2020

Christmas 2019

Thank you to all our Carers who came along to our Christmas activities. Fun was had by all at the Riverside lunch and Oscar's meal.



Some of our Carers came along to a Christmas craft event to make some lovely Christmas gifts and decorations.



Huge thanks to the invited guests and the Provost for coming along to our Christmas activities and spending time with our carers.



Inside.....

- Upcoming Events
- Therapies
- Young Carers news
- Groups and Drop In Sessions
- Outreach /Therapy Information
- Information

Carers activities.....

Valentines Day

Join us in the Carers Centre on Friday 14th February at 10 am to watch

Sleepless in Seattle

Tissues provided, tea, coffee and valentine goodies.

£1 per Carer

Limited places, phone the Carers Centre on: 01294 311333 to book your place



Hearts & Minds
Improving lives one **smile** at a time

PLAY | COPE | CARE

Hearts & Minds invite you along to a free fun workshop for unpaid carers.

THURSDAY 19TH MARCH

10am – 12.30pm

North Ayrshire Carers Centre

Come along to relax and de-stress. Explore your playful side and re-connect with yourself using humour, objects, music and hats!

Researched and tested with carers across Scotland.

"I liked everything. It made us more aware of what we needed and who we were, and it was all great fun"

"I loved it. Felt supported, connected and held, calmer and more positive"

Hearts & Minds is an Arts-in-Health charity with over 20 years experience of working with ladies and gentlemen with dementia and children and young people with complex needs.

Please telephone: 01294 311333 to book into the free session

We look forward to seeing you there.

heartsminds.org.uk

Supported by the Bupa UK Foundation

Scottish Registered Charity No.SC027040

Free Digital Resource for Carers

We're working with Carers Scotland to give carers in North Ayrshire free, 24hr access to a wide range of digital tools and resources that might help make your caring situation easier – includes e-learning, a care coordination app, essential Information, advice and local support. Why don't you have a look for yourself at carersdigital.org - all you need to create an account is an email address, password and the **free access code DGT4110**.



Why not join us in Irvine Library IT Suite on Thursday 5th March between 10-12 session or 1-3 to learn more.

Carers activities and other information.....

Easter Fun Morning

Come along to our Easter activity

Friday 3rd April 10—12

In the Carers Centre

Limited places

Please phone: 01294 311333 to book your place

£2 per Carer

Treasure Hunt, fun games, tea, coffee and Easter treats



Who Can Support Me?

Struggling to find the support that you need to help with your caring role? Why not join us on Monday 2nd March 10—11.30 In Carers Centre to explore what options may be available.

Limited places, please phone the Centre on: 01294 311333 to book your place



A huge **THANK YOU** to **Morrisons Foundation**
for the grant that has allowed us
to purchase new comfortable chairs



Out the beginning of May:
Next newsletter will have a list
of all Carers Week
8th—14th June 2020 activities

Alternative Therapies

Contact Information



North Ayrshire Carers Centre

174 High Street
Irvine KA12 8AN

 **01294 311 333**

Email:

northayrshire.carers@unity-enterprise.com

Normal Office

Opening Hours

Monday - Friday
9.00am - 4.00pm

If you require an evening or Saturday appointment, then please telephone the Carers Centre on **01294 311333** and an appointment will be arranged for you.

Appointments are available in other localities and home



 Find us on Facebook

Change of Circumstances



Please advise the Carers Centre of any changes to your circumstances, i.e. change of address, contact details, caring responsibilities or other information you think may be relevant. Thank You!



Alternative Therapies Appointments

Irvine	Tuesday	10am — 12pm
Carers Centre	LIZ (Massage and beauty)	
174 High Street	Wednesday	10am — 12pm
	LESEYANNE (various massage treatments)	
	Thursday	2pm—4pm
	ANN (various massage treatments)	
Saltcoats	2nd Monday of Month	10am—12pm
Library	LESLEYANNE	
Springvale Place		
Kilbirnie	1st Thursday of month	10am—12pm
Bridgened Centre	ANN	
Largs	1st & 4th Weds of month	10am—12pm
Brooksby Centre	ANN	



- **From 1st February 2020 Therapies will cost £8.00 for 30 minutes**
- If you need to cancel your appointment 24 hours notice must be given or if you fail to attend appointment you will still be charged
- Please note Largs keep own diary but enquiries can be made through Carers Centre
- **From the 1st of March 2020 all other therapy appointments need to be booked through the therapists NOT the Carers Centre**

THERAPIST CONTACT NUMBERS:

- **LIZ:** 07821556574
- **LESLEYANNE:** 07710468488
- **ANN:** 07307198520

Carers Groups and Drop in sessions

Arran

Ormidale Pavillion
Brodict

Please call Carers Centre for details of next group

Garnock Valley

Bridgend Centre
Kilbirnie

1st Thursday of month 10am—12pm
6th Feb, 5th March, 2nd April, 7th May

Saltcoats

Springvale Place

2nd Monday of month 10am—12pm
10th Feb, 9th March, No group April, 11th May

Craft and Chat

Carers Centre
High Street
Irvine

1st Tuesday of month 1.30pm—3pm
4th Feb, 3rd March, 7th April, 5th May

Carers Connect

Carers Centre
High Street
Irvine

3rd Tuesday of month 1.30pm—3pm
21st Jan, 18th Feb, 17th March, 21st April

Largs Constituted Group

Brooksby Centre
Largs

1st, 2nd, 4th Wednesday of month 10am—12pm
22nd Jan, 5th Feb, 12th Feb, 26th Feb, 4th March,
11th March, 25th March, 1st April, 8th April,
22nd April, 6th May, 13th May
(Please note Carers Centre staff only attend 2nd Wednesday)

3 Towns Constituted Group

* Ardrossan Civic Centre
Glasgow Street

1st Monday of month 10am—12pm
3rd Feb, 2nd March, 6th April

* Ardeer Neighbourhood Centre
Shore Road
Stevenston

3rd Monday of month 10am—12pm
20th Jan, 17th Feb, 16th March, 20th April

North Ayrshire Young Carers

Thank you to Cash for Kids for the funds to provide a lovely buffet and sweet treats at our Christmas disco. All the kids had so much fun with pass the parcel, Christmas music quiz and dancing the night away.

Christmas 2019

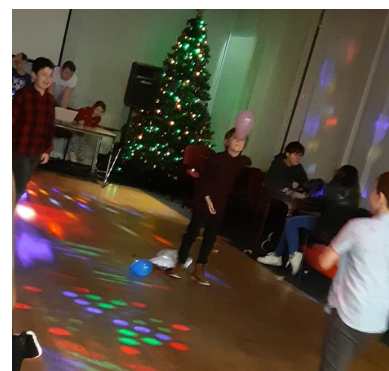
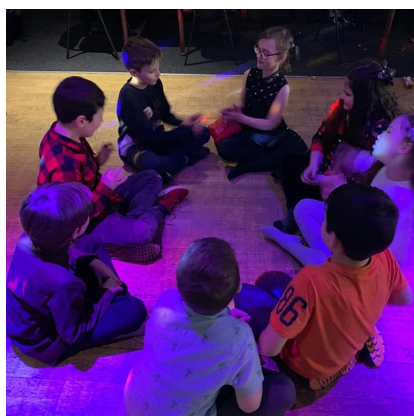


We also had Christmas movie night; at our last group night; before end of term with hot chocolate; and popcorn!



Young Carers Awareness Day 2020 is focused on Education. Along with some Young Carers we will be hosting an event for teaching staff in North Ayrshire to make them more aware of the support Young Carers need in Education.

Fiona from North Ayrshire Council came to speak to our Young Carers about poverty and how it effects young people. Our Young Carers were able to provide an insight into how poverty is perceived in North Ayrshire from a youth perspective.



For Carers Rights Day our Young Carers made some lovely art work with facts about Young/Student Carers and how the Carers Centre has helped them.



Ritchie from the National Galleries came along to the Centre to do an expression workshop with some of our Young Carers.



Young person's Participatory Budgeting awarded us funds for activities in the 3 towns area. This will take place during the Easter holidays and Young Carers

Young Carers Grant

The Young Carer Grant was introduced on 21 October 2019. Young Carer Grant is a yearly payment of £300 for young carers who live in Scotland

You can get Young Carer Grant if all of these apply:

- you live in Scotland
- you're 16, 17 or 18 years old
- you've been caring for one or more people for around 16 hours a week, for the last 3 months. Caring can include supporting either the physical or mental health and wellbeing of someone (or both)
- the person or people you care for are getting certain benefits
- you're not already getting Carer's Allowance

The person or people you care for must have been getting one or more of these benefits for at least the last 3 months:

- the daily living component of Personal Independence Payment (PIP)
- the middle or highest care rate of Disability Living Allowance (DLA), including Child Disability Living Allowance
- Attendance Allowance
- Armed Forces Independence Payment
- Constant Attendance Allowance

Social Security Scotland have put together information and examples of what a young carer is to help you see if you or someone you know might qualify for the Young Carer Grant.

Ask staff in the Carers Centre for a leaflet.

Applying for the Young Carer Grant

You can apply:

- online : mygov.scot
- by phone on 0800 182 2222

Find out all you need to know about the Young Carer Grant on mygov.scot

Other support for young carers

The support also includes a young carer element to the Young Scot National Entitlement Card and, in 2021/22, concessionary bus travel

Carers Information

Carers (Scotland) Act 2016

Carers (Scotland) Act 2016, is an act of the Scottish Parliament to make provision about carers, including the identification of carers' needs for support through adult carer support plans and young carer statements; the provision of support to carers; the enabling of carer involvement in certain services; the preparation of local carer strategies; the establishment of information and advice services for carers; and for connected purposes.

Adult Carers Support Plan & Young Carers Statement

Below you will find some advice on your rights as a Carer, including your right to request an Adult Carer's Support Plan or if deemed a Young Carer, then a Young Carer's Statement.

Further to the Carers (Scotland) Act 2016, all local authorities were tasked with devising a policy which was in keeping with the Act and also in keeping with their commitment to provide help and support where most needed. North Ayrshire Health and Social Care Partnership have been working hard to roll out their Adult Carer Support Plan and Young Carers Statement and you will find a summary printed below. More information can be accessed online or you can request this information by contacting the Carers Centre.

Adult Carer Support Plan

As an adult carer you have the choice to complete an **Adult Carer Support Plan**.

The support plan gives you the opportunity to identify the following:

- ◆ Your thoughts and feelings about caring
- ◆ Your relationship with the cared for person
- ◆ Your social and leisure activities
- ◆ Your physical and mental health
- ◆ Your education and work life goals
- ◆ What would make things easier for you to carry out your caring role
- ◆ What would help in the future if you were no longer able to care.

For further information on Adult Carer Support Plans please contact your local Health and Social Care Partnership office or Carers Centre.

Young Carers Statement

A Young Carers Statement (YCS) can be completed for any young person under 18 years old or over 18 but still at school.

The young carers statement is completed by having a conversation with health, education, social worker or someone you feel comfortable talking to in order to establish if it is appropriate for you to care for someone else.

The young carers statement will identify your individual outcomes and what matters to you as a person such as:

- * Details about the person you care for and support you provide
- * The impact caring has on your health and well being
- * The extent that you are able and willing to provide care
- * The nature and extent of the care provided is appropriate
- * Any support which is needed, either for you or the person you care for
- * Whether a short break is needed.

You can ask the following for a young carers statement:

- * The Care Manager of the person you care for or Contact their local Health and Social Care Office directly
- * The North Ayrshires Carers Centre to request a Young Carers Statement.