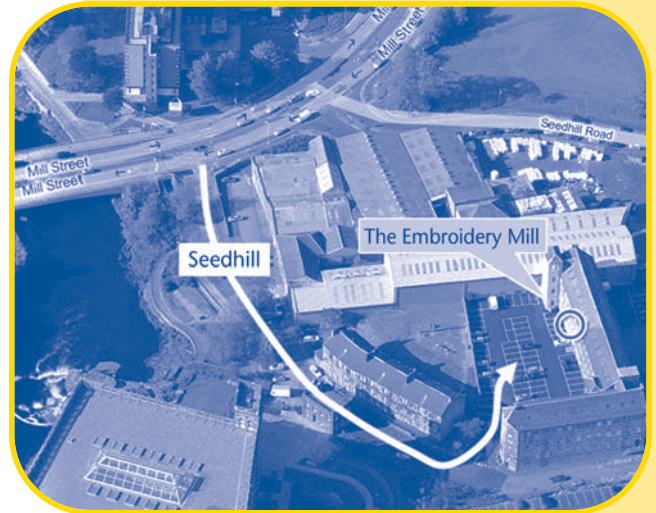


Renfrewshire Carers Centre • 0141 887 3643
www.renfrewshirecarers.com

Carers Centre is on the Move!

We are *delighted* to tell you that the Centre will be moving to new premises in April 2010. Our new Centre will be located on the ground floor of the Embroidery Mill, Seedhill (not Seedhill Road!). The full postal address will be Renfrewshire Carers Centre, Unit 55, Abbey Mill Business Centre, Embroidery Mill, Seedhill, Paisley PA1 1TJ. Our telephone number and contact details via email will remain the same. The Centre will have car parking and is a 10 minute walk from the Centre of Paisley via Abbey Close and the Renfrewshire Council Walkway. Seedhill is off Mill Street opposite the Renfrewshire Council building. Remember not to go down Seedhill Road!! See the attached arial map to show where we are! Directions are available from the Carers Centre and on the website.

We are looking forward to having more space for our carers meetings, young carer activities and one to one sessions. It will also provide much needed room for the growing number of staff at the Centre. Due to the move, the Centre will be closed from **Thursday 25th March** and the new Carers Centre will open on **Tuesday 6th April** – the Café will start back on Thursday 8th April. We ask for your patience during this time and look forward to seeing you at the new Centre from Tuesday 6th April onwards.



Google Maps/NJA Design

Free Carbon Monoxide Alarms to the Over 60s!

Care & Repair Renfrewshire are offering to supply and fit battery operated carbon monoxide alarms to the homes of anyone in the County aged 60 or over or who has a disability. To arrange for a free alarm (battery not included) or for further information contact: Care & Repair Renfrewshire, 1st Floor, Bridgewater Shopping Centre, Erskine PA8 7AA Tel: 0141 812 4111 or email enquiries.carerepair@bridgewaterha.org.uk. Hurry while stocks last!

Jobcentre Plus support for carers looking for work

Jobcentre Plus is offering a new service to carers from January 2010. As part of a Government plan to improve the quality of lives of people who spend a significant amount of time as a carer, they have launched a project called 'Work Focussed Support for Carers'. This will offer advice in taking the steps towards finding a job and will include sessions with a Personal Adviser trained in working with carers, who will provide practical advice on finding a job and accessing training.

This project is available to existing Jobcentre Plus customers who also have

caring responsibilities. It is also open to carers who are on Carers Allowance and also to those carers not receiving any benefits. The project is totally voluntary and there is no obligation for anyone to enter or complete the scheme - so you don't have to take it up if you don't want to.

Very importantly for carers, the project will provide respite costs to allow carers to attend advice and training sessions! The responsibility for arranging the replacement care will lie with the individual and Jobcentre Plus cannot recommend any specific provider. The Carers Centre respite sitting service may be available for existing users of the service. If you are not an existing user of this service, please contact the Carers Centre for a list of private respite

providers in the area – although please note we cannot recommend any services to users.

Work Focused Support for Carers is available to carers who:

- do not work at all or who work less than 16 hours a week
- are aged 18 or over
- are not able to get help from any of the other Jobcentre Plus employment support programmes such as New Deal or Pathways to Work.

To find out more, make an appointment (of up to an hour) at your local Job Centre Plus at; Jobcentre Plus, 2 Lonend, Paisley, PA1 1SS or telephone 0845 604 3719.

Carers Rights Day

Renfrewshire Carers Centre and Reid Kerr College held a successful Information Event on Friday 4th December to celebrate Carers Rights Day. A large number of organisations attended with stands and a solicitor was present offering free legal advice. We would like to thank Reid Kerr College for the help they provided in making the event a success. For more information on Carers Rights, see the article 'What Rights Do Carers Have?' or contact Renfrewshire Carers Centre on **0141 887 3643**.

Launch of Carer Training Project

The new 'Training for Carers in Renfrewshire' project got off to an excellent start with a formal launch on Carers Rights Day on 4th December 2009. Training Worker Louise Anderson held a morning training session for eleven carers on 'Carers' Rights' at the Lagoon Centre in Paisley and this was followed by the launch

of the project by Wendy Alexander. The training programme, which is to run for the next eighteen months, aims to offer unpaid carers opportunities to improve their ability and confidence in managing their caring situation - thus improving their own quality of life and that of the person they look after. Wendy

Alexander said "it's essential that carers are given information about their rights so that they get the support they need in order to plan for the future." See below for details of courses coming up between March and June or contact Louise Anderson at the Carers Centre on **0141 887 3643**.

Start Date	End Date	Course Name	No. of Sessions
Thursday 18th March		A View on Challenging Behaviour	One
Tuesday 23rd March		Carers Rights	One
Thursday 8th April	Thursday 13th May	Caring with Someone with A Lung Condition	Six
Wednesday 14th April		Living with Loss as a Carer	One
Tuesday 20th April		Dealing with Anxiety	One
Tuesday 4th May		Assertiveness	One
Tuesday 11th May	Tuesday 15th June	Caring for Someone with Diabetes	Six
Wednesday 12th May		Continence and Catheter Care	One
Saturday 15th May		Information for Working Carers	
		Communication and Negotiation Skills for Carers	One
Thursday 20th May		Benefits and Welfare Rights	One
Thursday 27th May		Basic First Aid	One



Carers celebrate the launch of the Carers Training Project with Staff (Louise Anderson 4th from right, Carers Centre Co-ordinator Diane Goodman top right) with MSP Wendy Alexander (third from Right) and John Paterson 2nd from right (Head of Community Care Renfrewshire Council)

'Message In A Bottle' Launch

A Steering Group has been formed to lead an initiative which will bring a 'Message in a Bottle' to carers in Renfrewshire. This is a scheme which enables emergency services and health/social care professionals to retrieve vital personal information quickly and easily in an emergency. The information is stored in a bottle and is kept in the fridge of the vulnerable person, where it can be easily found. The Steering Group is planning to launch the scheme in June, to coincide with Carers Week. Container packs will be distributed to vulnerable people and their carers via health centres, libraries and other public places.

Carers Week 2010

Carers Week this year will take place between Monday June 14th to Friday June 18th. This year's theme will be 'A Life of Your Own' and will focus on the many aspects of life that non-carers take for granted and will explore ways in which carers can be supported. We will have a programme of events for Carers Week in the next issue of Carers News, scheduled for May 2010.

Joint Planning Performance and Implementation Group (JPPIG) for Carers

The JPPIG met in Mid January. The JPPIG are also starting to implement recommendations made from a recent equalities impact assessment. This will try and ensure that all services, particularly respite services, operate in a way which encourage equality and should allow greater access of services and more variety of services to many carers. Updates were provided by the Carers Centre Participation Worker, Information Worker and Training Worker on their key activities over the last three months. Plans were also discussed to raise the awareness of carer issues to health and care staff.

Carers Centre Emergency and Future Planning for Older Carers

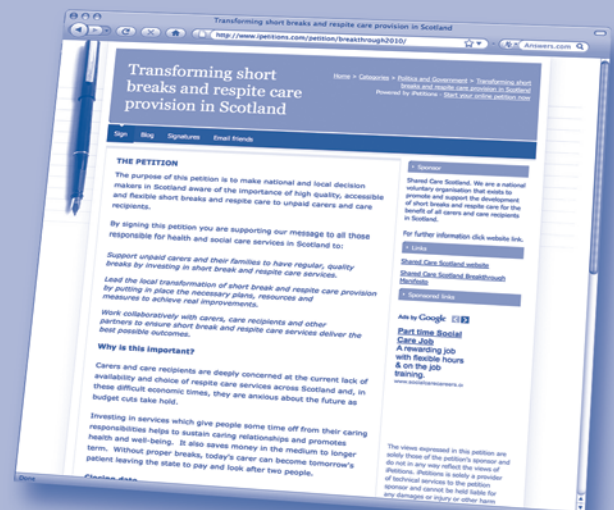
We are pleased to announce that Renfrewshire Carers Centre has been awarded a £270K Big Lottery Funding Grant for a three year project to assist older carers with emergencies and future planning. The fund is part of the National Lottery's Life Transitions scheme that will help improve the lives of carers in Scotland. The project will expand the current services by providing two new workers to assist carers to plan for the long term. One carer said *"thanks to the Lottery money many carers like me will now benefit from the same support and will have peace of mind when planning for the future"*.

Shared Care Scotland Petition

Shared Care Scotland has launched a petition to bring about more improvements across Scotland in the provision of respite and short breaks for carers. Although improvements have been made, they remain concerned that there are still gaps in provision. If you support the aims of the campaign then please sign the petition by going to:

<http://www.ipetitions.com/petition/breakthrough2010/>.

The petition is open until Friday 18th June 2010. Contact the Carers Centre for access to the petition or call Shared Care Scotland on 01383 622 462.



Alzheimer Scotland's 'Dementia Manifesto'

Alzheimer Scotland has recently produced a 'Dementia Manifesto' that identifies the following priorities for action on Dementia in Scotland.

The Manifesto includes calls for:

- The Scottish Government to ensure the implementation of a **comprehensive, adequately resourced Dementia Strategy** through the development of local dementia strategies led by NHS Boards and local authorities working in partnership.
- The Scottish Government to establish a **Change Fund of at least £15 million a year for the next five years** to enable the implementation of the Local Dementia Strategies.
- **Mandatory dementia care training** for all health and social care staff providing care to people with dementia; and regulatory standards relating to training in dementia care.
- Local authorities to commission **specialist dementia care services to improve the quality of life and standards of care** for people with dementia; and put an end to large-scale tendering for generic services that include people with dementia.

For a free printed copy of the Dementia Manifesto contact Aileen Bradford

Tel: **0131 243 1453** or email: abradford@alzscot.org

What rights do carers have?

In case you weren't able to attend the Carers Rights Day events in Paisley last December, we have put together a summary of the key information we provided on the day.

Having a Carers Assessment

You have a right to a Carers Assessment if you are providing 'regular and substantial care' for someone. The assessment aims to take account of your needs as a carer and can be used to identify support such as respite, information on services, adaptations to your home and advice on welfare benefits. However, please bear in mind that you do not have an automatic right to be given services. Speak to your Social Work Area team for a Carers Assessment. You can also fill in a Carers Self Assessment Form as an alternative. Speak to the Carers Centre about this.

Paisley Area Team 0141 842 5151

Renfrew Area Team 0141 886 5784

Johnstone Area Team 01505 342 300

Being involved in health decisions

If a person you care for can't make a decision about their health, the carer has the right to influence planned treatment, be present at appointments, ask for a second opinion and become a legal proxy (e.g. establish Power of Attorney) via a solicitor. Ask the Carers Centre for more information about caring and consent.

Asking about Welfare Benefits

Ask about what welfare benefits you may be entitled to. Even if you are not entitled to Carers Allowance it may give you an underlying entitlement to other benefits - check with the Carers Centre for further information.

Asking about flexible working

If you are employed and live with the person you care for, you can ask for flexible working hours. You can make one application a year, in case your caring circumstances change. Employers have to consider applications and can only refuse them on clear business grounds. For more information, contact Carers Scotland on the Carers Line (0808 808 7777).

Supporting Older Family Carers in Scotland

A new NAAPS Scotland project, funded by the Scottish Government, hopes to develop services for people with a learning disability and/or autistic spectrum disorder who are living with older family carers. The project will inform them of Shared Lives (where paid carers can offer respite to parents) so that this option can be considered in future care planning. For more information please contact Else Wilson, Project Worker, NAAPS on **07584 211 755** or by e-mail on else@naaps.org.uk.

Renfrewshire Carers Centre

List of meetings for Spring 2010

Date	Group and Time	Venue
Tuesday 02 March 2010	Mental Health Carers Support Group 7.00pm - 9.00pm	Charleston Centre
Tuesday 02 March 2010	Dementia Carers Support Group from 7.30pm	Old Age Psychiatry Day Hospital (0141 314 7113)
Wednesday 03 March 2010	Parents Support Group 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 04 March 2010	Alzheimer/Dementia Group 1.00pm - 3.00pm	Northcroft Medical Centre
Monday 08 March 2010	Linwood Carers Group 1.15pm - 3.15pm	Linwood Health Centre
Wednesday 10 March 2010	Parents Support Group 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 11 March 2010	Carer Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 16 March 2010	Paisley Carers Group 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 16 March 2010	Glenburn Carers Support Group 10.30 - 12.30pm	Glenburn Community Centre
Thursday 18 March 2010	Parkinsons Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 23 March 2010	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 30-March 2010	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Wednesday 31 March 2010	Tannahill Carers Support Group 11.00am - 12.30pm	Tannahill Centre
Thursday 01 April 2010	Alzheimer/Dementia Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 06 April 2010	Mental Health Carers Support Group 7.00pm 9.00pm	Charleston Centre
Tuesday 06 April 2010	Dementia Carers Support Group from 7.30pm	Old Age Psychiatry Day Hospital (0141 314 7113)
Wednesday 07 April 2010	Parent Support Group 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 08 April 2010	Carer Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Monday 12 April 2010	Linwood Carers Group 1.15pm - 3.15pm	Linwood Health Centre
Wednesday 14 April 2010	Parents Support Group 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 15 April 2010	Parkinsons Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 20 April 2010	Paisley Carers Group 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 20 April 2010	Glenburn Carers Support Group 10.30 - 12.30pm	Glenburn Community Centre
Tuesday 27 April 2010	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Tuesday 27 April 2010	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 28 April 2010	Tannahill Carers Support Group 11.00am - 12.30pm	Tannahill Centre
Tuesday 04 May 2010	Mental Health Carers Support Group 7.00pm - 9.00pm	Charleston Centre
Tuesday 04 May 2010	Dementia Carers Support Group from 7.30pm	Old Age Psychiatry Day Hospital (0141 314 7113)
Wednesday 05 May 2010	Parent Support Group 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 06 May 2010	Alzheimer/Dementia Group 1.00pm - 3.00pm	Northcroft Medical Centre

Renfrewshire Carers Centre • List of meetings Spring 2010

Date	Group and Time	Venue
Monday 10 May 2010	Linwood Carers Group 1.15pm - 3.15pm	Linwood Health Centre
Wednesday 12 May 2010	Parents Support Group 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 13 May 2010	Carer Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 18 May 2010	Paisley Carers Group 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 18 May 2010	Glenburn Carers Support Group 10.30 - 12.30pm	Glenburn Community Centre
Thursday 20 May 2010	Parkinsons Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 25 May 2010	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Tuesday 25 May 2010	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 26 May 2010	Tannahill Carers Support Group 11.00am - 12.30pm	Tannahill Centre
Tuesday 01 June 2010	Mental Health Carers Support Group 7.00pm - 9.00pm	Charleston Centre
Tuesday 01 June 2010	Dementia Carers Support Group from 7.30pm	Old Age Psychiatry Day Hospital (0141 314 7113)
Wednesday 02 June 2010	Parent Support Group 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 03 June 2010	Alzheimer/Dementia Group 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 09 June 2010	Parents Support Group 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 10 June 2010	Carer Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Monday 14th June - Friday 18th June 2010 Carers Week Celebrations and Activities – check to see if groups are on!		
Tuesday 29 June 2010	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Tuesday 29 June 2010	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 30 June 2010	Tannahill Carers Support Group 11.00am - 12.30pm	Tannahill Centre

If you are new to the groups, please check with the Centre to confirm meeting dates, on 0141 887 3643

Benefits Surgery takes place every Tuesday - by appointment – please check for availability.

Stress Management Sessions will take place every Wednesday – by appointment.

Lawyer Sessions are available on the first Wednesday of every month in the mornings - by appointment .

The **Carer's Café** takes place every Thursday at the Centre between 11am and 1pm – all carers are welcome

Relaxation sessions take place every Thursday - by appointment.

Relaxation Group on the last Thursday of every month– contact us for more details.

The **social evening** will take place on the last Thursday of every month.

The centre will be closed from noon every Friday afternoon for staff training and administration.

Social Work Area Team Numbers

Paisley Area Team 0141 842 5151

Renfrew Area Team 0141 886 5784

Johnstone Area Team 01505 342 300