

## Look Sharp, it's Carers Week!

Calling all carers in Renfrewshire - Carers Week is upon us again and will take place this year between Monday 8th June and Friday 12th June 2009. Make sure your diaries are free so you can take part in the activities we have organised!! The theme of the week this year is 'Renfrewshire's Hidden Army of Carers' and will highlight the enormous contribution that invisible and unpaid carers make to local social work and health services. Events will include the launch of the Carers Strategy, an Information Day, a Health Day and a Pamper Day and we will have the usual Treasure Hunt on the Friday for the Carers Cup, rounding events off with a disco. The full programme of events is listed on the right.

## Carer Heroes Recognised

Congratulations to John Gordon, a member of our Young Carer group, who was recently awarded the Provost Community Carer Award. John looked after his Mother who suffered from an autoimmune disease and she sadly passed away in 2007. Administration Worker Margaret Hamill, who cares for her 26 year old daughter was also nominated for the Award. Well done to John, Margaret and all other nominees.



John Gordon receiving his Award

## Benefits Surgery

In conjunction with Advice Works we are going to be starting a Benefits Surgery every Tuesday in the Centre. You will be able to receive help with claiming benefits and advice on managing your money. Anybody who feels that they would benefit from this service please contact the Centre to make an appointment on 0141 887 3643.

## Carers Week Programme

### Monday 8th June

<b>St Mirin Cathedral Halls</b>	11.00am – 1.00pm
Launch of Carers Strategy	11.00am
Launch of Carers Week	11.20am
AGM	11.30am
Lunch	12.00pm

### Tuesday 9th June

<b>Information day</b>	11.00am – 2.00pm
Launch of Website by Provost Celia Lawson	
Info from Advice Works, Carers Assessments, Advocacy, District Nurses	

### Wednesday 10th June

<b>Health day</b>	11.00am – 2.00pm
Mental Health Team - Mood lifting & stress busting foods	11.00am
Health Foods – Dieticians	11.30am
Keep Fit with Martine	12.00pm
Lunch	12.30pm
Podiatry	1.00pm
Health Check – Blood Pressure	1.00 – 2.00pm

### Thursday 11th June

<b>Pamper Day</b>	10.30am – 3.00pm
Carers Café	
Lunch at Braehead for some carers	
Lunch in centre for others	
Aromatherapy with Molly	
Indian head massage with Emma	
Nails by Jacqueline	
<b>Stall at Braehead</b>	10.00am – 9.00pm

### Friday 12th June

<b>Treasure Hunt for Carers Cup</b>	
followed by snacks and music at Gabrielle's	7.00pm – 11.00pm
<b>All events at the Carers Centre unless specified otherwise.</b>	

# Respite Update

The Scottish Government has recently issued new Guidance on respite care. The Guidance states that short breaks are an essential support to all carers and that local authorities will be expected to develop long term plans for respite provision. The Guidance also stresses the need for local authorities to include service users in the planning of respite. The Guidance aims to promote services for carers that:

- Maintains carer health and wellbeing
- Are personalised to the needs of the carer
- Are clear on eligibility and assessment methods

- Are better planned, involving carer feedback
- Offer better information to enable choice

The Scottish Government has promised to introduce guaranteed annual entitlements to breaks from caring - for those carers 'in greatest need' by 2011 - although it is not yet clear how these carers will be defined.

As part of an agreement between the Scottish Government and Renfrewshire Council, called the *Single Outcome Agreement*, there is a commitment to increase respite nights to older people from 9,000 nights in

2007 to 10,700 nights by 2011. The number of respite nights to adults is planned to increase from 6,700 nights in 2007 to 7,600 nights by 2010.

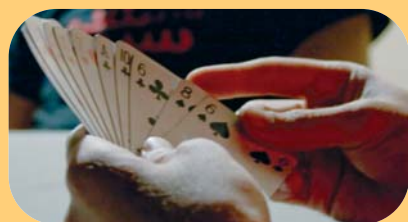
There has also been a commitment made by the Renfrewshire Carers Strategy to develop the Respite Bureau, to provide specialist day centre services for older people with dementia, to increase personalisation and to provide more information on local respite services.

To see the Respite Guidance visit <http://www.scotland.gov.uk/Publications/2008/11/20094716/0>

## Social Evenings...

Social evenings will start again in August and we have arranged the following events:

- Thursday 27th August • **Quiz night**
- Thursday 24th September • **Vinyl Night**
- Friday 30th October • **Halloween night**
- Thursday 26th November • **Card School**



All evenings are free. All you need is to bring yourself and the tittle of your choice along to our premises at 10 Silk Street after 7.30 p.m. We look forward to seeing you there!

## Carers Centre Guide to Respite

The Carers Centre is producing a guide to respite in Renfrewshire, providing information on who is eligible to access respite services, how respite needs are identified, waiting times, charging policy and respite provision in the local area. The information will be summarised in a series of leaflets and will also be available on the website [www.renfrewshirecarers.com](http://www.renfrewshirecarers.com). Thanks to those carers who took part in the consultation for this piece of work.

## Awards for All Grant to Parent Carers

The Renfrewshire Carers Parent Carer Support Group has been awarded a grant of £4000 by 'Awards For All'. The money is to be spent on a well-deserved holiday for members of the group and their disabled children. Thanks to 'Awards for All' for this funding!

## Avoid falling victim to scams!

Every year, millions of innocent people lose money to fake lotteries and prize draw wins and those living alone, suffering from dementia are particularly at risk. The Office of Fair Trading (OFT) has issued information warning vulnerable people about scams. The key things to remember are:

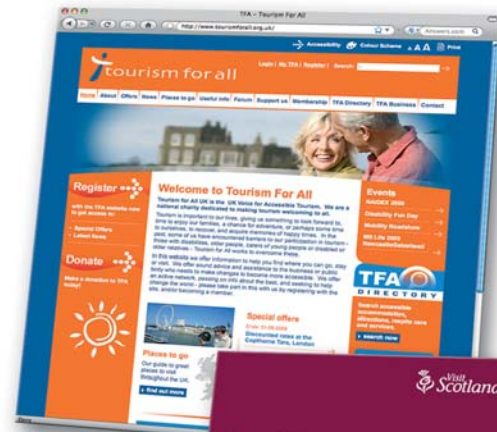
- Never be rushed into replying to an exciting or urgent offer. Speak to someone you trust before sending any money.
- Never send money to anyone who says you've won the lottery or a big prize.
- Never give your bank account details or personal information to strangers.
- Never respond to mailings from psychics asking for money upfront.

More information and advice on this issue is available from Amy at the Carers Centre.

# Holiday Planning!

Now that summer is here again, here are some resources that may help you find a holiday that meets your carer needs.

- **Tourism for all UK** is the voice for accessible tourism in Britain, offering information to help you find where you can go, stay or visit. They have a directory of accessible accommodation which you can search online and offer information booklets you can buy. You can find them online at [www.tourismforall.org.uk](http://www.tourismforall.org.uk) or call 0845 124 9971.



- **Radar Holidays in Britain and Ireland 2009** has a comprehensive list of accommodation including hotels, guest houses, self catering cottages and campsites, as well as places to visit. The Radar guidebook costs £13.50 and is available from their website [www.radar.org.uk](http://www.radar.org.uk) or by calling 020 7250 3222. We also have an updated copy at the Centre.



- **Accessible Scotland Guide** produced by Visit Scotland is a guide which lists over 1000 places to stay, all of which have been checked out by their Quality Advisors. For a free copy of this guide go to [www.visitscotland.com](http://www.visitscotland.com) or call them on 0845 2255121.



- Rough Guides and Motability have joined forces to produce the

**Rough Guide to Accessible Britain.** The guide is free to Blue Badge holders and is full

of ideas for days out across Britain (£1.99 for postage and packing) and just £6.99 (including posting and packing) to others. For more information go to [www.accessibleguide.co.uk/](http://www.accessibleguide.co.uk/) or call 0800 953 7070.

## Update from Joint Planning and Performance Implementation Group (JPIIG) for Carers

The JPIIG for Carers met in March. They discussed the 'Message In A Bottle' scheme that subject to funding, is being explored. The scheme plans to distribute a container to carers, so they can store all relevant information on the cared for person and keep it in the fridge. This will enable health and social service professionals to access relevant information on the cared for person in an emergency, should the carer be away from home.

It was also reported that plans are now in development to train health staff in completing carers assessments and raising their awareness of carer needs.

The JPIIG was told that the Carers Strategy Consultation had generated plenty of positive feedback as well as identifying gaps in current provision. The final Carers Strategy will be launched on Monday 8th June as part of Carers Week. (See the timetable for details).

## Improved Carers Centre Website

The improved Carers Centre Website, which will offer more information and advice to carers in Renfrewshire, will be launched during Carers Week. You can now download the Newsletter and Meetings List from the Website to your own computer. If you have access to the Internet, we strongly encourage you to look at the Website regularly, so you don't miss events, offers and opportunities that come up between the publication of Newsletters. Remember you can access the Internet at your local library!

**So we can keep costs down, the Carers Centre would like to email the Newsletter to as many people as possible in future. If possible, please could you make sure you include your email address in the Membership Form on Page 4 or email [amy@renfrewshirecarers.co.uk](mailto:amy@renfrewshirecarers.co.uk), so we can add your email address to our carer database. Many thanks!** Visit [www.renfrewshirecarers.com](http://www.renfrewshirecarers.com)

### Area Team Phone Numbers:

Paisley Area Team	0141 842 5151
Johnstone Area Team	01505 342 300
Renfrew Area Team	0141 886 5784

# planned events and updates...

## Alzheimer Scotland – Holiday Opportunities

Thanks to some successful fundraising from the Winter Ball last year, Alzheimer Scotland Renfrewshire has a budget for supported holidays worth £22,000 and they are interested in carers of those who have been diagnosed with the condition to come forward to take advantage of this opportunity. Priority will be given to those who already use Alzheimer Scotland's services and demand for funding is expected to be high. Please contact Amy Haines at Alzheimer Scotland on 0141 887 1289.

## Local Area Co-ordination Team - Services for Adults with Learning Disabilities

Renfrewshire's Local Area Co-ordination (LAC) Team is a newly formed unit based at The Anchor Centre in Paisley. The team helps adults with learning disabilities live independent and fulfilling lives. Employed by Renfrewshire Council Social Work, they offer advice and support on employment and personal development. At the moment the LAC team only has two members of staff who job share the post of Co-ordinator, so the number of people they can work with is limited - however, if you would like more information, you can contact Sharon Lowe or Linda Lightbody on: 0141 848 6298, 07795 602 304, or write to them at; The Anchor Centre, 51 Stock Street, Paisley PA2 6DF.

## Acumen Network

Based in the Mile End Mill in Paisley, the Acumen Network is a service-user and carer-led support network that plays a pivotal role in planning mental health services in the Glasgow and Greater Clyde area. They help develop services and promote well being and recovery and they produce a regular newsletter. You can contact Acumen on 0141 887 9103 or by emailing enquiries@acumennetwork.org

## Information for Professionals

The Princess Royal Trust for Carers (PRTC) has launched a website to allow all professionals who work with young and adult unpaid carers to have access to the latest information, news and resources.

Visit: [www.carers.org/professionals](http://www.carers.org/professionals)

## Directgov Guide to Flexible Working

If you are a carer of an adult or looking after a disabled child under 18 years (receiving Disability Living Allowance) and have been at your current employment for at least 26 weeks, you have a right to ask for flexible working arrangements. Employers are not legally obliged to agree to your request – but they might be able to offer you a compromise and you have the right of appeal. There is a useful tool on the Directgov website that allows you to explore how you can achieve a better work/life balance. Visit the website at [www.directgov.gov.uk](http://www.directgov.gov.uk).

## ROAR Befriending Service – Volunteers Wanted!

Reaching Older Adults in Renfrewshire (ROAR) are looking for volunteers to give up an hour or two a week of their time to join their team of befrienders. Volunteers are needed to provide support to older adults in the early stages of dementia, who may be socially isolated. Volunteers will be given a two day induction and will have opportunities to share experiences and obtain support. Please contact David Gillespie, ROAR's Volunteer Co-ordinator on 0141 887 1289 to find out more.

## Direct Payments – Users and Carers Wanted!

The Self Directed Support Service, part of the Renfrewshire Social Work department, based at the Mile End Centre on Seedhill Road are looking for users and carers of those using Direct Payments to join new self directed support groups. It is hoped that the two groups, one for users and one for carers will help improve the service. Please contact Janice Toner on 0141 847 4984, or email her at [Janice.toner@renfrewshire.gsx.gov.uk](mailto:Janice.toner@renfrewshire.gsx.gov.uk)

## Membership of Renfrewshire Carers Centre

That time of year has come around again when we ask you to renew your membership of the Carers Centre for the sum of £1. Many of you have already paid your subs, but for those who haven't yet paid, here's what you get for your £1:

- A newsletter 4 times a year
- An informative website
- A sitting respite service
- Aromatherapy and reflexology treatments
- Befriending and telephone contact
- Information, Advice and Advocacy
- Support groups and weekly café
- Support and a sympathetic ear from staff

With the AGM on the 8th June, you could put yourself forward for the Board of Directors and have a real voice in how the carers centre delivers its services. Training and support will be provided to anybody wishing to stand for election. Remember it's your Centre so why not have a say in how it is run and give something back!! Please fill in and return the membership form together with your £1 to Renfrewshire Carers Centre, 16 Silk Street, Paisley, PA1 1HG

### Renfrewshire Carers Centre Membership Form

Name

Address

Postcode

Phone No.

Email

Signature

Date