

Time for Carers!

Carers Week is coming up again and will take place this year from Monday 14th June and Friday 18th June 2010. Make sure your diaries are free so you can take part in some of the activities we have organised. The theme of the week this year is '**A Life Of My Own**' and will highlight the need for carers to get time away from their caring responsibilities.

The Carers Centre Annual General Meeting will launch Carers Week on Monday 14th June which will be attended by Volunteer Development Scotland, who will talk about the benefits of volunteering to carers and local communities. A volunteer befriender and carer will talk about how the Carers Centre Volunteer Project has benefited them both.

Tuesday 15th June will be our Information Day. This year we are dividing the day into three parts. From 10am till 12pm there will be information available from a number of services in Renfrewshire. From 1pm – 3pm there will be information available on learning and hobby opportunities. There will be a relaxation and information evening exclusively for working carers between 6pm and 8pm on the 15th June.

There will be a Fun Day on Wednesday 16th June where carers can come and play on the Wii and maybe learn circus skills. This will be followed on Thursday 17th June by an Arts and Crafts day where carers can try jewellery making and hair braiding. On Friday 18th June we will be holding a Beetle Drive at the Centre in the evening for the Annual Carers Cup. The full programme of times and events is listed on the right. All events will take place at our new Embroidery Mill premises, unless stated otherwise.

Carers Respite Service gets the thumbs up from Carers

An evaluation of the Renfrewshire Carers Centre Respite Sitting Service, that provides short periods of planned respite to carers at home took place earlier this year. Around a third of current users provided feedback on the service they had received. Overall, the majority of respondents said that the match up process was a key element of the service. Most surveyed also said that the service had offered choice and flexibility and that it offered them a level of independence as well as supporting them in their caring role. Carers also said that they felt able to express their preferences in how they wanted the service delivered. Perhaps most importantly, the service allowed the carer to have some time to themselves, confident in the knowledge that the person they cared for was being well looked after. A small number of carers said that the service could be improved by offering catheter/stoma care and administering medication. For more information about the Evaluation, please contact Maureen Hunter at the Centre on 0141 887 3643.

Carers Week Provisional Programme

Monday 14th June

Annual General Meeting 11.00am
Volunteer Development Scotland

Tuesday 15th June

Information day 10.00am – 12.00pm

Message in a Bottle

Job Centre Plus

Direct Payments Team

Renfrewshire Care 24

Pharmacy Minor Ailments Team

1.00pm – 3.00pm

Reid Kerr College

Renfrewshire Libraries

Renfrewshire Community Health Initiative

Renfrewshire Walking Groups/Leisure

6.00pm – 8.00pm

Information and relaxation for working carers

Wednesday 16th June

Fun day 10.30am – 2.00pm

Wii Games

Face Painting for carers

Circus Skills

Line Dancing

Magic Tricks

Thursday 17th June

Arts and Crafts Day 11.00am – 2.00pm

Jewellery Making

Knitting and Crochet Workshop

Hair Braiding

Lunch at Braehead

Friday 18th June

Beetle Drive Carers Cup 7.00pm

Followed by snacks and music at the Carers Centre

Changes to the State Pension

There have been some recent changes to the State Pension which are important to know about: The State Pension age for women will start to rise from 60 to 65 between 2010 and 2020 (to be equal with men). There are also two significant changes that will really benefit carers:

NI Contributions

Only 30 years of NI contributions and/or credits will be needed to get a full basic State Pension for men and women instead of 39 and 44 qualifying years for women and men currently. This means that carers can have gaps in their NI record for some years and not get a reduced basic State Pension as a result (as long as they do not have less than 30 qualifying years in total).

Carers Credit

In line with other major changes to the state pension, the Government introduced a Carer's Credit from April 2010. This is a National Insurance Credit designed to help build up and protect the State Pension for certain carers and replaces the Home Responsibilities Protection. To claim Carers Credit, you need to be caring for one or more person for a total of 20 hours or more a week where they get either Attendance Allowance, Constant Attendance Allowance or the middle or highest rate of the Disability Living Allowance care component. Alternatively you will need a medical or care professional to confirm that you are providing appropriate care for them.

You could benefit from Carers Credit if you are in one of these situations:

- You care for 20 hours or more a week but miss out on Carer's Allowance because you don't care for 35 hours or more
- You care for someone who can't or refuses to claim disability benefits
- Where there is more than one of you caring for a disabled or ill person and someone else is getting the Carer's Allowance for that person
- You look after several people but cannot claim Carer's Allowance because you do not care for any one of them for 35 hours.
- You are still providing a lot of care for someone who has gone into hospital or a care home, but cannot get Carer's Allowance because they don't get disability benefits because they have been in hospital or a care home.

Carers who receive Income Support because they are already providing substantial caring will automatically receive credits. However, carers not on income support should contact the Carers Allowance Unit on 0845 608 4321 or Textphone 0845 604 5312 to find out whether or not they are eligible by asking for a **Form CC1**.

Carers UK have produced a leaflet 'Caring About Your Pension – A Carer's Guide to Pensions' which contains more information about the new weekly carers' credit. These are available from Carers Scotland 0808 808 7777.

The UK government has launched various information tools to explain the pension changes to the public. There is a 'state pension profiler' tool on www.direct.gov.uk in the pensions and retirement planning section. If you would like to know more about these changes and how they might affect you, please contact the Carers Centre on 0141 887 3643.

Single Gene Complex Needs Service in Renfrewshire

A service for families of adults affected by conditions such as Fragile X syndrome, Neurofibromatosis, Huntington's disease, Tubular Sclerosis, Ataxia is available to people in Renfrewshire. The main aim of the 'Single Gene Complex Needs Service' is to improve the quality of lives for families who are often overwhelmed as a consequence of these conditions. The project also delivers services to adults living with single gene complex needs and works with users, carers and other health workers to create the best patient outcomes. The Renfrewshire contact for the project is Patricia McLaughlin, who can be contacted on 07775 807 929 or email patriciamclaughlin@nhs.net

New Carers Strategy

The Scottish Government is developing a new national Carers Strategy with the Convention of Scottish Local Authorities (COSLA). The adult Strategy is being informed by national carers' organisations the Social Work Inspection Agency and the Association of Directors of Social Work. A Carers Reference Group has also been set up to ensure that the Strategies reflect carers' experiences, needs and priorities. For the first time the Strategy will include a stand alone section for young carers.

Early development work, which has involved key partners and taken into account the views of unpaid carers, has confirmed the need for the new Carers Strategy in Scotland to:

- Reflect the needs of unpaid carers and recognise different groups of carers
- Promote positive outcomes for unpaid carers and the people that they care for
- Highlight the main issues for unpaid carers – as identified by carers themselves
- Promote awareness and understanding of unpaid carers across a range of services
- Promote the delivery of personalised services, that better meet people's needs
- Develop short-term and long-term priorities for unpaid carer support
- Support and inform the development of local carers' support services
- Include a separate, 'lift out' section on young carers, focusing on their specific needs
- Monitor implementation of the Strategy to ensure improvements in services/outcomes

The new Carers Strategy will be published soon and we will tell you more about it in the next Carers News.

Message in a Bottle Launched

Renfrewshire Health Partnership, Renfrewshire Council and a range of other organisations launched the **Message in a**

Bottle in May.

Bottles have already been distributed to a number of local elderly and vulnerable residents who can now store vital details in their bottle in case of an emergency.

Bottles are available from health centres and libraries in Renfrewshire.

Has the person you care for got their bottle yet?



'Finding the Balance'

A new leaflet has been produced by Carers Scotland that gives information on many subjects for carers about looking after yourself such as; making time for yourself, sleeping, keeping well at work and exercise. It is full of useful advice such as letting your GP know that you are a carer and gives details on where you can go for more information. The full title of the booklet is '**Promoting Positive Health: A Carers Resource Guide to Health and Wellbeing**'. Contact Carers Scotland on 0141 445 3070 or get in touch with the Information Worker at the Carers Centre on 0141 847 1936.

Your Feedback Wanted!

We often get asked at the Carers Centre about things like how to find a good value gardener, where to go for a good relaxation class, how to access specialist equipment etc. We'd like to have your feedback on any useful organisations you have used and have been pleased with, so get your thinking caps on and give the Information Worker a call on 0141 847 1936.

Helping Older Carers Plan for the Future

Renfrewshire Carers Centre has recruited three new members of staff to work on this three year project to assist carers over 55 years of age with emergency and future planning. Emma Hodge and Martine Kilgour have been appointed as the new Planning Workers and Janice Tiffney is the new Administration Worker for the project. Welcome to all three workers to this exciting project!

Training for Carers in Renfrewshire

We will be providing the following courses for carers between September and December 2010. Courses are free to carers and will take place at the Carers Centre at the Embroidery Mill unless states otherwise. Please contact Louise Anderson on 0141 847 1933 (email louise@renfrewshirecarers.co.uk) or Liz Smith 0141 887 3643 for further information on specific courses or for a copy of the Training Programme.

Pictured: A group of carers attending the first training session at our new Embroidery Mill premises.



Start Date	End Date	Course Name	No. of Sessions	Time
Tuesday 21st September	Tuesday 19th October	Understanding challenging and difficult behaviour	5	6.30pm – 8.30pm
Thursday 30th September	Thursday 18th November	Looking to the future when caring for someone with a learning disability	8	10.00am – 12.30 pm
Tuesday 26th October	Tuesday 23rd November	What follows school for children with additional needs?	5	10.00am – 12.30pm
Thursday 25th November		Safer people handling (Montrose Care Home)	1	10.30am – 2.30pm
Friday 3rd December		Carers Rights	1	10.30am – 2.30pm

Membership of Renfrewshire Carers Centre

It's time for us to ask you to renew your membership of the Carers Centre! The £1 membership enables you to have a vote to elect members of the Board of Directors who are responsible for the running of the centre. Any other donations are gratefully received and help us to fund the newsletter and other Carers Centre activities. Please fill in and return the membership form together with your £1 to Renfrewshire Carers Centre, Unit 55, Abbey Mill Business Centre, The Embroidery Mill, Seedhill, Paisley, PA1 1TJ

Are you a carer or a professional with experience in human resources, health and safety, legal issues, accountancy, fundraising or management? If so and you would like to join the Board of Directors,

please contact Diane Goodman, Centre Manager on 0141 887 3643. Remember, it's your Centre, so why not have a say in how it is run and give something back!

Renfrewshire Carers Centre Membership Form

Name	
Address	
Postcode	
Phone No.	Email
Signature	Date

Renfrewshire Carers Centre

List of meetings for Summer 2010

Date	Group and Time	Venue
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 RAH (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 Self Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 22 June 2010	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 29 June 2010	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Wednesday 30 June 2010	Tannahill Carers Support Group 11.00am - 12.30pm	Tannahill Centre
Thursday 01 July 2010	Alzheimer/Dementia Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 06 July 2010	Mental Health Carers Support Group 7.00pm - 9.00pm	Charleston Centre
Tuesday 06 July 2010	Dementia Carers Support Group from 7.30pm	Old Age Psychiatry Day Hospital RAH (0141 314 7113)
Wednesday 07 July 2010	Parent Support Group 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 08 July 2010	Carer Self Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Monday 12 July 2010	Linwood Carers Group 1.15pm - 3.15pm	Linwood Health Centre
Wednesday 14 July 2010	Parents Support Group 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 15 July 2010	Parkinsons Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 19 July 2010	Paisley Carers Group 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 19 July 2010	Glenburn Carers Support Group 10.30 - 12.30pm	Glenburn Community Centre
Tuesday 27 July 2010	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 27 July 2010	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Wednesday 28 July 2010	Tannahill Carers Support Group 11.00am - 12.30pm	Tannahill Centre
Tuesday 03 August 2010	Mental Health Carers Support Group 7.00pm - 9.00pm	Charleston Centre
Tuesday 03 August 2010	Dementia Carers Support Group from 7.30pm	Old Age Psychiatry Day Hospital RAH (0141 314 7113)
Wednesday 04 August 2010	Parent Support Group 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 05 August 2010	Alzheimer/Dementia Group 1.00pm - 3.00pm	Northcroft Medical Centre
Monday 09 August 2010	Linwood Carers Group 1.15pm - 3.15pm	Linwood Health Centre
Wednesday 11 August 2010	Parents Support Group 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 12 August 2010	Carer Self Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 17 August 2010	Paisley Carers Group 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 17 August 2010	Glenburn Carers Support Group 10.30 - 12.30pm	Glenburn Community Centre

Renfrewshire Carers Centre • List of meetings Summer 2010

Date	Group and Time	Venue
Thursday 19 August 2010	Parkinsons Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 24 August 2010	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 25 August 2010	Tannahill Carers Support Group 11.00am - 12.30pm	Tannahill Centre
Tuesday 31 August 2010	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Wednesday 01 September 2010	Parent Support Group 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 02 September 2010	Alzheimer/Dementia Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 07 September 2010	Mental Health Carers Support Group 7.00pm - 9.00pm	Charleston Centre
Tuesday 07 September 2010	Dementia Carers Support Group from 7.30pm	Old Age Psychiatry Day Hospital RAH (0141 314 7113)
Wednesday 08 September 2010	Parents Support Group 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 09 September 2010	Carer Self Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Monday 13 September 2010	Linwood Carers Group 1.15pm - 3.15pm	Linwood Health Centre
Thursday 16 September 2010	Parkinsons Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 21 September 2010	Paisley Carers Group 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 21 September 2010	Glenburn Carers Support Group 10.30 - 12.30pm	Glenburn Community Centre
Tuesday 28 September 2010	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 28 September 2010	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Wednesday 29 September 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.

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.

The **social evening** will take place on the last Thursday of every month in April, July, August and September.

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**