

ISSUE: 2016 / (MAY)

## CARERS WEEK 2016 (6th - 12th June)

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges that carers face and recognise the contribution they make to families and communities throughout the UK. The campaign is brought to life by the individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

For details of events in North Ayrshire, refer to pages 4-5.



## SUMMER OUTING: Culzean Castle & Country Park

Thursday 23rd June - Cost: £5

A summer trip for Carers has been planned for Thursday 23rd June. Included in the cost will be access to the magnificent grounds and buildings, including the castle. If interested then please contact the Centre as soon as possible, as spaces will be limited. Leaving Carers Centre at 9.30 am, returning for 3.30 pm.



### Opening Hours

**Monday - Friday**  
**9 am - 4 pm**

If you require an appointment outwith normal office hours, then please telephone the Carers Centre on 01294 311333 in order to arrange this.

Home Visits can also be arranged including Arran and Cumbrae.

## CREATIVE breaks

Creative Breaks grants can be used to help a Carer to:

- pursue a hobby or interest
- to book a short break, which benefits the well-being of the Carer
- undertake a leisure activity,

such as a gym membership

- purchase a season ticket to local attraction, etc

Carers must meet certain eligibility criteria. Please contact the Carers Centre for further information or for queries on eligibility.

**Short**  
breaks fund

## Easter Fun Day

The Easter Fun Day was another great event and we wish to thank all Carers who came along on the day and supported the event.



### **Are you a Carer looking after someone with a Mental Health Issue?**

#### **Looking for some advice?**

Karen Taylor Engagement and Participation Officer (Carers) from the Mental Welfare Commission Scotland will be in the Carers Centre on Monday 20th June from 10.00 am—12.00 pm.

Karen can help if someone is not getting the right care and treatment.

Most of the time this is done by talking or writing to people.

Sometimes if things have gone badly wrong she can look into it to make sure lessons are learned to prevent it happening again.

Karen can give advice on mental health and incapacity law she helps promote best practice and publish guidance to help professionals, people who use services, families and carers .

## Books on Prescription

Find self-help books at your local library

At the heart of the community, North Ayrshire libraries supply information and resources on the following;

**Reading Well Books on Prescription** help you to understand and manage your health and wellbeing using self-help reading.

Topics include common mental health conditions including anxiety, depression, phobias and some eating disorders.

**Reading Well Mood-boosting books** help you to feel uplifted.

Copies of books can be requested free of charge, from any of our libraries.

### Health Information Packs & DVDs

The Long Term Conditions Network from the NHS provide most libraries in North Ayrshire with regularly updated resource packs on the following conditions,

- diabetes
- epilepsy
- heart disease
- multiple sclerosis
- respiratory
- stroke

There are also DVDs for loan on the different conditions which form part of the 'Self Management DVDs for long Term Conditions' voucher scheme operated by GP surgeries. DVDs can be requested from any North Ayrshire library.

Also available.....

Reading Well Books on Prescription for dementia, which provides help and support for people with dementia, carers of people with dementia and anyone who would like to find out more about the condition or is worried about symptoms.

The booklist is divided into four categories: information and advice; living well with dementia; support for relatives and carers; and personal stories.

support  
in mind  
scotland

action for people affected by mental illness



## CARING CONNECTIONS

Caring Connections is an independent confidential service, offering support and information for family, friends and partners of those within and requiring Forensic Mental Health Services.

This is a national service that aims to provide carers with support near their home area, throughout the key stages of their relatives or friends journey through the Forensic Mental Health Service.

For more information, please contact:

**Lorraine Keith on 07951066234  
or email  
lorraine@supportinmindscotland.org.uk**



### A CHANGE IN 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.**

**CONTACT US ON:**

**01294 311333**





**MONDAY 6th June**

9.30am—11.00am **VENUE: KILWINNING Medical Practice**  
Drop-in Service: Almswall Rd Surgery, Kilwinning

10am—12.00pm **VENUE: CARERS CENTRE, IRVINE**  
A talk from the Community Pharmacist, Allan Wilson on subjects varying from waste to minor ailments clinics

2pm—3pm **VENUE: WEST KILBRIDE LIBRARY**  
Afternoon Tea and Cakes £1



**TUESDAY 7th June**

10.15am—11.45am **VENUE: MILLPORT**  
The Garrison (Glassroom)  
Coffee Morning, with Cakes and Scones £1

1.30pm—3.00pm **VENUE: LARGS**  
TOCH Hall, Bath Street  
Afternoon Tea and Cakes £1



**WEDNESDAY 8th June**

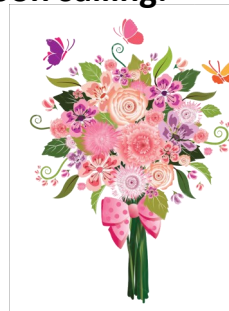
**VENUE: CARERS CENTRE, IRVINE**  
Provisions have also been made to collect Arran Carers from the Ferry terminal at approx. 9.30am, returning back to the ferry terminal for the afternoon sailing.

10.30am - 11.30am Flower Arranging Demonstration by

*Alyson's Flowers*

12.00pm - 1.00pm Lunch has been arranged for All Carers

1.00pm - 2.00pm Therapist Liz Taylor will be giving a talk on relaxation and techniques for a better night's sleep.  
£1





## THURSDAY

### 9th June

10.00am—11.30am

**VENUE: BOUTREEHILL Medical Practice**  
Drop-in Service: Boutreehill Medical Practice

1.30pm—3.00 pm

**HISTORICAL WALK—IRVINE**  
Meeting at the Carers Centre and visiting some historical landmarks around the town. Finishing with Tea and Cakes in the Carers Centre. £1

6.00pm—8.00pm

**VENUE: CARERS CENTRE**  
Race Night, wear your favourite hat, best hat wins a prize, finger buffet. £1

10.00am—2.00pm

**YOUNG ADULT CARERS EVENT**  
**TASTER THERAPY SESSIONS FOLLOWED BY LUNCH**  
**VENUE: CARERS CENTRE, IRVINE**  
Available to Young Adult Carers from both North and South Ayrshire

## FRIDAY

### 10th June

11.00am—2.00pm

**VENUE: VOLUNTEERS ROOM, IRVINE**  
**CARERS EVENT**

As part of Carers Week 2016, you are invited to help celebrate the remarkable care you provide to your family and friends. The North Ayrshire Health & Social Care Partnership want to make North Ayrshire a Carer Friendly Community. We will have a range of information stalls, a spot of lunch, some entertainment and some healthy tasters, but most importantly the launch of our North Ayrshire Carers Appreciation Card! Come along and find out more on Friday 10th June from 11:00 - 14:00 in the Volunteer Rooms in Irvine.

If interested in any of the above please give us a call at the Carers Centre for more information or to confirm attendance, places will be limited for some events.

We hope you can join us this Carers Week and look forward to seeing you.



# North Ayrshire

8 - 25 years

# Young Carers

## and Young Adult Carers



### EASTER ACTIVITIES

Each of our Young Carer Groups enjoyed an activity over the Spring Break.

These activities included:

- ◆ Laser Quest in the Woods
- ◆ Easter Egg Hunts
- ◆ Evening Dinner and Socialising





**SAINT  
MATTHEW'S  
ACADEMY  
SALTCOATS**

## Thank You,!

A massive thank you and well done to one of our Young Carers, Megan Sharp.

Together with a group of school friends from St. Matthew's Academy they nominated North Ayrshire Young Carers as their chosen charity to represent in the school's Youth Philanthropy Initiative.

We are very happy to report that Megan and her friends were successful in their representation, and secured a whopping £3,000 donation for the Young Carers Service.

The group worked extremely hard in putting together a very informative presentation and impressed all those on the judging panel, as well as the audience. We cannot thank this group of young inspirational people enough and we feel honoured to have been chosen.

## GROUPS

All Young Carer groups have now resumed following the Easter Break.

The groups will continue to run up until the end of June.

Letters will be sent out during the Summer break with all information relating to groups and dates.

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If any young person or parent/Carer would like any further information on the service or general advice on a young person in a caring role, then please contact Deborah or Sheila at the Carers Centre.

A warm welcome to Karen Hughes who has just joined the staff at the Carers Centre.

Karen will be overseeing a Young Carers Befriending Project.

More details to follow in next newsletter.

## How can we help Young Carers?

Staff at the Carers Centre can help by:

- Providing information and advice
- Give young Carers a chance to talk and be heard
- Be a gateway to other services
- Provide support in group or 1:1 settings
- Offering time out for fun and relaxation
- Access to short breaks



*Sheila & Deborah*

## SUPPORT groups

Our Support Groups are set in an informal and relaxed environment. They can offer a wide range of help and support to Carers.

### Kilwinning: New Group

We are hoping to start a support group in Kilwinning shortly. Please contact the Carers Centre from the middle of May for further details.

**ARRAN:** Ormidale Sports Pavillion, Brodick  
11am - 12.45pm

Next scheduled meetings:

Wednesday - 4th May, 1st June, 6th September

### KILBIRNIE:

Social Work Offices, Craighton Rd, Kilbirnie  
Monthly—First Thursday of the Month  
10am—12pm

Next scheduled meetings:

Thursday - 5th May, 2nd June, 7th July, 4th August, 1st September

### LARGS:

Brooksby Resource Centre, Brisbane, Largs

- Largs group meets 3 times monthly - every first, second and fourth Wednesday of the month, 10am - 12pm.
- Staff from the Carers Centre attend on the second Wednesday only of each month
- If you wish to speak to a member of staff on a one to one basis, then this can be arranged by calling us on 01294 311 333.

### THREE TOWNS: Ardeer, Ardrossan and Saltcoats

**Ardeer:** Neighbourhood Centre, Shore Road, Stevenston.  
(Please note that this group is Carer led, Carers Centre Staff attend every second month only)  
Monthly—Third Monday of the month  
10.00am- 12.00pm

Next scheduled meetings:

Monday — 16th May, 20th June, 18th July, 15th August

**Ardrossan:** Civic Centre, Ardrossan  
(Please note that this group is Carer led, no Centre Staff in attendance)  
Monthly—First Monday of the month  
10.00am- 12.00pm

Next scheduled meetings:

Monday — 6th June, 4th July, 1st August, 5th September

**Saltcoats:** Saltcoats Library, Springvale Place  
Monthly—Second Monday of the month.  
Staff attend these monthly meetings.  
10.00am- 12.00pm

Next scheduled meetings:

Monday — 9th May, 13th June, 11th July, 8th August, 12th September

## alternative THERAPIES

### Irvine:

Carers Centre  
174 High St,  
Irvine

Massage & \*Beauty Treatments

Every Tue 10am—12pm  
Every Wed 10am —12pm  
\*Every Wed 1.30m—3.30pm  
Every Thurs 1.30pm—3.30pm

### Kilbirnie:

Social Work Offices  
Craighton Rd

Massage

Monthly: Every 1st Thursday  
10am—12pm

### Largs:

Brooksby Centre  
Brisbane Road

Massage

Monthly: Every 1st & 4th Wed,  
10am—12pm

### Saltcoats:

Saltcoats Library  
Springvale

Massage

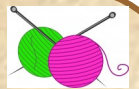
Monthly: Every 2nd Monday  
10am—12pm

Therapies are available to book at both the Centre and at the outreach locations as listed on this page. Each therapy appointment lasts 30 minutes.

First three therapies are free, and £5 thereafter. Please note that your first appointment will include a consultation.

## CANCELLATIONS

If for any reason you need to cancel your appointment, then please call us to let us know by contacting us on **01294 311333**. Even last minute cancellations can be filled.



### Craft and Chat Group

Takes place in the Carers Centre the first Tuesday of the month from 1.30pm —3.00pm

Tuesday— 3rd May, no group in June, 5th July, 2nd August, 6th September



### Reminiscence Group

Takes place in the Carers Centre the third Tuesday of the month from 1.30pm —3.00pm

Tuesday— 17th May, 21st June, 19th July, 15th August,