



North Ayrshire Carers Centre

Newsheet

May 2020

The Carers Centre staff are at present all home based but we are available during normal working hours or by appointment. We are still able to assist with completing of forms, benefit checks, 1:1 support etc but all by telephone. We hope soon to be able to hold initially groups and later awareness raising sessions etc by zoom. The Young Carers Service are already using other social media platforms.

Please make sure that you all take care at this difficult time and stay safe.

We hope its not too long before we can see you all once again.

Covid—19 Useful contacts:

Information on local community support:

<http://northayrshire.community/covid-19-updates-for-communities/35201/>

The Scottish Government advice for unpaid carers :

<https://www.gov.scot/publications/coronavirus-covid-19advice-for-unpaid-carers/>

Young Scot information for young people:

young.scot/campaigns/national/coronavirus

Guidance on Coronavirus (COVID-19) from NHS Scotland and the Scottish Government:

nhsinform.scot/coronavirus

National Well-being Hub, providing a range of supports for unpaid carers

<http://www.promis.scot/resource/unpaid-carers/>

Carers UK 0808 808 7777

NHS Helpline 0800 22 44 88

Samaritans 08457 90 90 90

SAMH 0141 530 1000

Vulnerable Groups Helpline 0800 111 4000

Breathing Space 0800 838587

Sane Out of hours helpline - 0300 304 7000 (4.30pm - 10.30pm). www.Sane.org.uk

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.

KEEP UP TO DATE WITH
NORTH AYRSHIRE CARERS
www.unity-enterprise.com



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!



Join us for Carers Week 2020



The Carers Centre is unable to bring you all of the events we had planned for Carers week this year.

We have managed to arrange the following events which we can hold using zoom. We are sorry to have to limit the events to Carers who have internet access but we need to ensure everyone stays safe.

As normal please call us on 01294 311333 to register your interest in these activities. Alternatively you can message us on our Facebook page.

Further information on how to access these will be given when booking your place.

Monday 8th June @1pm



Summer, Summertime! Summer themed quiz with a chance to win an amazon voucher!



Tuesday 9th June @6pm

Family Virtual Fun Night for Young Carers and their families!

Wednesday 10th June @11am

Scotland's Street Orchestra, Nevis Ensemble will be providing

Thursday 11th June @11am



Information session talking all things Home Energy and what they can do for you!

Friday 12th June @11am

At home Scavenger Hunt! Work out the answer to the riddle and make your way back to win points! Amazon voucher up for grabs!

