

## Mailing List Information

If you receive our regular quarterly newsletter by post, this means that your details are held on our computerized mailing list. If you wish to have your details removed from our mailing list, or if the information we hold is incorrect, please contact us on (01324) 611510.

# INEOS

We are grateful to Ineos for their contribution to the Carers Centre Newsletter

vision express  
the one hour optical lab

## total eyecare

- eye examinations available daily
- wide range of designer frames
- most glasses made in one hour
- contact lens centre
- NHS customers welcome

vision express  
the one hour optical lab

118 - 120 High Street, Falkirk.  
Tel: 01324 639240

### THE PRINCESS ROYAL TRUST CARERS CENTRE

(Falkirk & Clackmannanshire)  
5 Newmarket Street  
FALKIRK FK1 1JQ  
Tel: (01324) 611510  
Email: centre@centralcarers.co.uk  
Web: www.carersfalkirk.org.uk

### ALLOA CARERS OFFICE

The Whins Resource Centre  
Whins Road  
ALLOA FK10 3SA  
Tel: (01259) 219288  
Email: alloaoffice@centralcarers.co.uk

### THE BEFRIENDING PROJECT

Old Burgh Buildings  
12/14 Newmarket Street  
FALKIRK FK1 1JQ  
Tel: (01324) 626046  
Email: befrienders@centralcarers.co.uk  
Web: www.carersbefriendingproject.org.uk

### YOUNG CARERS PROJECT

Old Burgh Buildings  
12/14 Newmarket Street  
FALKIRK FK1 1JQ  
Tel: (01324) 639508  
Email: youngcarers@centralcarers.co.uk

### YOUNG CARERS SCHOOLS LIAISON PROJECT

The Whins Resource Centre  
Whins Road  
ALLOA FK10 3SA  
Tel: (01259) 729917  
Email: schoolsproject@centralcarers.co.uk

## QUALITY STATEMENT

The Princess Royal Trust Carers Centre (Falkirk & Clackmannanshire) is committed to running an organisation with high standards of organisational and operational practice. To that end, the Centre operates a continuous programme addressing quality issues.

# Carers News

Quarterly Newsletter for Carers throughout  
Falkirk District & Clackmannanshire

JUNE 2008



The Princess Royal Trust  
Carers Centre  
(Falkirk and Clackmannanshire)

# Carers Week 2008

9-13th June



'Carers Week' is organised by ten leading charities who support the UK's six million carers.

The key aims of Carers Week are to:

- Recognise and celebrate the contribution made by carers
- Campaign for better support and services for carers
- Promote policies and best practice that can improve carers' quality of life
- Reach out to hidden carers in every community, ensuring they know where support can be found.

This year, the theme of Carers Week is 'Carers Can't Afford to be Ill' and it will highlight the impact caring can have on carers' health and wellbeing. Further information on Carers Week 2008 can be found at [www.carersweek.org](http://www.carersweek.org).

The Princess Royal Trust Carers Centre in Falkirk and the Alloa Office of the Carers Centre have arranged a number of events to take place during Carers Week. For details of what's happening locally to mark Carers Week, see inside.



## Alloa Rotary Club Fundraiser

In March, the Rotary Club of Alloa invited Liz McCue, Centre Manager, and Agnes McMillan, Clackmannanshire Worker (pictured left with Jim Keenan, Senior Vice-President, The Rotary Club of Alloa) to their weekly lunch to discuss a forthcoming fundraising classical concert. The concert took place at the beginning of May and was a huge success. It featured the acclaimed vocalist Annika Kaschenz and outstanding pianist Francesco Attesti. The proceeds of the concert will be used to help fund the work carried out by the Carers Centre in Alloa to support local carers.

## NEW! EMERGENCY CARDS FOR CARERS

Based on the design of the VOCAL (Voice of Carers Across Lothian) Carer Emergency Card, the Carers Centre in Falkirk has produced a local version of the card for carers in Falkirk and Clackmannanshire. These cards are free to all local carers.

The cards form part of a Carer Emergency Pack which has been produced to help carers prepare for and deal with emergency situations. The pack contains two Emergency Cards in plastic wallets—one for the carer and one for the person being cared for. The cards can be used to record emergency contact details and important information about the carer and the person they care for. The cards can then be kept in a safe place, in a wallet or purse for example. An Emergency Factsheet is also included in the pack. This contains information on planning for emergencies, contacting NHS 24 and other useful contact information. The Factsheet can also be used to record information about the person you care for and what you do for them. This can then be left in your home (eg on your fridge) so that it can be easily found in an emergency.

These free Emergency Packs will be distributed to carers at our local Carers Week events and at group meetings in forthcoming months. Alternatively, carers can contact the Carers Centre or the Alloa Office and a Pack will be sent out to them.



## LAUNCH OF RESPITE REPORT IN CLACKMANNANSHIRE

As a result of many months of work by a small group of Clackmannanshire carers, supported by staff at the Carers Centre Alloa Office, a report has been published on the respite needs of local carers of adults with a learning disability. The official launch of the report took place at Gean House Alloa in March. A presentation was given by the co-researcher group of carers on the findings of their research. This included their proposals for planning a local respite service which better meets the needs and aspirations of Clackmannanshire carers in

the 21st century. In addition, speakers Keith Brown MSP and Don Williamson Chief Executive Shared Care Scotland attended and gave their support to the carers' group for the research undertaken. The launch proved to be a great success and reflected many months of hard work from individual members of the group and their determination to see the project through. For interested parties, copies of the respite report can be obtained from the Alloa Carers Office.

## REDESIGN OF THE A.L.L.O.A. CENTRE SERVICE

Clackmannanshire carers are to meet with consultants from an organisation called the National Development Team (NDT) to discuss issues concerning day services for adults with a learning disability in light of the planned closure of the A.L.L.O.A. Centre. The NDT is an independent organisation that works to improve policies, services and opportunities for people who are

disadvantaged. The aim of the discussion sessions would be to explore potential new arrangements for the provision of services to people with a learning disability and their families. Details of these training sessions will be forwarded to all carers as soon as time has been arranged with the National Development Team.

# CARERS WEEK 2008



During Carers Week 2008, The Carers Centre and the Carers Centre Alloa Office will be holding a number of events locally:

### Falkirk

#### Tuesday 10 June - 10.00am A Walk in the Park

Join other carers for a gentle, healthy, sociable walk in Callendar Park followed by a cuppa in the café.

#### 12 noon Carers Lunch

All carers are invited to come along and enjoy a free, healthy, buffet lunch at St Francis Xavier's Church Hall, Hope Street, Falkirk. Janet Birks, Director of Housing and Social Work Services will be present from 12-1.30pm to meet carers informally.

#### 1.30pm-3.30pm Carers Health Event

Carers are invited to an afternoon of information and activities with a focus on the health and wellbeing. This will include short sessions on Relaxation and Sleep, Physiotherapy, Money Advice and Healthy Living. Senior members of Social Work and NHS Forth Valley will be present to discuss how their services are working to support carers. This event will take place at St Francis Xavier's Church Hall.

#### Wednesday 11 June -10.00am – 2.00pm Open Day

An Open Day at the Falkirk Carers Centre for anyone with an interest in what goes on in the Centre. Come in and look around, have a chat and meet the staff. Refreshments will be available.

#### Thursday 12 June - 1.00-3.00pm Carers Rights and the Law

Discussion/Workshop for carers, led by Claire Cairns from the Coalition of Carers. To be held at St Francis Xavier's Church Hall.

### Clackmannanshire

#### Thursday 12 June Carers Health Event 10.00am

Local carers are invited to attend a Carers Health Event in the St Mungos RC Church hall in Mar Street where they will be able to have a health check, enjoy a taster session in aromatherapy, massage, Indian head massage and relaxation. Information will also be available on healthy eating, exercise and local support for carers. A healthy lunch will be served at 12.30pm after the launch of the Clackmannanshire Carers Charter.

Please note this event will replace the carers lunch which was due to take place on Wednesday 11th June.

## CARERS TRIPS AND ACTIVITIES

Funding received from Clackmannanshire Council allows the Carers Centre Alloa Office to organise a programme of trips and activities for carers. This gives local carers something to look forward to and allows them to get together for mutual support whilst having a break from their caring responsibilities. In March, a group of carers from Clackmannanshire enjoyed a days pampering at the

brand new Forth Valley College campus in the Raploch in Stirling. Students at this fantastic new facility treated the carers who attended to a beauty session, a delicious lunch and a hairdo. In May, carers attended a trip to the Tullibody Heritage Centre followed by a delicious afternoon tea.

Clackmannanshire carers who would like to come along to future trips should contact Agnes McMillan at the Carers Centre Alloa Office for further information.

## LEARNING FOR LIVING

Carers Scotland have developed a learning programme specifically for carers which will lead to an accredited qualification, the 'Certificate in Personal Development and Learning for Unpaid Carers'. The programme, developed by carers and for carers, is designed to make learning accessible to all carers, particularly those who are

geographically or socially isolated. It provides an opportunity to support carers in their caring role and recognizes and builds on their experience and skills as carers. The programme can be undertaken as an 'e-learning' programme at home or be college based.

For further information (including a DVD about the programme), please contact the Carers Centre.

# FREE HOLIDAYS FOR CARERS

Pontins Holiday Centre, Blackpool  
9-13 June 2008

A group of carers and their families from Falkirk are set to enjoy a free 5-day break at Pontins Holiday Centre in Blackpool during Carers Week. The holiday offer was publicised in our previous newsletter. Unfortunately, due to the level of demand, we were not able to offer places to all those who applied. Some of the carers who will be going on the holiday met at the Carers Centre to get to know each other in advance and to share information about travel arrangements.



## NEW WEEKLY BENEFITS RATES FOR 2008

### CARERS ALLOWANCE

Basic Rate: £50.55

### ATTENDANCE ALLOWANCE

Lower Rate: £44.85 Higher Rate: £67.00

### DISABILITY LIVING ALLOWANCE

(Care Component)

Lower Rate: £17.75 Middle Rate: £44.85

Higher Rate: £67.00

### DISABILITY LIVING ALLOWANCE

(Mobility Component)

Lower Rate: £17.75 Higher Rate: £46.75

For further information about the new rates for 2008/9, or general information about Benefits, contact the Carers Centre or the Alloa Carers Office.

## HEALTH COMPLAINTS SERVICE

Your local Citizens Advice Bureau may now be able to help you with specific NHS or Health-related issues. Citizens Advice Bureaux across Scotland are now funded by local NHS Boards to deliver the Independent Advice and Support Service (IASS). IASS aims to support patients, their carers and relatives in their dealings with the NHS and in other matters affecting their health.

The Service can help with feedback, comments and complaints from members of the public about the treatment they have received in hospital, from their GP, dentist, nurse or any part of the NHS. This includes guiding them through the formal NHS complaints procedure. Members of the public can also use the service to obtain information on many other aspects of dealing with ill-health and disability for example, accessing disability benefits. To access this service, contact your local Citizens Advice Bureau.

## DOES YOUR GP KNOW YOU ARE A CARER?

Staff from the Carers Centre Alloa Office are working with local GP practices to help them establish a register of patients with caring responsibilities and ensure they are made aware of the support available to assist them in their caring role and help them look after their own health and wellbeing. If you are a carer living in

Clackmannanshire and want to ensure your GP practice has included you in their carers register you can complete a short questionnaire, which is available from the Carers Centre Alloa Office. Similar joint work involving GP practices in Falkirk district is due to commence over the summer.

## CLACKMANNANSHIRE CARERS CHARTER

The Clackmannanshire Carers Strategy into Action Group has been working on developing a local Carers Charter which will be launched at the Carers Health Event taking place in Alloa during Carers Week. The charter, which has been produced by Clackmannanshire Council and NHS Forth Valley in partnership with the Carers Centre, local carer organisations and carer representatives, is a public declaration of the local commitment to supporting carers which acknowledges the important role of carers in the local provision of care and support. The charter aims to ensure carers receive the support they need, not only in line with government policy and legislation, but also in line with what is locally believed to be an

important part of the approach to delivering the best possible services for carers, and services to the people they care for. The key principles and aims contained in the charter cover: providing information; maintaining quality of life; promoting carers health; identifying carers needs; ensuring financial security; offering respite and short breaks; providing training; and facilitating representation and involvement.

Local carers are invited to attend the Carers Health Event at St Mungos RC church hall in Mar Street, on Thursday 12th June from 10am, where the charter will be launched, followed by a buffet lunch.

## PAMPERING

In April and May, a group of carers attended a day of pampering at Forth Valley College in Falkirk. Each person enjoyed beauty therapy, hairdressing and a delicious 3 course lunch, all prepared and served by the students. As always, everyone was made welcome and treated to lots of 'TLC' by the students completing their assignments for the end of year.

## RELAXATION FOR CARERS

The Red Cross continues to offer therapeutic massage to carers on the first, third and fourth Tuesday of every month in the Carers Centre at 12noon and 1pm. This is a relaxing and soothing hand and/or neck massage and all who have experienced it have enjoyed it very much. Contact the Centre to book an appointment. There is no fixed charge but donations are always welcome to support the service.

## WORKSHOPS FOR CARERS

During the months of March and April, eight carers attended a series of 5 personal development workshops sessions each of which focused on a different topic. The topics for the workshops were 'From Stress to Wellbeing', 'Do It Now', 'Budget and Save', 'Time for Yourself' and 'Clutter Clearout'. This formed the second part of a 2-part course in personal development. Because the course has been so well received, it is hoped to repeat it later in the year. Please contact Stella at the Carers Centre if you would be interested in attending or for further information.

## CARERS LUNCH

The Falkirk Carers Lunch which normally takes place on the first Tuesday of each month, will, for the month of June, be moved to the second Tuesday of the month and will take place on Tuesday 10th June during Carers Week. It will form part of the Carers Week programme of events. All carers, those who normally attend the lunch as well as those who do not normally attend, are welcome and invited to come along between the hours of 12noon and 2pm.

## NEWSLETTER BY E-MAIL

These days, many people prefer to receive information electronically, by email or from the Internet. If you would prefer to receive the Carers Newsletter by email rather than by post, please get in touch to let us have your email

address. The newsletter can also be downloaded from the Carers Centre website at [www.carersfalkirk.org](http://www.carersfalkirk.org). The email address for the Carers Centre is [centre@centralcarers.co.uk](mailto:centre@centralcarers.co.uk). Additional contact email addresses are shown on the back of the newsletter.

## BO'NESS GROUP

A new programme of speakers, events and activities is now available for the Bo'ness Group. The group will not meet in June and July but will commence again in August when a summer outing has been planned to Auchingarrich Wildlife Park in Comrie. The group normally meets on the last Wednesday of every month, from 10.30am to 12.30pm in the Salvation Army Hall, Corbiehall, Bo'ness. It provides an opportunity to meet other carers, to obtain information relevant to caring, to have a break and to try out new activities and learn new things. If you would like more information about the Bo'ness Group, contact the Carers Centre.

## FORTH VALLEY HUNTINGTON'S SUPPORT GROUP

A new support group was formed in April to provide support to anyone, including carers and family members, who are affected by Huntington's Disease. Meetings take place on the first Tuesday of every month at the Heritage Rooms, Milton Row, Dunipace, Denny. For further information contact Amanda (01324 823348) or Linda

## GROUP INFORMATION FOR SUMMER MONTHS

### THE FOLLOWING GROUPS WILL NOT MEET IN JULY:

PARENTS GROUP



CLACKMANNANSHIRE CARERS SUPPORT GROUP



CLACKMANNANSHIRE CARERS LUNCH GROUP



DOLLAR GROUP



BO'NESS GROUP



WOMEN'S GROUP.

ADDITIONALLY, THE BO'NESS GROUP WILL NOT MEET AT THE END OF JUNE AND THE PARENTS GROUPS AND THE WOMEN'S GROUP WILL NOT MEET IN AUGUST.

**IF YOU REQUIRE FURTHER INFORMATION ABOUT ANY OF THE GROUPS PLEASE CONTACT THE CARERS CENTRE OR THE ALLOA OFFICE**

## PARENTS NEWS

### CRAFT AND A CHAT

Justine from One Parent Families Scotland (OPFS), and Jenni from the Princess Royal Trust Carers Centre have run three craft sessions in Falkirk. So far, those taking part, with the help of skilled instructors, have tried card making and jewellery making. Information, including information on benefits, was also available. Thanks to OPFS for providing the funding for this activity. The next dates are Tuesday 17th June and Tuesday 26th August, from 10-2pm with lunch provided. Please call Jenni if you would like to take part.

### A WALK IN THE PARK

On two occasions, a group of parents have met for a walk in Callender Park for a gentle stroll in the fresh air, followed by a cuppa in the tea room. This has been a most enjoyable way of getting a little exercise and fresh air, and a chance to chat in a very pleasant environment. The next date will be Tuesday 10th June, meeting at 10am in the car park by the tea room. All are welcome to come back to the Carers Lunch and Carers Week Event which follow at St Francis Xavier's Church Hall.

### PARENTS GROUPS

The Parents Group continues to meet monthly on the first Tuesday evening of the month and the group has had a busy start to the year with alternative therapy nights and healthy eating amongst the topics. After the summer break, the group will meet again on Tuesday 2nd September from 7.30pm in the Carers centre. Parents/carers are welcome to drop in anytime the Carers Centre is open, and the first Friday morning of the month is set aside as a drop in coffee morning when parents can meet for information and a chat from 10.30 till 12 noon.

### FAMILY EASTER OUTING

A small group of parents and their children enjoyed an outing in the Easter Holidays to the Glasgow Science Centre. Thanks to Hamish Gauld for transporting us safely there and back and to the Venture Fund for subsidising the outing. Please note there will be no outing during the summer holidays this year.