

'Caring Together'

Key elements of the new **Carers Strategy 2010-2015**

The long awaited new Carers Strategy has been published by the Scottish Government which will guide the priority areas for carers in Scotland for the next five years. The Strategy re-affirms that carers are equal partners in the planning and delivery of care and that without the valuable contribution of Scotland's carers, the health and social care system would not be sustained.

The key actions of the strategy will be:

- the development of a Carers Rights Charter
- to improve the provision of information and advice to carers through workforce training and support from the one stop shop NHS Inform (see article on page 3)
- to produce information to carers on issues relating to stress and caring and to ensure carers aged between 40 and 64 have access to health checks
- to invest £281,000 in carer and workforce training in 2010-2011, focused on carers in the greatest need (subject to the outcome of the next Spending Review)
- to invest a further £1m to provide more innovative short breaks to be delivered by the voluntary sector

The Young Carers strategy, **Getting it Right for Young Carers** has been published as a separate strategy but with clear links across to the adult version. The strategy emphasises that young carers deserve to be children and young people first and foremost, and lays out how services should respond to help achieve this.

For more information about the Carers Strategy, contact Amy at the Centre on **0141 847 1936**.

Help save Leuchie House!

Leuchie House, the only respite setting in Scotland that provides specialist respite care for those with Multiple Sclerosis is under threat of closure. Based in North Berwick, Leuchie House provides much needed breaks for family carers and is run by MS Scotland. Paisley based carer Ann Butterfield and her husband have used the excellent facilities at Leuchie for the past ten years. She says "My husband is severely affected by MS and has complex needs. We've come to depend on the three breaks a year and I am really anxious about finding suitable respite provision in the future." There is a petition to persuade MS Society to review their decision and this is available at the Carers Centre, so please come and sign it if you can. There's also more information online at <http://saveleuchie.com> and on the 'Save Leuchie' Facebook wall.

Carers Week • June 14th – 18th 2010

Thanks to all who participated in Carers Week at our new Centre at the Embroidery Mill. The Week was kicked off with a busy and very well attended AGM, where the Volunteer Project was awarded the prestigious **Investing in Volunteers** national quality standard. An Information Day was held on Tuesday with a number of local organisations offering support and information to allow carers a little bit of a life of their own – thanks to all the organisations and carers that attended. The Week also offered a morning of magic, line dancing, jewellery making, crochet. Thanks to Braehead Shopping Centre who once again put on a lovely lunch, which carers and volunteers thoroughly enjoyed. Information stalls were also held at Braehead and the RAH. The Week ended with a very competitive Beetle Drive. Diane Goodman, Centre manager said "a big thank you to everyone who made Carers Week such a success!"



Volunteers and staff celebrate their Investors in Volunteers Award at the Carers Centre AGM

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 stated 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.

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

Do you care for someone with a Mental Health problem?

A New Mental Health Carers Consultation Group has been set up by Renfrewshire Carers Centre. The Group, led by Carer Participation Worker Elle De Sousa has been set up to encourage carers to give feedback to the mental health Joint Planning Performance and Implementation Group (JPPIG). Elle says *“it’s very important that carers are involved in the development of services to those they are caring for”*. This group will meet on the third Tuesday of the month at the Northcroft Medical Centre between 1.00pm and 3.00pm. For more information contact Elle at the Centre on **0141 887 3643**.

Scottish Mental Health Arts & Film Festival

The Scottish Mental Health Arts & Film Festival this year will take place between Thursday 30th September – Friday 22nd October. This year’s Festival includes a launch event at Paisley Arts Centre on 30th September, an artist in residence, lunchtime arts activities, open mic, comedy events and community singing projects, story telling and drumming workshops! If you have access to the Internet find out more at www.mhfestival.com, or alternatively contact Amy at the Carers Centre on **0141 847 1936**.

Jobcentre Plus support for carers looking for work

A voluntary scheme called ‘**Work Focused Support for Carers**’ is available to carers over the age of 18 who work less than 16 hours a week. It is also open to carers who are on Carers Allowance and also to those carers not receiving any benefits.

Very importantly for carers, the project will provide respite costs to allow carers to attend advice and training sessions! The responsibility for arranging the replacement care will lie with the individual and Jobcentre Plus cannot recommend any specific provider. The Carers Centre respite sitting service may be available for existing users of the service.

If you are not an existing user of this service, please contact the Carers Centre for a list of private respite providers in the area – please note we cannot recommend any services to users. **Work Focused Support for Carers** is available to carers who:

- do not work at all or who work less than 16 hours a week
- are aged 18 or over
- are not able to get help from any of the other Jobcentre Plus employment support programmes such as **New Deal** or **Pathways to Work**.

To find out more, make an appointment (of up to an hour) at your local Job Centre Plus at; **Jobcentre Plus, 2 Lonend, Paisley, PA1 1SS** or telephone **0845 604 3719**.

What the Emergency Budget means for Carers

A number of measures were outlined in the recent Emergency Budget that will affect carers.

- From April 2013, a medical assessment for Disability Living Allowance will be applied to new and existing claimants
- In April 2011, tax credit eligibility for families with household income will be reduced from £50,000 to £30,000
- Value Added Tax (VAT) will increase to 20% from January 2011

Additionally, Renfrewshire Council has announced (July 2010) that due to the economic climate, they may have to make cuts of up to £75m over the next three years which will affect all services. We will keep you updated in future newsletters.

National Care Standards

National Care Standards are a set of rights applied to care services to ensure that people receive high quality care. It is useful for people using care services, their families and carers to know about the Standards so they can make sure they get the right quality of care. The standards are based on the following principles

- The right to be treated with dignity and respect at all times
- The right to feel safe and secure in all aspects of life, including health and wellbeing
- The right to have privacy respected and be free from unnecessary intrusion
- The right for users to have the opportunity to realise their potential
- The right to make an informed choice and to know about the range of choices available
- To be treated equally and be free of harassment and discrimination

For more information on the National Care Standards, please contact **0845 370 0067** or contact Amy at the Carers Centre on **0141 847 1936**.

Carers UK response to the Queen's Speech

Carers UK has welcomed a number of measures announced in the Queen's Speech in June 2010, following the General Election and formation of the Coalition

Government. For example Carers UK welcomes the extension of the right to request flexible working to all workers. However, Carers UK is responding with a mixed reaction to the Welfare Reform Bill. Whilst plans to simplify the benefits system is a positive move, they say it must be done in a way that recognises the fact that many carers in receipt of benefit provide high levels of care where paid work is difficult or impossible to undertake. For more information on the **Carer's UK** views on the Queen's Speech, contact Amy at the Centre on **0141 847 1936**.

Respite Directory Launched

Shared Care Scotland has re-launched its online respite directory. The national directory of short break (respite) services provides information about respite services across Scotland. To find out more, visit www.sharedcarescotland.com or call Lesley Gudgeon on **01383 622 462**.

Carers Blog

if you have access to the Internet, go to <http://carersblog.wordpress.com/>

The Blog provides useful information on policy issues affecting carers and includes contributions by politicians and carer campaigners.

NHS inform set to launch

A new online and telephone NHS information service for Scotland has recently been launched. The new service will provide patients and carers with a one stop shop of quality-assured health information online at www.nhsinform.co.uk or via calling **0800 22 44 88**. The site features elements such as an updated and expanded Health A-Z directory, common health questions and links to local health and support information across Scotland. There are plans that the site will also include dedicated zones for

- Mental health and well being
- Living a healthy lifestyle
- Carers information

If you have any questions about NHS inform, contact the team at nhs.inform@nhs24.scot.nhs.uk or call them on **0800 22 44 88**

Telecare Research

Independent research was recently carried out on telecare services across Scotland. Telecare is a service which provides elderly or vulnerable people with equipment that enables them to call for help and assistance when needed and includes personal pendants and sensors that can be used in the home. The research found that while telecare did not reduce the amount of time carers spent caring, it did help them to continue to care safely. If you are interested in finding out more about the research or about telecare services in Renfrewshire, contact Amy at the Carers Centre on **0141 847 1936** or Renfrewshire Care 24 on **0141 314 7148**.

Social Evenings

Thursday 30th September
Quiz Night

Friday 29th October
Halloween Party
Both nights start at 7.30pm

Christmas Dates for your diary

The Carers Christmas Party will be on Friday 10th December between 7.00pm and 12.00am.

The Carers Christmas Lunch will take place this year on Thursday 16th December between 12.30pm and 2.30pm.

Long Term Conditions Manifesto

The Long Term Conditions Alliance (LTCAS) has recently developed a Manifesto to highlight what needs to happen to improve the lives of people living with long term conditions. The Manifesto has three central themes of fairness, cost effectiveness and joined up activities, which provide a framework in which objectives can be achieved. If you would like to order a hard copy of the manifesto, please call **0141 404 0231** or email info@lucas.org.uk

New Dementia Care Brochure

There is a new Dementia Care Brochure published by Nottingham Rehab Services that offers practical solutions that can help those with dementia and their carers. The brochure features many items to help with memory loss, medication management, eating and drinking, continence care and personal care. The Brochure includes all product prices and an order form. Contact Amy at the Carers Centre on **0141 847 1936** for a copy of the Brochure.

Therapeutic Services at the Carers Centre

Due to funding issues, we were not able to fund Molly Rooney's one to one relaxation therapy sessions or group sessions over the summer. These services are expensive to run (around £16 an hour). However, we realise the tremendous benefit these services have for carers. We would like to take this opportunity to thank the carers who have left a donation for this service in the past. We are currently looking at the Budget to see when we can get Molly back into the Centre so she can continue working with carers. We currently have 102 new referrals for relaxation services and 174 carers on the rotation list.

However, we shall be running stress management courses from October 2010, delivered by trainees from Cardonald College.

If you wish to be placed on the waiting list for stress management or for relaxation services, please contact Tracy Wallace at the Centre on **0141 887 3643** or email tracy@renfrewshirecarers.co.uk

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 Amy a call at the Centre on **0141 847 1936**.

Renfrewshire Carers Centre

List of meetings for Autumn 2010

Date	Group and Time	Venue
Wednesday 1 September 2010	Parent Support Group 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 2 September 2010	Alzheimer/Dementia Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 7 September 2010	Mental Health Carers Support Group 7.00pm - 9.00pm	Charleston Centre
Tuesday 7 September 2010	Dementia Carers Support Group from 7.30pm	Old Age Psychiatry Day Hospital RAH (Tel: 0141 314 7113)
Thursday 9 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
Wednesday 8 September 2010	Parents Support Group 12.00pm - 2.00pm	Renfrewshire Carers 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 21 September 2010	Mental Health Consultation Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 28 September 2010	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Tuesday 28 September 2010	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 29 September 2010	Tannahill Carers Support Group 11.00am - 12.30pm	Tannahill Centre
Tuesday 5 October 2010	Mental Health Carers Support Group 7.00pm - 9.00pm	Charleston Centre
Tuesday 5 October 2010	Dementia Carers Support Group from 7.30pm	Old Age Psychiatry Day Hospital RAH (Tel: 0141 314 7113)
Wednesday 6 October 2010	Parent Support Group 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 7 October 2010	Alzheimer/Dementia Group 1.00pm - 3.00pm	Northcroft Medical Centre
Monday 11 October 2010	Linwood Carers Group 1.15pm - 3.15pm	Linwood Health Centre
Wednesday 13 October 2010	Parents Support Group 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 14 October 2010	Carer Self Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 19 October 2010	Paisley Carers Group 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 19 October 2010	Glenburn Carers Support Group 10.30am - 12.30pm	Glenburn Community Centre
Tuesday 19 October 2010	Mental Health Consultation Group 1.00pm - 3.00pm	Northcroft Medical Centre
Thursday 21 October 2010	Parkinsons Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 26 October 2010	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Tuesday 26 October 2010	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 27 October 2010	Tannahill Carers Support Group 11.00am - 12.30pm	Tannahill Centre
Tuesday 2 November 2010	Mental Health Carers Support Group 7.00pm - 9.00pm	Charleston Centre
Tuesday 2 November 2010	Dementia Carers Support Group from 7.30pm	Old Age Psychiatry Day Hospital RAH (Tel: 0141 314 7113)

Renfrewshire Carers Centre • List of meetings Autumn 2010

Date	Group and Time	Venue
Wednesday 3 November 2010	Parent Support Group 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 4 November 2010	Alzheimer/Dementia Group 1.00pm - 3.00pm	Northcroft Medical Centre
Monday 8 November 2010	Linwood Carers Group 1.15pm - 3.15pm	Linwood Health Centre
Wednesday 10 November 2010	Parents Support Group 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 11 November 2010	Carer Self Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 16 November 2010	Glenburn Carers Support Group 10.30 - 12.30pm	Glenburn Community Centre
Tuesday 16 November 2020	Paisley Carers Group 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 16 November 2010	Mental Health Consultation Group 1.00pm - 3.00pm	Northcroft Medical Centre
Thursday 18 November 2010	Parkinsons Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 23 November 2010	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 24 November 2010	Tannahill Carers Support Group 11.00am - 12.30pm	Tannahill Centre
Tuesday 30 November 2010	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Wednesday 1 December 2010	Parent Support Group 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 2 December 2010	Alzheimer/Dementia Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 7 December 2010	Mental Health Carers Support Group 7.00pm - 9.00pm	Charleston Centre
Tuesday 7 December 2010	Dementia Carers Support Group from 7.30pm	Old Age Psychiatry Day Hospital RAH (Tel: 0141 314 7113)
Wednesday 8 December 2010	Parents Support Group 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 9 December 2010	Carer Self Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Monday 13 December 2010	Linwood Carers Group 1.15pm - 3.15pm	Linwood Health Centre

If you are new to the support groups, please check times and dates with the Centre on 0141 887 3643

The Carers' Café takes place every Thursday at the Centre between 11am and 1pm - all carers are welcome

Benefits Surgery takes place every Tuesday - by appointment only

Stress Management Sessions will take place every Wednesday - waiting list and appointment system in place

Lawyer Sessions are available on the first Wednesday of every month in the mornings

The social evening will take place on the last Thursday of every month - check with the Centre

The Centre will be closed from noon every Friday afternoon for staff training and administration.

The Centre will be closed for Glasgow Weekend on Friday 24th September and Monday 27th September 2010

Social Work Area Team Numbers

Paisley Area Team 0141 842 4197

Renfrew Area Team 0141 207 7777

Johnstone Area Team 01505 342 300

Social Work Standby Numbers 0141 305 6970 or 0800 811 505

Renfrewshire Carers Centre

Unit 55 • Abbey Mill Business Centre • The Embroidery Mill Seedhill • Paisley PA1 1TJ

0141 887 3643 • www.renfrewshirecarers.com