

CARERS CONNECTION

Spring/Summer 2022

CARERS
WEEK 2022

Find out what
we've got planned
for this year's
celebrations



Time to Live Grants

Further funding available
for Carer Breaks

Get Involved

Find out how you can have a
say in local Carer services



STIRLING CARERS CENTRE

EMPOWERING • INCLUSIVE • ACCOUNTABLE

Welcome

Spring is here, and the weather is lovely. Wait, no, it's raining. No, it's lovely again.

It's that great time of year where you take out both an umbrella and sunglasses, get the washing on the line, but keep checking there's no sudden downpour, and plan a picnic but with an indoor option just in case.

We're in a bit of a Covid springtime too. With cautious optimism we're hoping that we're moving in the right direction, but we're not ready to head out and expect everything to be fine.

For many people there's a welcome return to some kind of normality, but we're also very aware that for many Carers there is understandably still a lot of anxiety and wariness.

We want you to access our support in a way that you are comfortable with, so when you book an appointment with us you will be offered the option of an in-person, phone or virtual session. If you prefer in-person but are not able to get to the Centre, we can also now offer home visits again. Just let us know when you book.

We've got a busy few months coming up, with Carers Week fast approaching plus several key consultations coming out that affect Carers and those they care for. You can find out about these and more inside.

So, whether you've been getting our mailings for years or this is your first issue, we hope you enjoy reading it.



GETTING MORE FROM YOUR MAG

Throughout the magazine you will see QR codes - you've probably seen them in cafés, shops and other places for Track and Trace.

We're using them to give you a more interactive experience with our magazine.

Scan the codes with a smartphone or tablet* to find out more about an article, download information or make a booking for an activity.

Try it out!
This code will take you to our website



*Scanning ability varies by device. If you would like to use the QR code function but do not know how, please contact us and we'll do our best to help.

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Make caring Visible, Valued and Supported

The pandemic has had a monumental impact on Carers' lives – not only because of the increased amount of care that many provided, but because of the far-reaching effect that providing this level of care has had on Carers.

Carers need to be recognised for the difficulties they are experiencing, respected for all they are doing, provided with information, and given the support they need to care safely.

Caring's impact on all aspects of life, from relationships and health to finances and work, can be significant. Whilst many

National Carers Week is a chance to highlight and celebrate the work of Unpaid Carers. Throughout the week, organisations across the UK will be raising awareness of issues facing Carers.

feel that caring is one of the most important things they do, its challenges should not be underestimated. Caring without the right information and support can lead to burnout and crisis situations.

It is vitally important that we not only **recognise the contribution Carers make** to their families and local communities, workplaces and society, but that they **get the support they need** to continue caring while **maintaining their own health and well-being**.

So during Carers Week, we are coming together to make caring Visible, Valued and Supported.

Adapted from information from CarersWeek.org

We're delighted to have the support of the businesses and organisations below to help us raise awareness of and celebrate local Carers. We'd like to say a big thank you to them all.



FREE Leisure Centre Access

We're delighted that Active Stirling, McLaren Leisure and Bellrock at Balfron High are once again able to offer free access for Carers to their leisure facilities during Carers Week.

To claim your free access you'll need a letter from Stirling Carers Centre to confirm that you are a Carer. Contact us on **01786 447003** for more details.

Thistles Centre Stall

Our team will be in The Thistles Centre in Stirling from Mon-Fri to raise awareness of Carers and hopefully identify some of the thousands of local Carers who are not yet getting support. If you're passing, pop by and say hello.

Carers Week Treats

Morrisons & Waitrose are donating treats for our Carers Week events.



Keep an eye on our social media pages for Carers Week updates.

MONDAY

Walking Group 10.30am

Join us for a walk around Bridge of Allan, finishing at the Carers' Garden for refreshments.

Male Carers Lunch 12.30pm

It's lunch in the Beefeater restaurant in Stirling for our Male Carers Group.

Yoga 1.15pm

Take some time out from the busyness either in the Yoga Tree Stirling studio or online.

TUESDAY

Carers' Garden 11am

Come along and find out more about the project, or just enjoy the peace & quiet.

Rural Yoga 10.30am

Join Endrick Yoga in Killearn for an hour of relaxation.

The Lion King 5.30pm

We're off to Edinburgh for a spectacular performance of Disney's The Lion King.

WEDNESDAY

Rural Afternoon Tea 12pm

A treat for our rural Carers with afternoon tea in Killearn Village Hall.

Line Dancing 2pm

Dust off your cowboy boots and join our Carers' Week line dancing session in Bannockburn.

THURSDAY

Art Workshop 11am

Whether you're already a creative person or just fancy a go, come along to the art workshop and create a piece for our Carers' Gallery Wall. Lunch provided.

FRIDAY

Cuppa Chat 10am

Finish the week with a cuppa, chat and cake at our coffee morning.

SERVICE EVALUATION REPORT

We'd like to say thank you to everyone who completed our annual service evaluation that came out with our last issue. The results of the evaluation help us assess how our service is doing and help us plan future support.

Overall the feedback was very positive, but we've taken on board comments about inclusion and accessibility of our services, and are actively looking into ways to improve this. We appreciate the time taken to bring issues to our attention as this helps us to develop and provide a better service to all Carers.

You can read the summary of the results on our website at www.stirlingcarers.co.uk/publications, or contact the Centre for a copy of the full report.

91%
rated our services
as excellent or
good

96%
would
recommend
us to someone
else

UPCOMING CARER CONSULTATIONS

If you are interested in getting more involved in influencing Carer policy and strategy, there are always opportunities to take part in consultations, focus groups and discussions. We're currently looking for Carers who would like to join the following consultations:

Stirling & Clackmannanshire Carer Services

The local Health & Social Care Partnership is looking to consult with Carers on plans for Carer services across Stirling & Clackmannanshire.

Older Adult Carers

Carers Trust is researching older adult Carers in Scotland, and would like to speak to older Carers to better understand their lived experiences and support needs.

If you are interested in being involved in either consultation, or future opportunities, complete the form on the back page, or call 01786 447003.



MEET OUR NEW TEAM MEMBERS

Since our last edition we've had four new staff join our team.



Pamela Brown

Funding Development Officer

Pamela isn't actually new to the organisation – she worked as our Funding Officer from 2012–14 before taking early retirement. However, the opportunity to work with us again was evidently more appealing than a life of leisure, and she re-joined the team in October.

Pamela also volunteers at the Oxfam Bookshop in Glasgow, and enjoys being out in the Scottish countryside.



Fiona Thomson

Adult Carer Support Officer

Fiona joined the Adult Carer Support Team in November, having previously worked as an Autism Practitioner for a number of years. She is enjoying getting to know Carers at our groups.

Outside of work, Fiona enjoys upcycling old furniture, Scottish history and being outdoors.



Shaunie McAvoy

Admin Officer

Shaunie has just joined us in May, having previously worked in a variety of customer service roles. She will be working as part of our reception team, and is looking forward to learning more about the organisation and supporting Carers.

Outside of work, Shaunie enjoys walking her dog, Murphy, and going to the gym.



Beth Monteith

Activities Development Officer

Beth will be joining us in June and will be delivering our adult activities programme, as well as developing new groups and events. She recently graduated with a degree in Business Management and Marketing, and worked with Stirling Carers Centre as part of her dissertation project. We're looking forward to welcoming her to the team full-time.

Beth enjoys live music, good food, travelling and spending time with her family, friends and dogs.



Have you got your Forth Valley Carers Card?

The Forth Valley Carers Card is designed to help you identify yourself as a Carer to Health and Social Care Professionals and be more involved in care planning.



Apply for a card on our website by visiting www.stirlingcarers.co.uk/carers-card or contact the Centre.

TIME TO LIVE

YOUR BREAK, YOUR WAY

The Time to Live fund provides grants of **up to £300** to support you to take a break that fits your lifestyle.

Unlike most funds, which are for specific types of breaks, with Time to Live you can apply for anything* that will help you get a break from caring. Recent grants have included:

- Garden furniture & equipment
- Sports equipment & gym memberships
- TVs & streaming subscriptions
- Tablets & laptops
- Gaming equipment
- Art & craft supplies
- Nights away
- Courses & workshops
- Magazine subscriptions
- Musical instruments
- Lego
- Beauty treatments
- Driving lessons
- Counselling sessions
- Meals out

You can apply for a Time to Live Grant if:

- you are in a current caring role
- you live in the Stirling Council area.
- you have not received funding through Time to Live in the last 12 months

If it will help you to take time out, you can apply for it.

Short
breaks fund

*excluding white goods

Time to Live is a funding programme of the Short Breaks Fund, operated by Shared Care Scotland on behalf of the National Carers Organisations and the Scottish Government.

Over
£45,000
granted in
Stirling so far
this year!

"Music is something that brings me a lot of joy and, while I cannot always easily leave my home, the equipment I have purchased allows me to continue to work on projects at home, giving me time away from my caring responsibilities."



"My husband and I had a lovely night away in Inveraray. We relaxed in the pool, had a nice dinner where we weren't interrupted and a good sleep. We had a morning of being tourists and had a chance to reconnect with each other. It was fantastic!"



"My crafting time is now much more enjoyable and my 'me-time' is much more relaxing."



Find out more and make an application by visiting our website, or contact the Centre for an application pack.

WWW.STIRLINGCARERS.CO.UK/TIMETOLIVE



YOUNG CARERS



Meet our newest team member!

Huge congratulations from all of us to Hannah on the birth of baby Reuben! He's just gorgeous, and we can't wait to get a cuddle.



Eugh - Chocolate Workshops!



As you can see, we all hated the chocolate workshops - there's nothing worse than an evening covered in sweet, sticky chocolate! The chocolatier from Maley's forced us to make (and eat) different types of chocolates, and even piped the melted chocolate straight into some of the Young Carers' mouths!

It was horrible, and we definitely never want to do it again!



Residential are back!

We've missed residential so much, so we were all excited when we were finally able to run our first overnight trip to **Edinburgh** in October with our older group.

Then in February we were able to run a trip to **Lockerbie Manor** for all our age groups. We tried archery, watersports, climbing, assault courses, and more. The amount of mud we were covered in showed what a good time we had!

In the Easter holidays we ventured as far as **Blackpool**. We spent a couple of very windy days at the Pleasure Beach, Blackpool Tower and Madame Tussauds, and we even acquired a giant banana mascot along the way!

Look out even more opportunities coming up over the next few months! :-)



We've had loads of things going on over the last 6 months. Here are just a few of the highlights from our groups and events.



DESIGNING T-SHIRTS



MUSIC TASTERS



CHAMPIONS BOARD
ACTIVITY DAY



CAKE DECORATING



CHALLENGE NIGHT



GAMES NIGHT



LASER TAG &
BUMPER CARS



CHRISTMAS
CELEBRATIONS



BLAIR DRUMMOND
SAFARI PARK

FOLLOW US ON INSTAGRAM TO SEE MORE YC PHOTOS.



Summer Programme

We've packed in loads of activities for all our groups, and we're hoping for lots of fun and sunshine over the holidays.

We've got **craft** sessions, **bowling**, trips to the **park** and **first aid** courses, plus trips to the **Time Capsule**, **AirThrill**, **sailing** on Loch Venachar, and of course the **Scottish Young Carers Festival!**

We're looking forward to hanging out with you all and we hope you all have a great summer!

Scottish Young Carers Festival

Finally, after two years of online events, the Scottish Young Carers Festival is back in person this year. We're getting our wellies and sun cream ready so we're prepared for anything!

A few festival throwback photos from 2019 to get you excited for it!



YOUNG CARERS



TAKE A HIKE!

(well, more of a gentle stroll)

Since launching in September, our walking group has been meeting every other week for walks around Stirling. Over 20 Carers have taken part in the group over the last few months, and even on the days when the weather hasn't been in our favour, we've still enjoyed our time together.

We've tried routes all around Stirling including a wander through Pleau Country Park, watching the swans at Airthrey Loch, exploring the back paths behind Braehead, and around Riverside and out to Cambusbarrow. During Carers Week we'll be heading to Bridge of Allan, finishing at the Carers' Garden for refreshments.

The group is a chance to get out for some gentle exercise and good company. The routes vary each session, and you can just join the ones that you fancy.

JOIN US

Fortnightly on Mondays
10.30am-12pm

Contact the Centre for dates & routes



We'd like to thank the Community Health & Wellbeing Fund for a grant to purchase our walk leader safety kit, modelled in the photo by Carley.



WIN
UP TO
£25,000

50%
to Stirling
Carers
Centre

10%
to other
local good
causes



WE'RE A STIRLING COMMUNITY LOTTERY GOOD CAUSE

Stirling Community Lottery is a great way to support local causes, including us. Match 3 or more numbers to win up to **£25,000**, plus smaller cash prizes and gift vouchers.

Currently every player also has the chance to win a **£1000 B&Q voucher**.

Our supporters have already had some cash wins, with one kindly donating the winnings back to the Centre, which was a lovely gesture.

Tickets cost £1 each, and for every ticket bought by our supporters we get 50p and 10p goes to other local causes.

Register to support us:

www.stirlingcommunitylottery.scot
and search for Stirling Carers Centre



Not online? No problem! Call 01786 234 463 to register.

Players must be 16 or over. Always play responsibly.

Short Breaks Groups

Book for any of our groups or events by visiting stirlingcarers.eventbrite.co.uk or complete the form inside the back cover.



The Centre runs a range of groups to provide a break from caring and a chance to meet others in similar situations. Over the next few pages you can find out more about what we offer and how you can get involved.

We're delighted to say that we've now got a dedicated member of staff, Beth, who

will run and develop our groups, so we're hoping to have even more on offer in the coming months.

We're always keen to hear your ideas, so if there is something you would like to see that we don't already run, just get in touch as let us know and we'll see what we can do.



Riverside walk in the sun

Walking group

**Alternate Mondays
10.30am, route varies**

Join our popular walking group for a gentle wander and a chat. Contact the Centre for dates and routes.

Yoga sessions

**Mondays, 1.15pm, Stirling & online
Tuesdays, 10.30am, Killlearn**

Take some time out with a yoga session. Join us in Stirling, Killlearn or online. Contact the Centre for joining details.



Male Carers group

**First Tuesday of the month
2pm, Stirling Carers Centre**

Our male Carers group meets monthly in the Centre for a coffee and a catch up.

Rural Carers group

**Monthly on a Wednesday
12-2pm, Killlearn Village Hall**

Open to all Carers living in the rural area. Upcoming sessions are:

- 08/07 - Candle Making
- 10/08 - Chocolate Workshop
- 14/09 - Samba Drumming



Autumn wreath making at October's group



April book choice - 'Count to Three' by T.R. Ragan

Book group

**First Thursday of the month
10.30am, Stirling Carers Centre**

Our Book Group has been running for 6 months now, and we've read a good range of books including thrillers, mysteries, romance and comedy. All books provided (choose either Kindle or hard copy).

Book for any of our groups or events by visiting stirlingcarers.eventbrite.co.uk or complete the form inside the back cover.



My Time

Last Thursday of the month
6pm, location varies

Our evening sessions are a great chance to try something new and meet new people.

- June session replaced by Carers Week Lion King trip
- 28/07 - Jewellery Making
- 25/08 - Local History Talk



April My Time -
Escape Rooms!



Cuppa Chat

Third Friday of the month
10.30am, Stirling Carers Centre

There's always a wee treat available at our monthly coffee mornings. All Carers are welcome, and you can bring along the person you care for if you like.

Complementary Therapy Sessions

Massage • Nails • Reflexology

Contact the Centre for appointment availability

STIRLING CARERS' Voice

EMPOWERING • INCLUSIVE • ACCOUNTABLE

HAVE YOUR SAY ON ISSUES AFFECTING LOCAL CARERS

Stirling Carers' Voice is the local forum for Carers to meet with professionals and decision makers to hear about proposals, feed into consultations, and get across the point of view of Carers at both a local and national level.

The forum is open to current and former Carers aged 18+. You don't need any experience or skills, just an understanding of what it means to be a Carer and ideas on how to make things better.

NEXT MEETING

August - date TBC

Complete the form on the back page to be kept updated.

APRIL MEETING REPORT

At our last meeting we were discussing proposals for the new Scottish Carer's Assistance benefit that will replace Carer's Allowance in the next couple of years. We had a good discussion on the implications of the proposals, and had the opportunity to feedback as a group.

We were also joined by Councillor Alasdair MacPherson (Ind). It was a great opportunity to talk about the role of elected members and how they can support Carers better. We also discussed the need for greater transparency around Carers Act funding and how it was being used locally. Thanks to Cllr. MacPherson for taking the time to come along.

Louise Murray, the new Carer Representative on the Integration Joint Board, also joined us to introduce herself. The IJB leads planning of local health and care services, so Carer representation on the board is key to getting Carer voices on issues heard.

Read the full minutes from this and past meetings



Friends of the Centre are individuals and organisations who support Stirling Carers Centre and local Carers through donations, fundraising, volunteering, community championing and sponsorship.

We'd like to say thank you to the following businesses who currently support us with donations or discounted services:

- B&M
- Morrisons
- Waitrose
- Jasmine Beauty
- Ruby's Nails
- Stirling Zen Massage
- Verbena Therapies
- The Yoga Tree
- Endrick Yoga



YAC UPDATE

Our Young Adult Carers (YAC) Service offers dedicated support for Carers aged 17-25.



In February, our Young Adult Carers Group went on their first trip of the year to see Uncharted at the cinema with a cheeky wee Nando's. Then in March they robbed a bank of £39,000! While that would have done wonders for our funding, it was the bank challenge at Stirling Escape Rooms, so fortunately they're not fugitives!

During Carers Week we'll be going for food and ten pin bowling in Stirling.

Keep an eye on our Instagram (@stirlingcarers) for details about upcoming events.



Interested?

Use this page to let us know you're interested in any of the things in this magazine. Post it to the address overleaf, or take a photo and either email it to info@stirlingcarers.co.uk or WhatsApp it to 07570 270 141.



Scan to book online

Carers Week

I'm interested in*:

- Male Carers Lunch
- Carers' Garden
- Lion King Trip
- Rural Afternoon Tea
- Line Dancing
- Art Workshop

Carer Groups

Please contact me with more information about:

- Book Group
- Cuppa Chat
- Male Carers Group
- My Time - evening group
- Rural Group
- Walking Group
- YAC Group
- Yoga Sessions - Stirling
- Yoga Sessions - Killlearn
- Young Carers Groups

Carer Involvement

I'm interested in:

- Stirling Carers Voice
- Being involved in consultations

Your Details

Name:

Address:

Best contact number:

Email address:

- I would like to receive the magazine by email (please provide an email address)

We use a third party provider to deliver our e-mailings and they are obliged to comply with data protection legislation. For further information contact the Centre.

The information you provide will be used for events management and mailing purposes. Your information is kept in accordance with data protection legislation, stored securely, and never shared with a third party without your consent or unless we are required by law to do so.

*Please note that places on some events are limited, and may be allocated on a needs basis.

If you have received this magazine by post it means that you are subscribed to Stirling Carers Centre's mailing list. You can unsubscribe at any time by calling or emailing the Centre on the details below.

CHANGED YOUR DETAILS?

If your details have changed, please contact the Centre so that we can amend our records.

PREFER PAPERLESS?

Subscribe to our e-newsletter on our website, complete the contact form inside the back cover or email media@stirlingcarers.co.uk.

Monday-Friday | 9am-4pm

Kintail House, Forthside Way,
Stirling FK8 1QZ

The Centre has re-opened, however please call for an appointment before visiting.

01786 447003 | info@stirlingcarers.co.uk



This magazine is available in accessible formats, including large print. Please call 01786 447003 or email media@stirlingcarers.co.uk to request a copy.

www.stirlingcarers.co.uk



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