Hello!

We’ve had a busy few months with some significant changes!

We said Goodbye to our Board Chair Eileen Brand (who’s seen here with the Provost at our 21st Birthday celebrations). Eileen brought her own experience as a carer to the role and has been an enthusiastic Chair who’s help and support we have enjoyed and benefitted from.

Taking over from Eileen as chair is Reverend Robin McAlpine. Robin has been a board member for several years and has experience with other organisations that he is bringing to Fife Carers Centre to help us keep moving forward.

We are always keen to recruit new board members. Being a Board member with us is a great opportunity for someone recently retired or who has a bit of time on their hands and wants to contribute their knowledge and experience to help us keep supporting the carers of Fife. If you think you have some of the skills we might find useful and have a few hours each month to spare then please contact Fife Carers Centre for further details and an application form.

We have come to the end of our Big Lottery funding and have been working hard to find other funders to help us support the carers in Fife. With these new funding streams we have been able to recruit a part time Advocacy Worker (see page 2) and joining us shortly a Carer Support Worker for older carers in North East Fife and Levenmouth. These are both new roles for us and we are confident that carers will experience the benefit of both very soon!

Thomas and Bonita cutting a rug at the Spring Afternoon Tea – more pictures on page 7
Say hello to Wilson!

Late last year we welcomed Wilson MacDuff to the team at Fife Carers Centre. Wilson has taken on a newly funded role as an Advocacy Worker. He is part time with Fife Carers Centre – Monday to Wednesday lunchtime and the rest of the week he works with Fife Young Carers as their Advocacy Worker.

We have not previously had a dedicated Carers Advocacy Worker and Wilson’s role is evolving as we go along. The main purpose is to help carers to think about how they will negotiate difficult circumstances and to plan their way ahead. Wilson will help them to identify what their desired outcome is and if there are structures in place to support it or if they have to forge new ways ahead. It makes a real difference to have someone on your side when you feel up against it.

In addition to the advocacy work Wilson is also helping carers to plan ahead by creating an emergency plan.

What is Emergency Planning?

It’s the disaster that lurks in the back of every carers mind. ‘What’s going to happen if I end up in hospital and who will carry on my caring role if I can’t?’

Hopefully a family member, a close friend or neighbour can step in for a few hours or a day or so at most.

But have you actually talked to them about this?

Do they know the all-important numbers - GP, social work, home care services, next of kin; do they have access to your house – a spare set of keys, access to a key safe?

Do they know the routine of the person you care for – bedtime/rising, weekly appointments, support groups, transport arrangements, family visits, shopping, likes/dislikes etc.?

Are they familiar with medicines?

How about dietary requirements?

Personal care?

Communication needs?

Behaviour issues?

How about pets?

“Talking over my fears about what might happen with my husband if something happened to me and trying to find a way to avoid a drastic outcome has really helped me not feel so panicked. I feel like I have taken a bit of control back!”

Carer

If you don’t have family or friends nearby - who will be your emergency contact for the person you care for? Would you know who to call in Social work?

By answering these important questions, you are well on the way to creating your own Emergency Plan. But if you are not quite there yet, don’t panic (Mr Mannering!) we can sit down with you and help you create one. Just call the centre on 01592 205472 and a staff member will be in touch.

If you think it would help to come along and be with other carers to get ideas and discuss problems when putting together your plans book a place on the Carers Essentials workshops (see page 4 for details).

Now put the kettle on and relax…

EMERGENCY PLAN
Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The campaign is brought to life by thousands of individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

This year Fife Health & Social Care Partnership, Fife Carers Centre and their partners are inviting carers, services and businesses in the community to come together during Carers Week and celebrate the vital contribution made by carers in Fife. This year Carers Week will take place from 10-16 June 2019 and it will be the 25th year of Carers Week celebrations.

It’s hugely important our community recognises the contribution of unpaid carers in Fife this Carers Week. Together we have planned a series of events to recognise and celebrate carers, and to provide information about what support is available in Fife to help carers to continue in their crucial role.

Helen Walker of Carers UK speaking on behalf of Carers Week charities, said:

“This year we proudly celebrate Carers Week’s 25th anniversary and it's brilliant to see so many individuals and organisations around the country running local events that bring carers together and raise awareness of caring.

“Looking after someone can be a hugely rewarding experience, but it sometimes comes with its difficulties, including getting the right support. This Carers Week all parts of the community – family and friends, employers, businesses, schools, health and care services – have a role to play in getting carers connected to the information and support they need.”

In Fife we have planned a varied and wide ranging set of events which carers are warmly welcome to attend and participate in. These include:

Monday 10th June - Young Carers in Lochgelly will be hosting a drop in session for education professionals and people interested in supporting Fife young carers.

Monday 10th June we will be supporting the Sporting Memories launch event in Burntisland.

Tuesday 11th June we will be attending the local Wells in Dunfermline, Levenmouth, Cowdenbeath, South West Fife and North East Fife to support Carers with information and advice

- Wednesday 12th June we will be at the Glenrothes locality Well to support Carers.

- Wednesday 12th June we will host the first Fife Carers Gathering drop event at the Strathearn Hotel in Kirkcaldy from 1pm to 3pm. This will be an opportunity for carers from across Fife to come together to learn about the support that is available from many of the carer organisations in Fife, to celebrate carers and to speak with other carers.

- Thursday 13th June we will again attend the locality Well in Levenmouth and Glenrothes, and also at Kirkcaldy, once again to support Carers with information and advice.

During the week we will also be sharing stories on our web-site and through social media about the wonderful contribution unpaid carers make in Fife, supporting some of the most vulnerable members of our civic society. If you have a story to tell about how you have been supporting as a carer, please feel free to share it by e-mailing CarersActSurvey@fife.gov.uk

For more information about the celebrations and activities taking place during carers week, or to find out more about the support available, visit www.fifehealthandsocialcare.org/carers/.
All the information sessions for unpaid and family carers living in Fife are free to attend. You do need to book places for them and you can do this by telephoning Fife Carers Centre on 01592 205472 or by emailing Lesley.Childs@fifecarers.co.uk – your full joining instructions including venue are sent out about a week beforehand.

Workshops will take place on

Thursday 23rd May from 10am – 1.30pm in Dunfermline
Wednesday 26th June from 10am to 1.30pm in Kirkcaldy

Take a Walk in Their Shoes
a free information session for family and friends caring for someone living with dementia

If you are caring for a friend or family member who has dementia – whether it’s Alzheimer’s, vascular or any other kind of dementia these free information seminars are designed to help you learn more about how dementia affects the brain and changes the way someone will understand and interact with the world. The seminars will help you to cope with the changes you see in the person you care for and live more easily alongside it.

The information sessions are available as follows

Wednesday 29th May from 10am to 1.30pm in Dunfermline
Friday 5th July from 10am to 1.30pm in Lundin Links
Saturday 27th July from 10am to 1.30pm in St Andrews
Tuesday 3rd September from 6.30pm to 9.30pm in Glenrothes
Thursday 3rd October from 10am to 1.30pm in Kirkcaldy
Tuesday 12th November from 10am to 1.30pm in Cowdenbeath

Communicating with Dementia – Words and Beyond
A free information session for family and friends caring for someone living with dementia

For many people living with dementia spoken and written language can become a big problem. When finding words becomes difficult and frustration leads to stressed behaviours for someone living with dementia it’s important to explore other ways you can understand each other and communicate your feelings simply. This informal and useful workshop will help you continue to connect with the person you care for, to help both of you be better able to enjoy your time together and cope with the difficulties dementia brings.

The information sessions are available as follows

Wednesday 12th June from 10am to 1.30pm in Dunfermline
Friday 12th July from 10am to 1.30pm in Lundin Links
Saturday 10th August from 10am to 1.30pm in St Andrews
Tuesday 10th September from 6.30pm to 9.30pm in Glenrothes
Thursday 10th October from 10am to 1.30pm in Kirkcaldy
Tuesday 26th November from 10am to 1.30pm in Cowdenbeath
## Coming Soon… workshops for later in the year

These workshops are currently under construction and will running after the summer. If you're interested in attending any of these please either email Lesley.Childs@fifecarers.co.uk or phone Fife Carers Centre on 01592 205472 and register your interest.

### For parent carers of school age children

There will be a series of three workshops focussed on the impact of caring for children with neurodevelopmental disorders such as ADHD and Autistic Spectrum disorders. These complex disorders affect behaviour, development, and communication.

The workshops will consider the impact of having a child who is demanding of time, energy and resources on the individual carers own physical, emotional and mental wellbeing. We will explore ways to build and maintain personal resilience, how to protect family life and the help available to parent carers in Fife.

There will be a series of three workshops and they will take place in September and October. They will be in school hours.

So that we can determine where we should hold these sessions please call or email to register your interest.

### For family carers of adults & older people

There will be a series of workshops aimed at helping carers of adults and older people to protect their own physical, mental, emotional and financial health and wellbeing.

The workshops will help carers to embrace self-care and to find ways to build personal resilience and maintain positive relationships with the person they care for.

There will be a series of four workshops that will begin in October and continue into 2020.

So that we can determine where we should hold these sessions please call or email to register your interest.

### Express yourself

When you spend a great deal of your time caring for someone it’s easy to find yourself losing touch with your own interests and sense of self. In this series of workshops we will be exploring ways of expressing ourselves creatively through Arts, Photography, Crafts and Writing. We would like to work towards an exhibition of work and publication of written work.

These workshops will start in the latter end of the year. So that we can determine where we should hold these sessions please call or email to register your interest.

### Moving on from caring

At some point most carers will find their caring role coming to an end – it may be because the person you care for has moved into an alternative care setting, it may be because they have become well enough to no longer need the care that they have relied on in the past or it may be the person they care for has died. Adapting to these changed circumstances can be very challenging and finding a way to live a life without that caring role can be difficult without some help to navigate a new way forward. These workshops will look at finding new ways to go forward, dealing with loss and grief, and making new connections.

So that we can determine where we should hold these sessions please call or email to register your interest.
Curnie clubs are an initiative born of the need to tackle isolation and loneliness within our communities in Fife.

Their aim is to support people to take their place back in society. Isolation and loneliness often can be accompanied by mental health issues, drug and/or alcohol problems and social withdrawal. They can identify need and barriers to change with group work and regular reviews.

Their objective is, firstly, identifying those affected, and then encouraging potential members along to one of their clubs. These clubs take the form of a 30 hour group work programme over a six week period, followed by community based social activities. The activities are chosen by the members themselves.

Support continues as long as the client wants to be a club member and can access support through the Curnie Club Members Facebook page on an ongoing basis. This support can be from peer supporters, volunteers or members of staff.

Curnie Clubs currently run groups in 5 different locations in Fife.
- Cowdenbeath - Friday
- Cupar - Wednesday
- Dunfermline - Wednesday
- Glenrothes - Thursday
- Kirkcaldy – Tuesday

To make a referral or to find out more information contact:
Donald Grieve: 07748631417
E-mail: curnieclubsinfife@gmail.com

Carers are doing it for themselves!

Some of the most successful support organisations grow from little seeds – our friends at Nourish in Kirkcaldy are testament to that. We are thrilled to have been part of the inspiration and encouragement behind two new Carer Support groups in Fife.

A GROUP FOR FAMILY, FRIENDS AND CARERS WHO HAVE LOVED ONES SUFFERING FROM DEMENTIA

And for parent carers of school age children with additional support needs a new monthly group in North East Fife has been set up by a parent carer with support from Carer Support Worker Martina Forsyth. The group is still in the early days at the moment but has been meeting in Clayton Caravan Park restaurant.

For details of when and where the next meeting is please call Martina Forsyth at Fife Carers Centre on 01592 205472

We also put the dates up on our Facebook page along with lots of other useful information.
Following the success of the Christmas Lunch for carers of people living with dementia and the person they care for in December we used the money left over to host a small Afternoon Tea for carers of people living with dementia and the person they care for at the Strathern Hotel in Kirkcaldy. Ignoring the snow and rain and icy weather we hosted over 50 people and provided a tasty treat (we just loved those Fisher & Donaldson cakies!) and had entertainment from Bonita and Walter with singing and dancing. Everyone had a marvellous time and the staff were absolutely great and the hotel did us proud.

You can tell from the smiling faces just how much everyone enjoyed their day.

Our thanks go to Diageo, Briggs Marine, Caritas Legal, Eileen Brand, Premier Services, Heavenly Sensations, Joyce at Tanglez, David Blyths Plumber, Honey Gin co, Wishart Plumbers and Crosbie Matthew Funeral Directors for their generous donations which allowed for both events to take place.
WORDSEARCH

A list of current Railway Stations in Fife - which one is on the list and not in the grid? (Answer on page 7)

U S I Q S M P C K V C A E D G
A B E R D O U R W Y R Y S U Y
C P N R O H G N I K B I R N S
X H F O H L A D Y B A N K F N
C W D L E I F G N I R P S E T
W B O N Y L L E G H C O L R F
F F N O T N R O H T G H M Q
M A R K I N C H L F H G Q L Q
D Y D L A C K R I K M O N I S
K Q I N V E R K E I T H I N G
M D I Q C N J Y H W F A Z E U
H T A E B N E D W O C D Q E R
L R A P U C O U O J Z W P C X
O D N A L S I T N R U B R F Z
H T Y S O R M F Q F T X X E U

LEUCHARS	KINGHORN	SPRINGFIELD	LOCHGELLY
THORNTON	ABERDOUR	LADYBANK	INVERKEITHING
MARKINCH	BURNTISLAND	CARDEN DEN	ROSYTH
KIRKCALDY	CUPAR	COWDENBEATH	DUNFERMLINE

Mustard Stuffed Chicken Breasts

Serve these stuffed chicken breasts with skin on potato wedges, roasted cherry tomatoes and steamed fine green beans for a quick and easy delicious family dinner!

Ingredients

- 125g ball mozzarella, torn into small pieces
- 50g strong cheddar grated
- 1 tbsp wholegrain mustard
- 4 skinless boneless chicken breast fillets
- 8 smoked streaky bacon rashers

Method

- Heat oven to 200C/fan 180C/gas 6.
- Mix the cheeses and mustard together.
- Cut a slit into the side of each chicken breast, then stuff with the mustard mixture.
- Wrap each stuffed chicken breast with 2 bacon rashers – not too tightly, but enough to hold the chicken together.
- Season, place on a baking sheet and roast for 20-25 mins until the bacon is browned and the chicken is cooked through.