Autumn Wordsearch – which of the words is missing from our spooky puzzle

PBACNSWSIDXAHW
VZFYIOIKVWPUP
YKQRGRZXVJOPMI
JBJMIRADHRCKAHI
IFSTFGSMLDERSV
HIUVYHOUNHIPM
SUPERNATURALTOH
SKCOLRAWEWCIOS
ZUOBGSMLNHAOIKI
AKYIHTEOHGIUNYL
ITUOHWYNXHNQI
CJSTCEGUISINGIV
ZTTTEIBMOZTOFTE
SHIFTINCOYRFDSESFD
IWVUOWZJORHRC

Answer on page 7

Delicious Plum Curd

This recipe also works well if you use Peaches instead of Plums and it’s great on scones, hot toast or on ice cream!

Ingredients

1lb ripe plums peeled and stones removed
Juice and zest ½ lemon
300g caster sugar
2 large eggs,
4 large egg yolks
150g butter

Peel the plums by putting them in boiling water for 1 minute, use a slotted spoon to remove them and then plunge them into cold water for 20 seconds. You should now be able to slide the skin off. Cut the plum open and remove the stones.

Put the plums, lemon juice and zest into processor and whizz until smooth. Once it’s smooth add the sugar, eggs and yolks and give them a quick whizz until blended.

Melt the butter in a medium sized pan and then add the plum mixture stirring vigorously as you do so. Turn the heat under the pan to low and using a wooden spoon stir the mixture continuously (making sure to stir round the edges to stop it sticking) until it is thickened and coats the back of the spoon thickly. This should take about 30 minutes. Once it’s ready remove the hot jars from the oven and whilst the mixture is still hot pour it into the jars. When they’re cool seal and store in the fridge for up to 2 weeks.

Fife Carers Centre is a well-established and well regarded organisation working to support family and unpaid adult carers throughout the length and breadth of Fife. Keeping us on track and planning our way ahead is our Board of Directors and we’re currently looking for people who can offer their time and skills to help this important service continue to grow and develop. Directors of the Fife Carers Centre take the final responsibility for the direction of the organisation and together the Board require a variety of skills and expertise that complement each other to ensure the success of the organisation. It’s a great opportunity for someone recently retired or with a bit of time on their hands and who wants a voluntary post in which 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 require and have a few hours each month to spare then please contact Fife Carers Centre for further details and an application form.

We need people who can commit to attending Board meetings around six times each year with occasional development and planning sessions. This will average out at around 3 hours per month.

If you would like to know more or make an application to join the board please contact us at: Fife Carers Centre, 157 Commercial Street, Kirkcaldy, KY1 2NS
Tel: 01592 205472
Email: centre@fifecarers.co.uk

Thank you Briggs Marine
Quiz Night
Vintage Tea Dance
Family Fund
Contact a Family
Purple Caffe Fife
Autism Rocks
Taking Care of You Group for Dementia
Slow cooking for beginners
Calendar of activity
Word Search
Puzzle Recipe
Fife Carer Centre details
Fife Carers Centre Hospital Carer Support Worker Liaison Service

Since the introduction of hospital Carer Support Worker Sandra Morris in April 2017 there has been an increase in the number of carers being supported in Fife from within the Victoria Hospital setting. Sandra’s role is to link with the Discharge Hub to provide support for carer’s of patients who are currently undergoing treatment and discharge planning. On a daily basis the Discharge Hub sets pathways for patients who are medically ready to leave the Victoria Hospital but who may need further support or rehabilitation.

Although carers along with the patients are included in deciding the plans for discharge often carers need support that focuses on them and their concerns. Sandra has been instrumental in providing this support. The Discharge Hub Team have received very positive feedback from relatives providing care about Sandra giving emotional support and a listening ear to people when they have needed it the most as well as helping them to identify areas in which they are entitled to help and support.

One such carer is Jacqueline who told us ‘Having Sandra, the hospital Carer Support Worker, step into my life was like a light bulb going on in a very dark tunnel. I’ve been coping for years with my Mum and Dad’s progressively deteriorating health. When mum was diagnosed with a terminal illness I hit an all time low. I was no longer surviving but I never thought to ask for help or even consider why I would, let alone have the time or energy to arrange it.

Taking time out is important to carers too

I met Sandra at my mother’s hospital bedside and the difference, even in the first few weeks, is immeasurable. She navigates the forms, finds out what’s available to them and even if it’s just a quiet cuppa. I urge anyone who is in a carers’ role to take up the help available. It’s the difference between struggling and having a life to live.”

So if you know a carer who is unaware of the support available to them – regardless of their caring situation do them a favour and put them in touch with Fife Carers Centre and let our team of Carer Support Workers help them too. Call us on 01592 205472 to make a referral.

Carers need support that’s focusses on them and their needs. The Hub to provide support for carer’s of patients who are currently undergoing treatment and discharge. pathway for patients who are medically r. currently undergoing treatment and discharge.

Since the introduction of hospital Carer Support Worker Sandra Morris in April 2017 there has been

Carers Centre Activity Calendar – September & October

<table>
<thead>
<tr>
<th>What’s happening?</th>
<th>When is it taking place?</th>
<th>Where’s it going to be?</th>
<th>Booking required?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbeyview Carers Group</td>
<td>Friday 1st September 2.30pm</td>
<td>Abbeyview Day Centre Dunfermline</td>
<td>No</td>
</tr>
<tr>
<td>Ambulating with Andy walking and talking group for carers</td>
<td>Thursday 7th September 10.30am</td>
<td>Call Fife Carers Centre on 01592 205472 for details</td>
<td>Yes</td>
</tr>
<tr>
<td>Carefree Chorus – Carers Singing Group</td>
<td>Thursday 7th September 11am</td>
<td>Pathhead EU Congregational Church</td>
<td>No</td>
</tr>
<tr>
<td>Carers Craft and Knitting group</td>
<td>Thursday 7th September 1pm</td>
<td>Fife Carers Centre</td>
<td>No</td>
</tr>
<tr>
<td>Carefree Chorus – Carers Singing Group</td>
<td>Thursday 14th September 11am</td>
<td>Pathhead EU Congregational Church</td>
<td>No</td>
</tr>
<tr>
<td>NE Fife Carers Group</td>
<td>Friday 15th September 12 noon</td>
<td>Leng Resource Centre Newport</td>
<td>No</td>
</tr>
<tr>
<td>Take a Walk In Their Shoes Workshop for dementia carers</td>
<td>Saturday 16th September 10am – 1pm</td>
<td>Rothes Halls Glenrothes</td>
<td>Yes</td>
</tr>
<tr>
<td>Carers Craft and Knitting group</td>
<td>Thursday 21st September 1pm</td>
<td>Fife Carers Centre</td>
<td>No</td>
</tr>
<tr>
<td>Slow cooking for beginners</td>
<td>Monday 25th September 10.30am</td>
<td>Overton Community Centre</td>
<td>Yes</td>
</tr>
<tr>
<td>Joy of Clay</td>
<td>Tuesday 26th September 10.30am</td>
<td>Fife Carers Centre</td>
<td>Yes</td>
</tr>
<tr>
<td>Male Carers Group</td>
<td>Tuesday 26th September 1pm</td>
<td>Fife Carers Centre</td>
<td>No</td>
</tr>
<tr>
<td>Carers Group Meeting</td>
<td>Friday 29th September 12 noon</td>
<td>Fife Carers Centre</td>
<td>No</td>
</tr>
<tr>
<td>Slow cooking for beginners</td>
<td>Monday 2nd October 10.30am</td>
<td>Overton Community Centre</td>
<td>Yes</td>
</tr>
<tr>
<td>Joy of Clay</td>
<td>Tuesday 3rd October 10.30am</td>
<td>Fife Carers Centre</td>
<td>Yes</td>
</tr>
<tr>
<td>Carefree Chorus – Carers Singing Group</td>
<td>Thursday 5th October 11am</td>
<td>West End Congregational Church 51a High Street, Kirkcaldy</td>
<td>No</td>
</tr>
<tr>
<td>Carers Craft and Knitting group</td>
<td>Thursday 5th October 1pm</td>
<td>Fife Carers Centre</td>
<td>No</td>
</tr>
<tr>
<td>Abbeyview Carers Group</td>
<td>Friday 6th October 2.30pm</td>
<td>Abbeyview Day Centre Dunfermline</td>
<td>No</td>
</tr>
<tr>
<td>Slow cooking for beginners</td>
<td>Monday 9th October 10.30am</td>
<td>Overton Community Centre</td>
<td>Yes</td>
</tr>
<tr>
<td>Carefree Chorus – Carers Singing Group</td>
<td>Thursday 12th October 11am.</td>
<td>West End Congregational Church 51a High Street, Kirkcaldy</td>
<td>No</td>
</tr>
<tr>
<td>Communicating with Dementia Words and beyond – a workshop for dementia carers</td>
<td>Saturday 14th October 10am – 1.15pm</td>
<td>Rothes Halls Glenrothes</td>
<td>Yes</td>
</tr>
<tr>
<td>Slow cooking for beginners</td>
<td>Monday 16th October 10.30am</td>
<td>Overton Community Centre</td>
<td>Yes</td>
</tr>
<tr>
<td>Carefree Chorus – Carers Singing Group</td>
<td>Thursday 19th October 11am</td>
<td>West End Congregational Church 51a High Street, Kirkcaldy</td>
<td>No</td>
</tr>
<tr>
<td>Carers Craft and Knitting group</td>
<td>Thursday 19th October 1pm</td>
<td>Fife Carers Centre</td>
<td>No</td>
</tr>
<tr>
<td>NE Fife Carers Group</td>
<td>Friday 20th October 12 noon</td>
<td>Leng Resource Centre Newport</td>
<td>No</td>
</tr>
<tr>
<td><strong>Fundraising Quiz Night</strong></td>
<td>Saturday 21st October 7pm</td>
<td>Jokers Bar, Hospital Hill, Dunfermline</td>
<td>Yes</td>
</tr>
<tr>
<td>Slow cooking for beginners</td>
<td>Monday 23rd October 10.30am</td>
<td>Overton Community Centre</td>
<td>Yes</td>
</tr>
<tr>
<td>Joy of Clay workshop</td>
<td>Tuesday 24th October 10.30am</td>
<td>Fife Carers Centre</td>
<td>Yes</td>
</tr>
<tr>
<td>Carefree Chorus – Carers Singing Group</td>
<td>Thursday 26th October 11am</td>
<td>West End Congregational Church 51a High Street, Kirkcaldy</td>
<td>No</td>
</tr>
<tr>
<td>Carers Group Meeting</td>
<td>Friday 27th October 12 noon</td>
<td>Fife Carers Centre</td>
<td>No</td>
</tr>
<tr>
<td>Slow cooking for beginners</td>
<td>Monday 30th October 10.30am</td>
<td>Overton Community Centre</td>
<td>Yes</td>
</tr>
<tr>
<td>Male Carers Group</td>
<td>Tuesday 31st October 1pm</td>
<td>Fife Carers Centre</td>
<td>No</td>
</tr>
</tbody>
</table>

For details of further groups and activities please check the calendar on the Fife Carers Centre website or keep up to date with us on Facebook.

Great Support from Briggs Marine

Briggs Marine are based in Burntisland and over the last 44 years have grown to become leaders in the supply of marine and environmental services to the onshore, offshore and subsea marine sectors.

The company always has local community close to the heart of its charitable endeavours. As well as sponsoring various sports teams and events in the surrounding areas, Briggs Marine also donate to a number of charities over the course of the year to support the great work they undertake. Briggs is a family-run business and supporting charities that care for local families in Fife is very important to them.

Fife Carers Centre approached Briggs Marine in early July to tell them a bit more about the work we do and the everyday challenges we are faced with. It was without hesitation that Collieson Briggs, Managing Director, offered funding to relieve some of the financial burden faced by the centre and the requirement to keep correspondence going to the most isolated and vulnerable members of the community.

Collieson said; “Caring for loved ones is particularly close to my heart. Many members of the community find themselves becoming unpaid carers for family members or friends and the work Fife Care Centre is doing to help support these individuals is hugely commendable. We always try and help where we can and the Centre is most definitely deserving of our support.” Thank you Briggs Marine!
Slow cooking for beginners

One of the questions we often ask carers is “if you could go back to the start of your caring journey what would you do differently?” and you’d be surprised at how often the answer is “I’d get a slow cooker!” It makes sense when you think about how easy it would make those days when you have a lot of appointments to attend or things to get done – coming home to a hot and tasty meal could make a big difference to your life!

Building on this we decided to run a series of workshops aimed at:

- giving participants knowledge, confidence and skills to use a slow cooker
- improving participants confidence to adapt recipes for slow cooking
- encouraging participants to use the slow cooker and recipes at home
- reducing participants reliance on ready meals

To make the best job of the workshops we worked with Lyndsay Clark of the Food and Health team who had previously given “Eat Well” talks at Carers Groups.

The workshops were run in a series of six sessions with a maximum of six carers in attendance. Fife Carers Centre gave the carers who didn’t have one a slow cooker and everyone got a slow cooker recipe book at the beginning. We also provided the ingredients for the dishes being prepared over the course of the programme.

Lyndsay made the selected dish the day before and brought it to the group for tasting and then the participants prepared their own dish to take away. Lyndsay chose a range of recipes that required minimum preparation but produced tasty and healthy meals for four. The group was also given a fact sheet giving hints and tips for using a slow cooker.

The carers who came along to the sessions found it made a real difference to the way they thought about using the slow cooker.

One of the carers told us “Having attended the course I now find I’m thinking – what can I do in the slow cooker when considering/planning meals. I didn’t think about slow cooking before as being part of my meal planning. In addition I found talking with other carers to be really helpful. Having a meal prepared and ready for that evening was a lovely bonus, particularly as I didn’t have to ensure I had to do anything (shopping!!) in advance of the class.”
Family Fund is the UK’s largest charity providing grants for families raising disabled or seriously ill children and young people. We know that it can be a struggle financially, emotionally and physically for families raising a disabled or seriously ill child or young person, and their grants help break down many of the barriers families face and ease the additional daily pressures.

Harrison is seven and has autism. His mum, Ashley, applied for a grant for a bed and sensory equipment to transform Harrison’s bedroom into a calming sensory space. Ashley told us that “the sensory equipment has made such a huge difference. Before, Harrison used to be so scared of being alone in his room, which made night times really difficult. Since the sensory toys and lights were introduced into his room, the lights are now part of his bedtime routine. After his bedtime story the main light is turned off so he can watch all the sensory lights. They help him to relax and feel safe, and often he’s asleep after ten minutes!”

Harrison enjoys his sensory space thanks to the Family Fund

We know that many families raising disabled children are affected by sleep difficulties, so the Family Fund created Tired Out, a hub for families, carers and practitioners where they can find information, resources and support for sleep issues all in one place. Find out more at www.tiredout.org.uk.

To apply for a grant, visit the Family Fund at www.familyfund.org.uk or give them a call on 01904 550055. You can also find them on Facebook (facebook.com/familyfund), Twitter (@FamilyFund) or Instagram (@Family_Fund).

---

New transitions project from Contact A Family Scotland

A new project is under way to close the information gap around leaving school and next steps for parents and carers of young people living with learning difficulties and/or disabilities.

Contact A Family wants to hear from families across Scotland supporting young people aged from 12 to 20. Their input will shape a new resource to better prepare families for the journey to adulthood.

Starting in September, families will be able to share their thoughts, questions and experiences through regional workshops, online discussion groups, or directly by email or telephone. Wherever possible one-to-one conversations will be offered using alternative communication styles, for example Talking Mats or BSL, so as many people as possible have the chance to contribute their views and ideas.

The project is supported by the Scottish Government through a Children, Young People and Families Early Intervention Fund and Adult Learning and Empowering Communities Fund grant (CYPFEIF & ALEC Fund).

To take part, or be kept informed about the project, click on ‘Going forward – Preparing Parents for Transition’ at www.cafamily.org.uk/scotland or contact Tracey Francis at tracey.francis@cafamily.org.uk

---

Purple Caffe Fife SCIO are very proud to have been awarded charitable status in July 2017 and are a Scottish Charitable Incorporated Organisation regulated by the Office of the Scottish Charity Regulator under the Charities and Trustee Investment (Scotland) Act 2005.

Purple Caffe Fife is a new support group and was formed in April 2017, when a small group of Fife families, all of whom were affected by epilepsy, either as parents or patients themselves, got together to create a support network for other families in Fife, living with the condition.

Despite having twice the national average of children diagnosed with epilepsy in Fife the families felt that no specific support existed for them and they would have to travel to Edinburgh and beyond in search of the kind of support they need. Purple Caffe Fife was created to fill that void so whether it be a family coming to terms with a new diagnosis; children seeking reassurance that they are not alone, or parents just needing coffee and blether (and probably some cake!) Purple Caffe Fife are here to help.

The group meets on the first Thursday of every month for it’s regular ‘Pop Up Caffe’ event, as well as starting a new ‘Carers Coffee Club’ in September - you can find details of the next meeting on our website purplecaffe.fife.com or on Facebook at facebook.com/PurpleCaffeFife.

To find out more about the activities Autism Rocks has scheduled take a look at their website autismrocksfife.org, find them on Facebook or contact them by email autismrocksfife@outlook.com.

Autism Rocks has come a long way in a short period of time thanks in most part to the boundless energy and ambition of founder Liza Quin and her team.

The main purpose of Autism Rocks Fife is to provide peer support and information through their Facebook Group Page (this is a private group which means that you can be assured that only people in the group can see and respond to any queries) and many coffee mornings. They also want to provide opportunities for children and adults on the spectrum and parents and carers to socialize which is why they have organized many Family Days.

They now have a drop in centre in Buckhaven, called Kaleidoscope. They open on a Tuesday, Wednesday and Thursday from 10am till 2pm and have a teen and adult social group on a Friday evening from 6pm till 8pm. They have family days every other Saturday and a pool party once a month at Levenmouth swimming pool.

In addition to the indoor play area they also now have the lovely aurora sensory garden with space for activity as well as being quiet and appreciating the natural world.

---

Autism Rocks Fife is a support group and was formed in April 2017, when a small group of Fife families, all of whom were affected by epilepsy, either as parents or patients themselves, got together to create a support network for other families in Fife, living with the condition.

Despite having twice the national average of children diagnosed with epilepsy in Fife the families felt that no specific support existed for them and they would have to travel to Edinburgh and beyond in search of the kind of support they need. Purple Caffe Fife was created to fill that void so whether it be a family coming to terms with a new diagnosis; children seeking reassurance that they are not alone, or parents just needing coffee and blether (and probably some cake!) Purple Caffe Fife are here to help.

The group meets on the first Thursday of every month for it’s regular ‘Pop Up Caffe’ event, as well as starting a new ‘Carers Coffee Club’ in September - you can find details of the next meeting on our website purplecaffe.fife.com or on Facebook at facebook.com/PurpleCaffeFife.

To find out more about the activities Autism Rocks has scheduled take a look at their website autismrocksfife.org, find them on Facebook or contact them by email autismrocksfife@outlook.com.

Autism Rocks has come a long way in a short period of time thanks in most part to the boundless energy and ambition of founder Liza Quin and her team.

The main purpose of Autism Rocks Fife is to provide peer support and information through their Facebook Group Page (this is a private group which means that you can be assured that only people in the group can see and respond to any queries) and many coffee mornings. They also want to provide opportunities for children and adults on the spectrum and parents and carers to socialize which is why they have organized many Family Days.

They now have a drop in centre in Buckhaven, called Kaleidoscope. They open on a Tuesday, Wednesday and Thursday from 10am till 2pm and have a teen and adult social group on a Friday evening from 6pm till 8pm. They have family days every other Saturday and a pool party once a month at Levenmouth swimming pool.

In addition to the indoor play area they also now have the lovely aurora sensory garden with space for activity as well as being quiet and appreciating the natural world.