Thank you for taking part

As part of the implementation of the Carers Act in Fife the Health and Social Care Partnership are required to publish a Short Breaks for Carers Statement. In the process of putting together the statement the input of carers has been sought. We did our bit and asked carers with whom we have contact if they would like to join us for a focus discussion group with their thoughts and observations being fed back to Scott Fissenden, Change & Improvement Manager for the Carers Act in Fife.

Our focus groups took place towards the end of September and the feedback given joined that gathered by both paper and online surveys.

It’s easy for people to underestimate the impact of caring for someone and not to take account of the impact of caring on our physical, emotional, mental and financial health. It’s also important to recognise that carers want a break from the caring role not necessarily from the cared for person.

We were keen to make it clear that carers do not have a “one size fits all” need for a Short Break – some carers need shorter and more frequent breaks whereas others need to know that they can be away from their caring role for longer periods from time to time and many carers are caring for more than one person so short breaks need to be coordinated across those roles.

The draft statement will now be presented to the Integrated Joint Board on the 21st December for publication on the 31st December. 2019 will then see the roll out of the Short Break Statement and solutions. We will bring you more information as it becomes available.

FOR PARENT CARERS

On Thursday 13th December from 10 am to 1pm in the Maxwell Centre in Cowdenbeath we will be hosting an information exchange for parent carers of children and young people.

The idea for this came from a group of parents attending a “Prepare to Care” workshop and came about when it became clear how much information about all sorts of things we all had to share! The format of this meeting will be very informal and you don’t need to book a place to come along. It is for carers only and not the cared for child to attend. If you’re going to come along please bring any information you think it would be useful to share – for example are there books you have read which have helped you? Places you have visited that are very child friendly and have great disabled access? Have you ideas for dealing with personal hygiene problems or with eating difficulties? anything you want to share - It’s all useful!

FOR FAMILY AND FRIENDS CARING FOR SOMEONE LIVING WITH DEMENTIA

A new monthly group for carers of people living with dementia is starting on Wednesday 21st November at 7.30pm in the upstairs room at Watts Bar in Cupar.

The group is the idea of carers who recently attended our dementia seminars in St Andrews and found the comfort they got from being in a group with other carers of someone living with dementia very helpful. The group is going to be run by carers and aims to be a place for those to escape and chat to others coping with their loved ones illness. Get comfort and advice from those attending that are walking the path too.

Unlike the Memory Cafes the groups is for carers only not the person living with the dementia. It’s scheduled to allow people who work to join in too. You don’t need to book a place just come along to Watts on the 21st of November.

FESTIVE SEASON CLOSURE

This year we will close at 1pm on Monday 24th December 2018 and reopen at 9.30am on Thursday 3rd January 2019.
Followimg the very successful introduction of a new Carer Support Worker post based at the Victoria Hospital in Kirkcaldy we have been given funding by the Health and Social Care Partnership in Fife to recruit a second hospital based worker.

Jane Maskelyne joins us to take on the new role of Carer Support Worker based at Queen Margaret Hospital in Dunfermline. Jane is very experienced at working with carers in Fife and is really keen to get going on the new job.  

The role was pioneered in Fife by our colleague Sandra Morris who, working with the discharge hub and the ward staff at Victoria Hospital in Kirkcaldy, has helped to improve the quality and effectiveness of involving carers in the planning of discharge for patients. Involving carers in the planning for discharge of the person for whom they care is one of the major elements of the Carers Act (Scotland) 2016. It places a duty on health boards to inform the carer and to invite their views before a cared for person is discharged from hospital. These must be taken into account before the discharge of the cared for person takes place.

Sandra’s work has meant that carers are identified earlier and supported to be ready for their caring role on discharge of the cared for person. It leads to a better prepared and more effective discharge with the patient less likely to be readmitted after just a short period at home – you'll find more information on pages 4 and 5 about this aspect of the Carers Act.

Of course you don’t have to wait to have someone identify and contact you – as always you can refer yourself as a carer to Fife Carers Centre at any time!
Funding and donations

Thank you very much to the Fife Reelers Ball who chose Fife Carers Centre as the recipient of the fundraising activity at the ball this year. The donation of £1250 was received with grateful thanks! The money will go towards refurbishing the room that we use to have private conversations with carers to make it more comfortable, warm and welcoming.

Thank you to Caritas Legal who donated a very generous £2000 to support a Christmas Lunch for carers of people living with dementia (see next column for details). Also supporting the event with generous donations are Diageo who donated £250 and JW Wishart Plumbing and Heating who donated £50.

We have also received generous donations of £500 from Dunfermline Rotary Club and £180 from Tulliallens Golf Club.

We hope that with everyone in the same boat no one will give two hoots if the person affected by dementia has a bit of a dance or sing song or finds it easier to use a spoon or fingers to eat!

Places are limited to 120 so if you care for someone living with dementia and you would both like to attend the event please contact Anna Maria Cairns on 01592 205472 or by email to annamaria.cairns @ifecarers.co.uk to register your interest.

Caritas Legal Limited

Thank you to Caritas Legal who donated a very generous £2000 to support a Christmas Lunch for carers of people living with dementia (see next column for details). Also supporting the event with generous donations are Diageo who donated £250 and JW Wishart Plumbing and Heating who donated £50.

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Dementia Carer Support Worker Anna Maria Cairns wanted to do something that would be enjoyable and unpressured for both the carer and the cared for person to enjoy and with the support of the Carnegie Conference Centre, Caritas, Diageo and Wishart she has arranged to have a Christmas Lunch for carers of people with dementia and the person they care for on Wednesday 5th December at the Carnegie Conference Centre in Dunfermline.

There will be lunch and Benita and Walter providing the musical entertainment (we think Santa may well pop in too!)

We have also received generous donations of £500 from Dunfermline Rotary Club and £180 from Tulliallens Golf Club.

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Places are limited to 120 so if you care for someone living with dementia and you would both like to attend the event please contact Anna Maria Cairns on 01592 205472 or by email to annamaria.cairns @ifecarers.co.uk to register your interest.

Christmas event for carers of people living with dementia

Around 35% of the carers we work with are caring for someone living with dementia and the number is increasing.

As time goes on dementia can mean that it becomes difficult for the carer and cared for to enjoy time out together. Sometimes the idea of going out for a meal and dance seems like it would be very hard work for the cared for person to be “on best behaviour” and the carer often feels they can’t relax either.

We hope that with everyone in the same boat no one will give two hoots if the person affected by dementia has a bit of a dance or sing song or finds it easier to use a spoon or fingers to eat!

Places are limited to 120 so if you care for someone living with dementia and you would both like to attend the event please contact Anna Maria Cairns on 01592 205472 or by email to annamaria.cairns @ifecarers.co.uk to register your interest.
Do you provide care for someone?
You may be a parent, a partner, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability. If you provide them with help and support to manage their life – you are also a carer.

What to expect when
The person you care for is being discharged from hospital

Why is it important to be involved in discharge planning?
Being involved means you can get information about when and how the discharge from hospital will happen. This lets you prepare and helps ensure the person you care for has support to help them at home after discharge. It also means you can inform staff about how things are at home and gives you the chance to ask any questions e.g. about medication or plans for follow up.

When should I be involved?
As early as possible. When the person you care for is admitted to hospital, speak to staff on the ward and make them aware you are the carer. Tell them how they can contact you, this is especially important if you are not the next of kin. Staff may not realise that you are the carer, so it can really help them if you let them know.

The Carers Act
From April 2018 local health boards have a duty to involve carers, including young carers in discharge from hospital when:

- The person being discharged is likely to require care following discharge
- The carer can be identified without delay

The Act also means that carers have the right to an adult carer support plan or young carer statement.

An adult carer support plan or young carer statement starts with a conversation where you discuss your caring role and what is important to you in your life. It helps plan what could help you work towards your goals.
What can I do?
You need to talk to the person you care for and check they are happy for you to discuss their care and discharge planning with hospital staff. This is important because staff must respect individual confidentiality and cannot discuss their patient with you, if they don’t have permission. Without permission, it can still be helpful to speak with staff about the condition they have in general terms.

If there are significant changes for the person you care for, they may need additional support to manage at home when they leave hospital. You need to think about how this will impact on you as a carer.

Who will be involved in hospital discharge?
The hospital has a duty to involve you in the discharge of the person you care for. If their needs have changed there will be a conversation with you, in person or over the telephone, about what help and support the person you care for needs to help them live safely and to get your views about the discharge. Let staff know what you are able and willing to do.

Occasionally, a discharge planning meeting may be arranged. This is also known as a multi-disciplinary meeting. A variety of staff involved in the person you care for may attend the meeting; as the carer the hospital has a duty to involve you in hospital discharge which may include attendance at this meeting.

Even if care needs have not changed, as their carer, you should still be involved. Hospital staff have a duty for you to be involved in discharge planning. This may be a discussion in person or over the telephone to arrange the details of when and how the discharge will take place.

Where can I find out more?
Fife Carers Centre provides a support service for carers at Victoria Hospital in Kirkcaldy and Queen Margaret Hospital in Dunfermline. Ask ward staff or the hospital information point for more information, or contact the Fife Carers Centre directly using the information on the right.

More support is available for you as a carer. For more information about our other ‘What to expect when...’ leaflets or visit our www.fifehealthandsocialcare.org/
Family Fund is the UK’s largest charity providing grants for families raising disabled or seriously ill children and young people. Last year, they supported 6,233 families with grants in Scotland.

Their grants help break down some of the many barriers faced by families raising a disabled or seriously ill child, and cover a variety of things that may be of benefit, such as household items, family breaks and specialist equipment. Find out more at www.familyfund.org.uk, call us on 01904 550055, email us at info@familyfund.org.uk or join the conversation on Facebook, Twitter or Instagram.

To learn more about how Family Fund can help, read Lailyn’s story below –

Three-year-old Lailyn loves going to the park, playing with her dolls, and sensory play. “She absolutely adores being outside, sometimes it’s a struggle to get her to come indoors,” her mum, Jade, told us. “Lailyn has Down’s syndrome, and her speech and language therapist told us about Family Fund when she first started helping Lailyn to learn Makaton. She was responding much better to the therapist’s Makaton iPad app than the cards, so the therapist suggested that we apply for an iPad to help develop her communication. It’s been brilliant and she has come on leaps and bounds. Lailyn has so much potential, it just might take her a little longer to learn than me or you, but having the technology really helps”. This year, the family decided to apply for a playhouse so that Lailyn can make the most of being outside. “She loves the park and going in the garden so I thought it would be good to have a space where she can enjoy the outdoors even when the weather isn’t so nice, and we were lucky enough to be awarded a playhouse. “Atlantic Trampolines were really helpful and Lailyn loves her playhouse. The next step is to paint it, we’re just trying to decide what colour! So far we’ve put in some big bean bags, and

are hoping to turn it into a full sensory den, as she really enjoys sensory play. Her big brother finds sensory toys really relaxing too and it would be nice for them to have something they can do together, as it can be tricky trying to balance family life.

“I wasn’t sure about applying at first as I didn’t know if we would be eligible, but I’m so glad we did as the grants have made a big difference. We wouldn’t have had the means to buy Lailyn an iPad or a playhouse without the help from Family Fund but these things have such an impact on her life. I would encourage any family in a similar position to apply, there’s nothing to lose and it can make a world of difference for children.”

Pamiloo helping to make fun accessible for all

Thousands of people with complex needs across Scotland are unable to attend events or visit outdoor venues due to the lack of appropriate toilets. While locations sometimes offer ‘accessible toilets’, these are not suitable for people with complex needs who need specialised equipment and additional space.

PAMIS acquired the first Scottish Mobile Changing Places toilet, this vehicle – the Pamiloo can now be used by families and used at leisure events held by PAMIS to provide fully accessible toileting facilities.

The Pamiloo is available for hire for PAMIS partner events and events requested by PAMIS families.

However if you are interested in making your event fully accessible commercially there are other options including: Portakabin have a Portaloo Accessible Plus for hire here www.portakabin.co.uk/portaloo-accessible-plus.html or call 0333 331 5505 and Mobiloo have mobile changing places facilities. Check out their website www.mobiloo.org.uk/ or call 0300 030 125.
<table>
<thead>
<tr>
<th>What</th>
<th>When</th>
<th>Where</th>
<th>Booking required?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dementia Carers 1: Take a Walk in Their Shoes</td>
<td>Thursday 8th November 10am – 1.30pm</td>
<td>Cowdenbeath</td>
<td>Yes</td>
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<tr>
<td>Dementia Carers 1: Take a Walk in Their Shoes</td>
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<tr>
<td>Dementia Carers 2: Communicating with dementia; words and beyond</td>
<td>Saturday 24th November 10am – 1.30pm</td>
<td>Kirkcaldy</td>
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<tr>
<td>Prepare to Care for an adult or older person</td>
<td>Wednesday 28th November 10am – 1.30pm</td>
<td>Kirkcaldy</td>
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<td>Tuesday 18th December 10am – 1.30pm</td>
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<tr>
<td>Dementia Carers 1: Take a Walk in Their Shoes</td>
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<td>Prepare to Care for a child or young adult</td>
<td>Thursday 24th January 10am – 1.30pm</td>
<td>Cowdenbeath</td>
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<td>Dementia Carers 2: Communicating with dementia; words and beyond</td>
<td>Friday 1st February 10am – 1.30pm</td>
<td>Glenrothes</td>
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<tr>
<td>Dementia Carers 1: Take a Walk in Their Shoes</td>
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<td>Buckhaven</td>
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<td>Prepare to Care for an adult or older person</td>
<td>Saturday 9th February 10am – 1.30pm</td>
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<td>Dementia Carers 1: Take a Walk in Their Shoes</td>
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<td>Tuesday 19th February 10am – 1.30pm</td>
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<td>Filling in PIP forms</td>
<td>Wednesday 20th February 6.30pm to 10pm</td>
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<td>Filling in Child DLA forms</td>
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<td>Filling in Attendance Allowance forms</td>
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<td>Kirkcaldy</td>
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<tr>
<td>Prepare to Care for a child or young adult</td>
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<td>Kirkcaldy</td>
<td>Yes</td>
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<td>Dementia Carers 2: Communicating with dementia; words and beyond</td>
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<td>Kirkcaldy</td>
<td>Yes</td>
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<tr>
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<td>Saturday 23rd March 10am – 1.30pm</td>
<td>St Andrews</td>
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We offer carers in Fife the following services:

- Up to date information & support
- Carer Support Planning
- Benefit Checks
- Training Workshops & Information Seminars
- Carer Support Groups.
- Stress Reduction Activities
- as well as a warm welcome, a listening ear and a delicious cup of tea or coffee!

**Fife Carers Centre staff is:**
- Manager
  Mhairi Lochhead
- Carer Support Workers
  Cindy Souter
  Grant Kidd
  Martina Forsyth
  Anna Maria Cairns
  Sandra Morris
  Jane Maskelyne
- Befriending Project Coordinator
  Helen Honoré
- Administration Officer
  Yvonne Taylor
- Reception & Administration Assistants
  Biff McMahon
  Katherine Pearson
- Training and Information Officer
  Lesley Childs

We are open for carers to drop in at the following times:

- Monday 9.30 - 1.00
- Tuesday 10 - 4.30
- Wednesday 9.30 - 1.00
- Thursday 9.30 - 4.30
- Friday 9.30 - 4.00

**WORDSEARCH PUZZLE** – Can you spot which Scottish town is not in the grid? – The answer’s on page 7

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

Edinburgh
Aberdeen
Dundee
Paisley
Inverness
Livingston
Hamilton
Cumbernauld
Dunfermline
Kirkcaldy
Perth
Kilmarnock
Coatbridge
Greenock
Glenrothes
Glasgow

**Raspberry and Almond Traybake**

**Ingredients**

- 250g self-raising flour
- 50g ground almonds
- 200g butter diced
- 280g golden granulated sugar
- 50g desiccated coconut
- 2 medium eggs
- 350-450g/12oz-1lb fresh or frozen raspberries
- 50g flaked almonds

**Preparation**

Heat the oven to 180C/fan160C/gas 4.
Grease an oblong cake tray (about 31 x 17 x 3cm).

**Method**

Mix the flour, ground almonds, butter and sugar into a food processor and whizz just until the butter is evenly distributed – or rub together by hand.
Remove 85g/3oz of the mix, stir the coconut into this and put to one side.
Add the eggs to the remaining mixture in the food processor and whizz quickly – or mix with a wooden spoon. It doesn’t need to be very smooth.
Spread this mixture over the base of the tin, then scatter half the raspberries over the top.
Sprinkle with the coconut mixture and the flaked almonds then bake for 45 mins.
Dot the remaining fruit over the surface and cook for a further 15 mins, until firm to the touch.
Cool in the tin and cut into slices. They will keep for up to 2 days in the fridge.