Carers Consultation launched

Are you an unpaid carer? Fife’s Health and Social Care Partnership has launched a six week ‘Fife Carer Strategy Consultation’ to hear your views and capture feedback on what matters to you.

There is a large number of people who support or care for family and friends on a regular basis in an unpaid capacity, giving freely of their time and energy. Their dedication is enormously valuable and their support helps a large number of people to live in their own homes and communities.

In April 2018 the Scottish Government will implement the Carers (Scotland) Act 2016 and Fife’s Health and Social Care Partnership is developing a Carers Strategy for 2018-2021 to support unpaid carers in the Kingdom.

David Heaney, Divisional General Manager with Fife Health and Social Care Partnership gives more details: “We know that unpaid carers play a vital role in our communities. When it comes to shaping services and knowing how we can improve the carers’ experience of health and social care, we are taking a proactive approach.

Fife’s strategy must reflect and respond to unpaid carers needs now and in the years ahead, so we need to know what to change, adapt, do more of, or stop doing. The consultation actively seeks carers’ input as we need to hear about what matters and makes a difference to them so whatever we do now and in the future is effective and meaningful as possible. This consultation is an opportunity for unpaid carers to have their voice heard and I encourage as many unpaid carers to take part as possible.”

Mhairi Lochhead our Manager at Fife Carers Centre, welcomed the approach:

“It is really important that carers are able to say what their experience of services are, what helps or what could make a difference. Many carers might not think to take part in the consultation, but for Fife’s Carer Strategy to be effective, carers need to say what is important to them. We will be encouraging and supporting carers to respond to the consultation, to help ensure as wide a range of views as possible are gathered.”

Get involved

The consultation runs from 8 January until the 29 February 2018. To take part you can:

- Go online: Visit the Consultation Diary 2018 page within www.fifeedirect.org.uk
- Request a hard copy: Contact Scott Fissenden on 03451 55 55 55 ext 401698 or e-mail: CarersActSurvey@fife.gov.uk

Blue Badge scheme extended

Following a successful trial the Blue Parking Badge scheme has been extended to make things easier for those caring for someone with a cognitive or mental impairment who pose a risk to themselves or others in traffic to apply for a badge on their behalf.

There is a fairly strict and clear criteria to meet if you are applying for a blue badge and it’s important to make sure that you are completing the correct form. You can find the details of the criteria on the Fife Direct web site – search for “Apply for a Blue Badge” and look at the section about mental disorder.

If you think that the person you care for is likely to meet the criteria and would like some help with making the application please contact us at Fife Carers Centre.

Curried Parsnip Soup

Chase the winter blues away with this quick and easy to make deliciously warming soup.

Prep:10min › Cook:30min › Ready in:40min

Ingredients

- 300g/12oz parsnips peeled and chopped
- 2 medium onions peeled and finely chopped
- 2 to 3 cloves garlic peeled and finely chopped
- 50g/2oz butter
- 1 tablespoon curry powder
- 1 chopped fresh red chilli
- 1 2L/2 pts chicken or vegetable stock
- 150g/6oz potatoes peeled and chopped
- 1 tablespoon creamed or desiccated coconut
- double cream to garnish
- smoked paprika to garnish

Method

1. Melt butter in a saucepan and add the onions and garlic. Cook gently to soften for about 5 minutes without colouring.
2. Remove from the heat and add the curry powder, chilli and stock. Return to the heat and bring to the boil. Add the potatoes, parsnips and the coconut.
3. Simmer gently with the lid on until the parsnips and potatoes are tender, about 20 minutes. Allow to cool a bit then liquidise until smooth with a blender. Reheat and garnish with a swirl of double cream and a sprinkling of smoked paprika.

We offer carers in Fife the following services:

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

Manager

Mhairi Lochhead

Carer Support Workers

Cindy Souter
Grant Kidd
Martina Forsyth
Vivienne Taylor

Befriending Project Coordinator

Helen Honoré

Administration Officer

Yvonne Taylor

Reception & Administration Assistants

Bill 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

At Fife Carers Centre, 157 Commercial Street, Kirkcaldy, KY1 2NS.

How do we help carers?

Scottish Charity No SC029466
Company No 282309

Kirkcaldy, KY1 2NS
Tel: (01592) 205472

Katherine Pearson
Anna Maria Cairns
Grant Kidd
Cindy Souter
Honoré

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Lottery Funded

Fife’s Health & Social Care Partnership

Fife Carers Centre
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Tel: (01592) 205472
Text: 07881 691391

E-mail: centre@fifecarers.co.uk

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Fife Carers Centre staff is:

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Mhairi Lochhead

Carer Support Workers

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Grant Kidd
Martina Forsyth
Anna Maria Cairns
Sandra Morris

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Be a Befriender and make someone’s day

Following the success of our befriending project so far we are looking for more volunteer befrienders to take on a role with Fife Carers Centre. When a new year begins lots of us are on the lookout for new and worthwhile things to do and Fife Carers Centre are pleased to be able to offer you something that really fits the bill! Carers often have to turn down social invitations due to their caring duties – then the invitations stop and this often leads to loneliness and social isolation for the carer as well as the person being cared for. When this happens carers can find their confidence is worn away and invitations stop and this often leads to loneliness and social isolation for the carer as well as the person being cared for. For this reason Fife Carers Centre has established a volunteer befriender service.

Being a volunteer befriender is an excellent way to bring much needed sunshine into someone else’s life! The role offers social support to carers - in their home or out and about and is a great way of meeting new people and trying out new activities.

Befrienders need to be over 18 years old and able to offer 2 to 3 hours a week of their time for a minimum period of 6 months. Expenses incurred in the role will be reimbursed. Having a warm and friendly personality is the most important qualification and training is provided to help befrienders be confident in their new role. We have a monthly befriender’s group – where volunteer befrienders get together for a cuppa and a chat, support one another and share ideas. Some of our befrienders have become good friends with each other and have even formed a very successful quiz team.

If you would like to know more please contact Helen.Honore@fifecarers.co.uk or phone Fife Carers Centre on 01592 205 472 to find out more.

FUNDRAISING QUIZ NIGHT

A small and select crew attended the Fife Carers Centre Fundraising Quiz in Dunfermline on the 21st October. With fewer than 45 people in attendance we were really pleased when we raised over £380!

The quiz master was Lesley Childs from Fife Carers Centre and the questions ranged from easy peasy to downright tricky, there was singing and fairly obscure clues to help the teams along. It was very competitive with family teams trying to outdo each other. Lots of laughter and plenty of fun was had by all and the final marks were close but the Blue Team of Befrienders and Pals won in the end.

There was a raffle with 5 lovely themed hampers and Tombola with a fabulous choice of prizes. Well done and thanks to everyone who came along.

WINNING BLUE BEFRIENDERS TEAM WITH THEIR TROPHIES

Make a note in your 2018 diary - our next Fundraising Quiz night will take place in Kirkcaldy at the St Clair Tavern on Saturday 10th March 2018. There will be a fabulous Raffle as usual. The teams must be no more than 6 people and there will be a maximum of 100 people in the venue – pick your team mates wisely and book tickets to be sure of a place! Tickets will be £3 per person. Call us on 01592 205472 or email Lesley.childs@fifecarers.co.uk to reserve your places.

What’s happening? | When’s it happening? | Where’s it taking place? | Is booking required?
--- | --- | --- | ---
**WORKSHOPS**
Take a Walk in Their Shoes workshop for dementia carers | Tuesday 6 February 2018 10am – 1pm | Glenrothes | Yes
Communicating with dementia – words and beyond | Tuesday 20 February 2018 10am - 1.15pm | Glenrothes | Yes
Prepared to care – for parent carers | Thursday 22 February 2018 10am - 1.30pm | Glenrothes | Yes
Take a Walk In Their Shoes workshop for dementia carers | Saturday 3 March 2018 10am - 1pm | Dunfermline | Yes
Prepared to care – for carers of adults | Tuesday 13 March 2018 10am - 1.15pm | Dunfermline | Yes
Communicating with dementia – words and beyond | Saturday 17 March 2018 10am - 1.15pm | Dunfermline | Yes
Take a Walk In Their Shoes workshop for dementia carers | Tuesday 3 April 2018 10am - 1pm | St Andrews | Yes
Slowcooking for beginners | starts 16 April for six weeks 10.30am - 12.30pm | Leven | Yes
Communicating with dementia – words and beyond | Tuesday 17 April 2018 10am - 1.15pm | St Andrews | Yes
Prepared to care – for carers of older people | Tuesday 24 April 2018 10am - 1.30pm | Lundin Links | Yes

**CARERS GROUPS**
Male Carers Group | Last Tuesday of the Month 1pm - 3pm | Fife Carers Centre | No
St Andrews Carers Group | Last Monday of the Month 10am - 12 noon | St Andrews Centre | No
Carers Lunch Group | Last Friday of the month from 12.00 to 2.00pm | Fife Carers Centre | No
Crafty Carers Group | Fortnightly Thursdays 1pm - 3pm | Fife Carers Centre | No
Abbeyview Carers Group | First Friday of the month 2.30pm - 3.30pm | Abbeyview Day Centre | No
Newport Carers Group | 3rd Friday of the month from 12 noon to 2pm | Long Resource Centre Newport | No
Carefree Chorus – a carers community Choir | Every Thursday from 11am - 1pm | St Pauls Church Townsend Place, Kirkcaldy | No

**ACTIVITES**
Fundraising Quiz Night | Saturday 10th March 2018 7pm | St Clair Tavern Kirkcaldy | Yes

If you would like to know more about any of the workshops, groups or activities or if you would like to sign up for any of them please call us on 01592 205472 or email Lesley.Childs@fifecarers.co.uk
Taking Care of You Group for Dementia

The “Taking Care of You Group” is a Carer Support Group facilitated by the Clinical Psychology Service for Older People. This group is for those who support and care for someone who has a diagnosis of dementia.

Caring is challenging, and many skills are needed. The focus of the group will be on how to look after yourself and improve your well-being in your caring role.

The group will also provide:

- Information about dementia and what to expect
- Information about how to recognise stress and distress in the person with dementia.
- Strategies to manage difficult behaviour so it is less upsetting and tips to aid communication.
- Advice on planning for the future.
- Opportunity to meet other people in similar situations to yourself and to share ideas/advice with fellow group members.

The carer must have regular contact with the person who has dementia (at least three times a week) to be eligible to attend.

The format of the group will be:
- Around 8-10 people will be invited to attend the group.
- There will be 6 fortnightly sessions and each session will last approximately two hours with a break in the middle for coffee. The sessions are designed to be self-contained so you do not have to attend them all but it would be more beneficial if you can attend as many as possible.
- The group structure will follow a similar format in each session. The group facilitator will provide some initial information, and this will be followed by a group discussion. You do not have to speak if you do not want to.

To join the group it is essential to book your place in advance. Please note numbers are limited and will be allocated on a first come, first served basis. If the course is oversubscribed, your name will be added to a waiting list and you’ll be invited to attend the next programme.

It is planned to run two groups in the New Year, beginning in January/February: one group in Kirkcaldy (Abbeyfield), and another group in the Dunfermline area (venue to be confirmed). These support groups have been run a few times before and the carers who came along have reported that it helped them to be better able to cope with their caring role. It was good to get together with other carers and to share their knowledge and experience.

If you are interested in attending the group in Dunfermline, please contact either Dr Lindsey Murray or Dr Joanna Dawson on (01383) 565395. You can also contact them by email: lindsey.murray@nhs.net j.dawson@nhs.net

If you are interested in attending the group in Kirkcaldy, please contact either Dr Kathryn Quinn or Dr Joanna Dawson (01334) 696336, or email: kathrynquinn@nhs.net j.dawson@nhs.net

Please provide them with your telephone contact number or email address so that they can contact you to tell you more about the group so that you can decide if it is suitable for you.

Moments in Time
Supporting people living with dementia and their carers

Moments in Time is a series of free, relaxed sessions specifically designed to provide those living with dementia an opportunity to revisit a time in their lives. Over a cup of tea and biscuits, stories, poems, photographs and music will be used to transport those attending to their own moment in time. The sessions are also a great way for those living with dementia and their partners, family and friends to meet others in similar situations to themselves in a welcoming atmosphere. The Rothes Halls sessions are on the first Wednesday of the month and the Kirkcaldy Galleries session is on the last Tuesday of the month. To find out more or to book your place either email mit@onfife.com or telephone [01592 583204]

Au Revoir to Andy

Our colleague Andy Egerton has left Fife Carers Centre to take up a new position with VOCAL in Edinburgh. Many of you will have come into contact with Andy in his role as carer support worker over the past four years and benefitted from the knowledge and experience he brought to the role. Andy contributed to the team effort to offer carers various means of support and was the walk leader for the Fife Carers Centre “Ambling with Andy” walking group. We wish him all the best in his new role.

Sauntering with Someone – could it be you?

With Andy’s departure we find that our fledgling walking group for carers is leaderless. We hope that there may be a carer or former carer who would like to take on the role of walk leader. The idea of the walking group is provide a way for carers to get together to enjoy time away from the caring role in the company of like-minded people and at the same time enjoying a bit of fresh air and exercise. The walks so far have not been challenging so that everyone with can take part even if they are new to group walking. Ideally we would have at least two walk leaders so that we could have larger groups.

We will seek out Walk Leader Training and qualification for anyone who wishes to take part but is not yet qualified. If you would like to know more about what would be involved or would like to volunteer to take on the role please email Lesley.Childs@fifecarers.co.uk or give us a call and speak to Lesley. It would be good to hear from you as soon as possible so we can make arrangements for you to attend the Walk Leader training – and get your very own armband!

An easy way to be fit and have fun!

Fundraising Thanks

In the run up to Christmas we had a bit of fundraising fun going on. Helen Honore, our befriending coordinator, had put together two hampers to raffle with generous donations from Pillars of Hercules organic farm, shop and cafe (www.pillars.co.uk) and from Marks & Spencer. The raffle raised £138.

Carer Bill Kitchison won the first prize hamper and our volunteer befriender Doreen Baird won the second prize.

The Crafty Carers Craft Group decided that they would host a Coffee Morning and Craft Sale to raise funds for their group. They had a good turnout and with delicious home baking for sale as well as the stocking fillers they had created they raised a very impressive £340!

The plan is to use the money to enable the group to expand their activities and make a wider range of crafts in the coming year. The group meets every other Thursday from 1pm – 3pm in the Meeting Room at Fife Carers Centre and currently they are working on their own projects that they bring along. Any carer can come along and join them. We provide

Tea, coffee, biscuits and a bit of chatty company. If you’d like to join us please give us a call to find out the next meeting date and we look forwards to seeing you then.
Improvements to support for carers set out in Scottish Government paper

Carer’s Allowance will increase from summer 2018, with a Young Carer Grant introduced from autumn 2019

A recently published Scottish Government paper has set out plans for improving support to carers. This is one of a series of papers on the Social Security Bill and includes further detail on the commitment to increase Carer’s Allowance to the level of Jobseeker’s Allowance.

The Department for Work and Pensions (DWP) will continue to pay Carer’s Allowance (CA), and Scottish Government will pay the difference between CA and Jobseeker’s Allowance as a six month lump sum, called the Carer’s Allowance Supplement. This is to allow carers to receive additional money before the Scottish social security agency is fully up and running.

The supplement will be paid to people who are living in Scotland and in receipt of Carer’s Allowance on the qualifying dates – two dates per year which will be chosen by Ministers. This is a temporary measure until Scottish Government takes over full control of Carer’s Allowance – which will then be paid at the higher rate, incorporating the supplement.

Further commitments in the paper are the introduction of a Young Carer Grant in autumn 2019 – a payment of £300 per year for 16 and 17 year olds (and 18 year olds who are still at school) caring for an average of 16 hours per week and not enrolled for Carer’s Allowance – and increased support for people caring for more than one disabled child, by April 2021.

The Social Security Bill has been designed to be as simple, accessible and easy to understand as possible. More detail will be in regulations which will be published at a later date. The aim of this is to contrast with the DWP legislation which can be very difficult to understand and interpret. The Bill is currently undergoing the Stage 1 scrutiny process in the Scottish Parliament.

The paper on support for carers has been published to share and get feedback on more of the detail of the Bill – alongside other papers, including on disability benefits and redeterminations and appeals. You can read the full paper on the Scottish Government website and send feedback to socialsecurity@gov.scot.

Moving and Handling advice to help you be Back Safe!

Keeping your back safe and strong when you’re a carer is easy to neglect. This pack has information that will help you to move the person you care for safely so that you don’t harm yourself or them. There are information sheets, a guide booklet and a DVD with the techniques demonstrated by real carers in their own homes.

We have a few of these information packs available for carers. Please call us or email centre@fifecarers.co.uk and request a Moving and Handling Information Pack. Don’t forget to give us the postal address to send the pack to!

NEW WORKSHOPS FOR CARERS

Following the recommendation by carers at a recent carer consultation we have put together three new workshops for carers.

The workshops are:
- Prepare to Care for parent carers
- Prepare to Care for an adult
- Prepare to Care for an older person

Each of the workshops will look at the ways in which you can be organised and keep track of the information that is useful for your caring role. The workshop will help you to prepare to reduce the effect of an emergency and to think about planning for the future. It will also provide you with a toolkit folder in which you can keep all the information that is useful to your caring role.

You will find the dates and times for the workshops listed on page 7.

The workshops are free to attend so if you would like to come along please book your place by calling us on 01592 205472 or emailing us at Lesley.Childs@fifecarers.co.uk.

Slow cooking for Beginners

We have one more series of six workshops for carers who want to learn about using a slow cooker, how to make nourishing meals and adapt recipes of your own. There are 7 places available for the 6 week course starting on 16th April in Leven. We provide everything including the slow cooker. You must be able to attend all the sessions. Call to book your place.

Join the Flu Fighters!

You will have seen lots of news about the effect of winter flu and the impact it is having on the health services. Carers are entitled to a free flu jab and it is not too late to get a flu jab from your GP or pharmacist. You may have had a flu jab in previous years and wonder why you need another one this year. Each year the infection formula is formulated to be as effective as possible against the strains of the flu virus expected to be the most virulent. If you are caring for someone who is frail or has an underlying health condition and worry that they may be vulnerable to infection then have a chat with your GP about having the jab.

Reducing the risk of infection

Reducing the risk of infection spreading is really easy! Ways you can reduce or slow the spread of infections include:
- Get the appropriate vaccine.
- Wash your hands frequently.
- Stay home if you are sick (so you do not spread the illness to other people).
- Use a tissue, or cough and sneeze into your arm, not your hand. Turn away from other people.
- Use single-use tissues. Dispose of the tissue immediately.
- Wash your hands after coughing, sneezing or using tissues.
- If working with children, have them play with hard surface toys that can be easily cleaned.
- Do not touch your eyes, nose or mouth.
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Carrying out these simple measures will not get rid of the risk of infection entirely but it will reduce it significantly.

How to wash your hands

This may seem a bit like teaching your Granny to suck eggs but let’s face it if everyone washed their hands properly it would make a huge difference! The simplest and most effective way to reduce the risk of infection is to wash your hands!

1. Wet hands with warm water.

2. Use a couple of pumps of hand wash and rub the palms of the hands together.
3. Next rub the palm of one hand over the back of the other (so it looks like you have ten fingers and one hand) and then swap hands.
4. For your next move put your palms together again and interlace the fingers. Keep rubbing the soap in.
5. Now rub the back of your fingers against the palms of the other hand.
6. Wrap your right thumb with your left hand and wriggle it around until it feels clean. Swap hands.
7. Squeeze your fingers together on your right hand and use them like a scrubbing brush on your left palm. Draw circles with your fingers, one way then the other. Swap hands.
8. Rinse hands thoroughly with warm water.
9. Dry hands with a clean, dry towel and use the towel to turn off the taps.
10. Now your hands are clean it’s time to get them messy again.

Washing your hands properly should take about as long as singing Happy Birthday twice. So get scrubbing and singing!