



Shetland Carers

Shetland Carers

A project supported by Voluntary Action Shetland



A single point of access for Support and Advice for the Third/Voluntary Sector



“Supporting and empowering unpaid carers in Shetland to manage their caring role and have a life alongside caring”

Our Funders



Spring Newsletter

March 2024

Welcome back!

Hello. Hope you are looking forward to spring and the better weather, where you can maybe get some time to yourself to enjoy the outdoors! 😊

As I get underway within my new role and familiarising myself with the Adult Carers service, I hope you can appreciate the time that it may take to prioritise what is the best way for Shetland Carers moving forward.

From my own lived experiences of caring, I

am interested in recognising the good work carers do and to have our service utilised for this, in order to support carers and help them throughout their caring role - whether it be advice, signposting, support, groups or 1-1 sessions.

Being an unpaid carer can be overwhelming at times and we understand the importance of communication and making it accessible and simple for you to be able to manage. With this in mind, you may see a few changes in the future within Shetland Carers resources/material.

HAPPY READING! 😊

Laura x

Time for Me Short Break grants



Our Time for Me Short Break Grant Scheme, funded by Shetland Charitable Trust, provides grants to carers providing a significant amount of care to someone **UNDER** 21 years. This fund has now been fully allocated for the current grant period, with 13 carers receiving a grant.

Further information and details on how to apply for the new grant period 2024-25 will be advertised through various means in due course.

Time to Live Short Break grants



Our Short Break grant scheme, 'TIME TO LIVE', which is grants for carers who are caring for someone of any age, has **NOW CLOSED**.

We have recently been informed that there is currently a hold up in Shared Care Scotland being able to confirm grant allocations for 2024-2025 due to a delay with Scottish Government, so as yet Shetland Carers does not have a specific date for when funding decisions will be confirmed.

Once we have more information on this we will provide updates to all carers. *Young carers can also apply to this fund.*

Over the past year, we have been able to offer a grant up to a maximum of £250 per carer towards your chosen short break. In total, for this grant period, we have awarded 79 Short Break grants to carers totalling just over £18,500.

Carers have used their grants for all different types of breaks including:

Trips away, SRT More4Life memberships, self-catering stays, baking equipment, arts and crafts, pamper days, meals out, yoga sessions, horse riding lessons, massage sessions, books, wool, material, gardening products, a treadmill, a new tablet and a new camera.

For more information:

<https://www.shetlandcarers.org/support/breaks/short>

Respitivity Scheme Update



Through Respitivity, (respite + hospitality) short breaks are provided for unpaid carers when they need it most.

Respite breaks are achieved by connecting carers' organisations, with hospitality, tourism and leisure businesses who are willing to donate a break free of charge. Respite is a Scottish Government supported project which is delivered locally by Shetland Carers and coordinated nationally by Shared Care Scotland (SCS).

A short break from routine for an unpaid carer can take various forms; whether it is reconnecting with nature, going for a massage, enjoying a dining experience or taking an overnight stay. Whatever the break offered, this provides unpaid carers a chance to recharge, which is vital for their mental and physical wellbeing.

An unpaid carer can be of any age, and is classed as someone who cares for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support. Someone in receipt of Carers Allowance is still considered an unpaid carer.

Amanda has had a busy start to 2024, having issued 34 Respite breaks to carers to date. These particular breaks have been kindly donated by the following businesses – Brudolff Hotels, Fjara Café Bar, Busta House Hotel, Hjemli Reflexology, Aa Fired Up, Reset Well-being Therapies, Isles Reflexology and Glansin Glass.

A big thanks was given recently to Gemma Tonge of Aa Fired Up for kindly donating gift vouchers to our Respite Scheme. Two adult carers have been able to make use of a gift voucher.

One carer used the voucher in exchange for a take-home kit and the other carer was able to enjoy a painting experience within the shop:

"Thank you so much for a lovely day. The staff were brilliant and it was a lovely, relaxed environment. I'm really pleased with my achievement of something to take home with me."



Gemma Tonge of Aa Fired Up receives her certificate from Shetland Carers

We have also recently had contact with Marie and Brian Leask of Seabirds-and-Seals, who have confirmed they are happy to remain part of the Respite Scheme again this Summer and have very kindly donated one tour each month from April to September for a carer and companion.

We value their continued support in the caring community year after year and thank them very much for their support and kindness.



Marie and Brian Leask with a carer and her family during their Respite break on board Seabirds-and-Seals

If you are interested in applying for a break through our Respite Scheme, or for more information about the Scheme in general and how to apply, please visit:

<https://www.shetlandcarers.org/support/breaks/respitality>

You can also contact Amanda Brown on 01595 743923 or email amanda.brown3@shetland.org

Thank you so much to all businesses who donate to our Scheme - it is so appreciated!

A break from your caring routine can make a big difference to how you feel.

Emergency Planning



Having an Emergency Plan in place can help reduce some of the worry about what will happen if you can't care because of your own health. The @ENABLEScotland toolkit helps you think through the 'who, what, why' in easy steps.

We can support you to prepare a plan or you can do one yourself from our online resources.

For more information please visit:

<https://www.shetlandcarers.org/info/documents/emergency-planning>

Young Carers Action Day

Young Carers Action Day took place this year on Wednesday 13th March 2024.



This year's theme was all about creating fair futures for all young carers in the UK.

Shetland Carers sent out packs to all young carers and young adult carers registered with our service. The packs featured either a 3D puzzle, a book or an inspirational colouring book with colouring pencils. All packs included a Shetland Arts gift voucher as well as information relating to different services and organisations within Shetland, which may help to shape a young person's future.





We received some lovely feedback from one young adult carer after receiving their pack:

"Hello Laura! Thank you for the package I got! Can't tell you how much I needed that, so thank you! I've been struggling recently so this has been a massive uplift."

Young Carer Grant

Any young carers who are 16, 17 or 18 and look after someone who gets a disability benefit, may be able to apply for a Young Carer Grant.



The payment is over £350 and can be applied for annually.

Find out more at:

<https://www.mygov.scot/youngcarergrant>

Young Carers Package

The Young Carers package is a bunch of discounts, rewards, prizes and opportunities for anyone aged 11-18 inclusive in Scotland who provides a caring role.

Once your application is approved, you will be able to access prizes, opportunities and rewards through your membership account to help you make the most of your free time and support you in your caring role. Best of all, it's completely free!

To find out more please visit:

<https://www.young.scot/youngcarers>



Helpline for Young Carers



Sidekick is a confidential helpline for Young Carers in the UK. You can message them at any time, about anything that's bothering you as a young carer.

Find out more:

<https://sidekick.actionforchildren.org.uk/>

Carers UK

Our Helpline is open from
9am-6pm, Monday-Friday on
0808 808 7777 or you can email
advice@carersuk.org at any time

Carers UK Helpline is there for unpaid carers. They can provide specialist information on a range of topics, including:

- benefits and financial support
- how to get practical support
- challenging decisions

Are you looking for help? Get in touch with them by phone or email:

Telephone: 0808 808 7777

Email: advice@carersuk.org

Share and Learn sessions

“

When sitting in on these sessions I don't feel so alone. I look forward to the next one”

- Share and Learn attendee

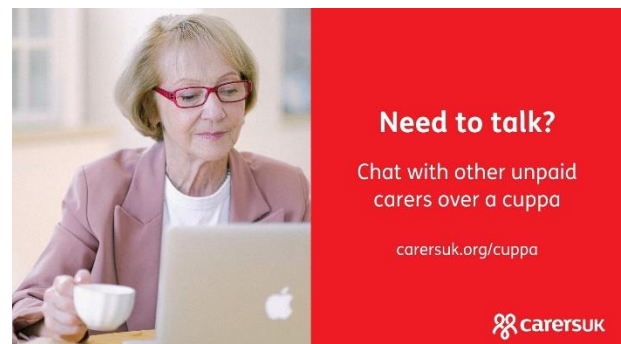
 carersuk

Carers UK Share and Learn sessions offer free activities and information sessions for carers, held via Zoom. From yoga and singing to wellbeing and information workshops, there's something for everyone.

Carers can sign up for free:

<https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/online-meetups/share-and-learn/>

Care for a Cuppa sessions



It's easy to feel isolated when you're caring. Held on Zoom, Carers UK online Care for a Cuppa chats offer a space to meet other carers, share experiences and find mutual support. They hold weekly sessions, mostly on Monday afternoons, and a monthly evening session if you can't.

For more information:

<https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/online-meetups/care-for-a-cuppa/>

Carers Active April

Carers Active April is there to bring accessible fitness and wellness to unpaid carers all through April. With both in person and online events, Carers UK believe getting moving should be made more achievable.

Their ambitions are even bigger this year, with lots planned for carers to take part in, including a Healthathon, mass action day, and more.

Each week will be themed to provide a broad range of advice and activities. The themes are:

Week 1 - Active living with a long term health condition

Week 2 - Embracing the outdoors

Week 3 - Movement and mental wellbeing

Week 4 - Sports clubs and leisure centres in your area

Sign up now:

<https://www.cognitoforms.com/CarersUK1/CarersActiveApril2024Signup>

Age Scotland



Age Scotland have a great website full of information and advice on a whole range of topics including lots of information about Dementia.

They offer free online training courses on Dementia Awareness, Dementia Inclusion, and Carers' Rights. Sessions run regularly throughout the year and there are also self-study options, which allow you to complete courses in your own time.

View the dementia training calendar below to book on to a course:

<https://www.ageuk.org.uk/scotland/what-we-do/dementia/dementia-training/dementia-training-calendar/>

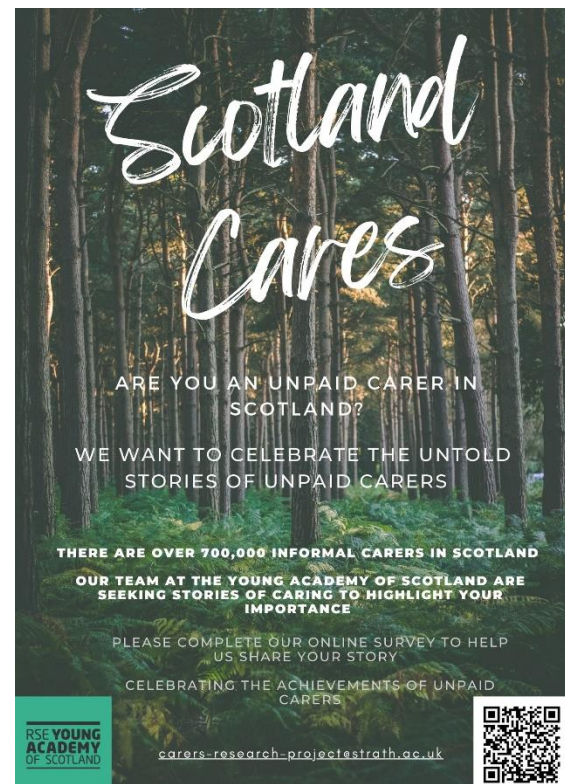
'Scotland Cares' Project

The Young Academy of Scotland are looking to hear from carers for their 'Scotland Cares' project, which aims to promote the visibility of carers and their voice around the critical role of caring.

To take part, carers are being asked to complete a short survey. This can be accessed via this link:

https://strathsci.qualtrics.com/jfe/form/SV_6LPwATo4DdgCKzA

To find out more, contact carers-research-project@strath.ac.uk



Alzheimer Scotland, Shetland



Alzheimer Scotland, Shetland offer a range of support and activities for people with dementia, their partners, families and friends to help maintain abilities, social activities, relationships and community connections.

For information on events happening, please visit:

<https://www.shetlandcarers.org/news>

Community Zoom talks from Royal Collection Trust

Community Zoom talks run as part of Royal Collection Trust's Inclusion Programme, which aims to make the Official Residences of The King and Royal Collection as accessible as possible to visitors with disabilities, and those who wouldn't normally visit. They work with Community partners who support under-represented, disadvantaged and disabled people.

Their programme of Zoom talks is for people who cannot easily visit the Official Residences of The King.

Talks take place on the first Wednesday of the month, from 2pm. Join them to hear about the different works in the Royal Collection and the history of the Monarchy. Talks are free and informal, and you can participate camera on or off.

For the log in details to attend any of the online talks, please contact Amanda Brown on 01595 743923 (Mon, Wed, Thurs) or email amanda.brown3@shetland.org

Shetland Islands Citizens Advice Bureau



Shetland Citizens Advice Bureau are there to help with benefits, housing, debt and money amongst many other things.

They offer free, confidential and impartial advice to help you manage your bills.

Have a look at their website by visiting the link below to find out more:

<https://www.shetlandcab.org.uk>

Or you can call them on 01595 694696.



Living without heat, light, food and essential clothing causes unbearable strain on the lives of people living in Fuel Crisis.

Getting help can, however, ease the pressure and improve physical and mental wellbeing.

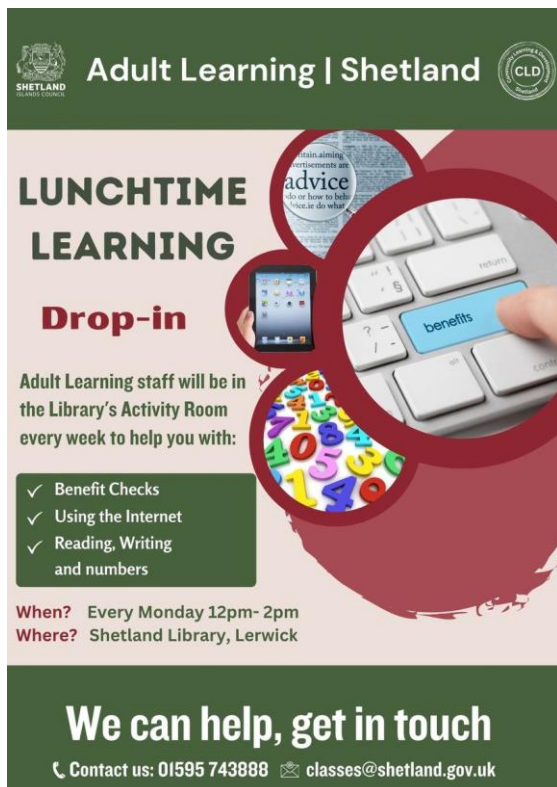
60% of Shetland Islands CAB's clients told them that receiving a fuel voucher helped

with their physical health, with 65% saying it alleviated the strain on their mental wellbeing!

For more information:

<https://www.fuelbankfoundation.org/fuelcrisis/>

Adult Learning



Adult Learning | Shetland

LUNCHTIME LEARNING

Drop-in

Adult Learning staff will be in the Library's Activity Room every week to help you with:

- ✓ Benefit Checks
- ✓ Using the Internet
- ✓ Reading, Writing and numbers

When? Every Monday 12pm- 2pm
Where? Shetland Library, Lerwick

We can help, get in touch

Contact us: 01595 743888 classes@shetland.gov.uk

Adult Learning staff are available in the Shetland Library for free Lunchtime Learning sessions.

Pop along between 12pm-2pm each Monday to speak with the team. They can help you build your confidence using the internet, assist with benefit checks, help with reading, writing, numeracy skills and much more.

Tel: 01595 743888

Shetland Bereavement Support Service

Shetland Bereavement Support Service are delighted to announce their new service 'Life After Loss' which offers informal group support. It launched on Friday 1st March at the Living Well Hub at the Brae Youth Centre 3-4pm.

The group is open to anyone (over 18) who has been bereaved, for them to come together in a kind supportive and welcoming group where it is safe to talk about their grief. Sessions are fortnightly, free and delivered in a 'drop in' format, so no need to book in advance. Go along, have a cuppa, socialise, meet others and make new friendships.

The group is facilitated by qualified and experienced bereavement support workers.

For more information:

Email: sbss@shetland.org

Telephone: 01595 743933



SHETLAND BEREAVEMENT SUPPORT SERVICE

Life After Loss

a new informal bereavement group where you can speak about your loss and feelings, or just chat to others knowing they have experienced grief too.

Our aim is for those grieving, who may feel isolated and alone in their grief, to make new connections and friendships.

Fridays 3-4pm, fortnightly
Living Well Hub at the Brae Youth Centre
1st, 15th, 29th March - 12th, 26th April - 10th May

- ✓ Open to anyone bereaved, to come together in a kind, supportive and welcoming group where it is safe to talk about your grief.
- ✓ Drop in sessions, come along have a cuppa and cake. Socialise, meet others and make new friendships.
- ✓ Facilitated by qualified bereavement support workers.
- ✓ Please respect others privacy in the group, by keeping shared conversations strictly confidential. We want everyone to feel relaxed and able to talk freely.

WWW.SHETLANDBEREAVEMENTSUPPORTSERVICE.COM
SBSS@SHETLAND.ORG 01595 743933

Shetland Befriending Scheme Tea & Cake sessions

These sessions take place at Islesburgh Community Centre twice a month on Fridays from 2.30 – 4pm. An opportunity for you to meet, eat cake, chat and make new friends! Future dates include 19th April, 17th May and 21st June.

For more information, please contact Ian Edwards on 01595 743964.

Asthma + Lung UK



Call them on 0300 222 5800, email helpline@asthmaandlung.org.uk, WhatsApp them on 07378 606 728 or find information on their website: <https://www.asthmaandlung.org.uk/>

Versus Arthritis



Call them for free on 0800 5200 520, email helpline@versusarthritis.org, or find information on their website 24/7: <https://www.versusarthritis.org/>

Positive about Down Syndrome



Positive about Down Syndrome has lots of information for parents who have a child with Down Syndrome - it is a very positive site and well worth a look!

<https://positiveaboutdownsyndrome.co.uk/>

Sibs



Sibs have some great advice for young people who have a sibling with additional needs.

Positive sibling relationships need to be worked on in all families, whether or not there is a disabled child in the family. Tackling issues of fairness and showing siblings how to interact and play together help siblings develop more positive relationships. Read their advice for parents of young siblings here:

<https://www.sibs.org.uk/supporting-young-siblings/parents/helping-siblings-have-a-positive-relationship/>

Many siblings enjoy playing games and doing activities with their disabled brothers and sisters. Sometimes you have to think creatively as a sibling to make

games work. Check out their advice here for young siblings:

<https://www.sibs.org.uk/youngsibs/info-and-advice/good-sibling-stuff/i-like-playing-games-with-my-sister/>

ENQUIRE – Scottish advice service for additional support for learning

If your child has been formally excluded there are things the school must do including communicating with home about the reasons for the exclusion and discussing next steps.

Download their quick read for more information:

<https://enquire.org.uk/enquire-resources/formal-exclusions/>

Did you know that Enquire has a bi-monthly newsletter?

It offers a selection of their news, blogs and information and advice relating to additional support for learning.

Sign up today to be added to their mailing list:

<https://enquire.us20.list-manage.com/subscribe>

Learning Disabilities, Autism and Neurodivergence Bill

The Scottish Government is seeking views on the Learning Disabilities, Autism, and Neurodivergence Bill through a public consultation.

The proposed measures aim to enhance the rights of individuals with learning disabilities, autism, and neurodivergence. Key aspects include more inclusive communications and mandatory public sector training to address existing stigma and barriers.

Mental Health Minister Maree Todd emphasised the importance of the consultation:

"People with learning disabilities, autistic people and neurodivergent people make up around 15% of our society and many of them think and see the world differently. This shouldn't cause them to be stigmatised and disadvantaged and the Scottish Government is committed to ensuring that their rights are respected."

The consultation, developed in collaboration with those with lived experience, aims to gather diverse perspectives to build a fairer and more inclusive Scotland. The consultation period extends until April 21, 2024. Find out more about the consultation by visiting:

<https://consult.gov.scot/mental-health-unit/learning-disabilities-autism-neurodivergence-bill>



What's On...

If anyone needs support they should contact Shetland Carers Support Team.

Please note – we are currently waiting on a funding decision for our groups beyond March 2024. Any updates will be published on our website and Facebook page.

Sibling Group have had a busy couple of months! In January, we went to the Shetland Museum to learn about Vikings. The staff were brilliant and told us how the Vikings lived. We got to touch replicas of items they would have used. We got to decorate our own shields, galleys and Viking headbands. It was great fun! In February, everyone in Sibling Group got a craft pack sent to them with Valentine's crafts in it. We think this kept them busy for quite a few hours!

We had a Family Day session at the Clickimin on Sunday 25th February 2024 – we all had brilliant time playing on the bouncy castle and soft play, football and short tennis!

Friday Group have met fortnightly during term time, and enjoyed chilling out in Mareel. We enjoy sitting chatting, having a drink and cake and sometimes playing board games.

Parent Group have met twice this year, and have gained valuable peer support from each other. We had a fish and chips lunch on one session and have done crafty activities to give us a bit of time out. Our next session is a Cuppa and a Chat session on Monday 25th March 2024, 10am -12pm in the Training Room at Market House. If you would like to attend, please email laura.russell3@shetland.org – this group is aimed at parents who have a child with an additional need.




Photos by Laura Russell with permission to share

You can contact us:

 www.shetlandcarers.org

 carers@shetland.org

 Laura Mackenzie: 01595 743980 (Adult Carers Support Worker/Project Lead)

 Laura Russell: 01595 743909 (Children and Families Support Worker)

 Amanda Brown: 01595 743923 (Admin Support Worker)

 jim.guyan@shetland.org (Carers Representative on Shetland Carers Strategy Group)

 Market House, 14 Market Street, Lerwick, Shetland, ZE1 0JP