

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, be heard and have a life alongside caring”

Our Funders



Winter Newsletter

December 2024

Carers Rights Day 2024



Carers Rights Day took place on Thursday 21st November, and is an annual campaign across the UK for organisations to reach out to carers with information, advice and support. This year’s theme was "Recognising your rights."

Carers Rights Day can help you understand your rights and access support available to you.

Every day, 12,000 people become unpaid carers for a partner, family member or a friend – many of whom don’t see themselves as carers.

Knowing your rights may help you to access services, look after your health and wellbeing or could provide vital information and support in looking after your partner, family member or friend.

For further information on Carers Rights please visit:

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

<https://www.shetlandcarers.org/info/rights>

'My Important Information for NHS 24' leaflet



Shetland Carers have a stock of 'My Important Information for NHS 24' leaflets.

During a phone call to 111 it may be useful to have this leaflet close by with all the key information about the injured party, to help ease the pressure at a stressful time. If you would like a leaflet, pop into Market House to get yours.

Alternatively, we can also post it to you or you can find them on the website:

<https://www.nhsinform.scot/campaigns/its-ok-to-ask>

(scroll down to the 'My Important Information for NHS 24')

Time to Live Short Break grant Scheme



We still have a small amount of funding left within our Short Break grant scheme, 'TIME TO LIVE', to provide grants to carers who are caring for someone of any age.

Our funding is from both Shetland Charitable Trust, and Scottish Government Short Breaks Funding, which is administered through Shared Care Scotland. *Young Carers can also apply.*

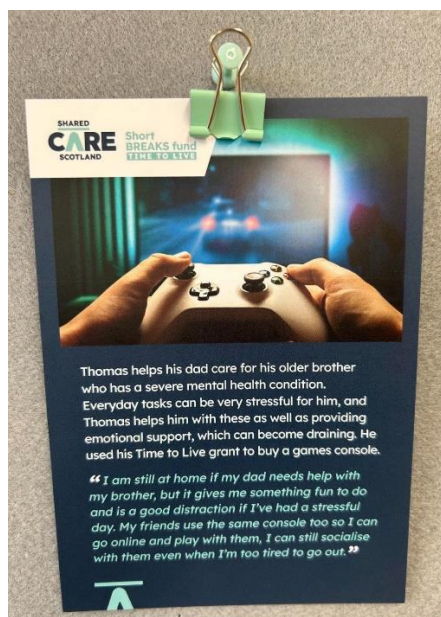
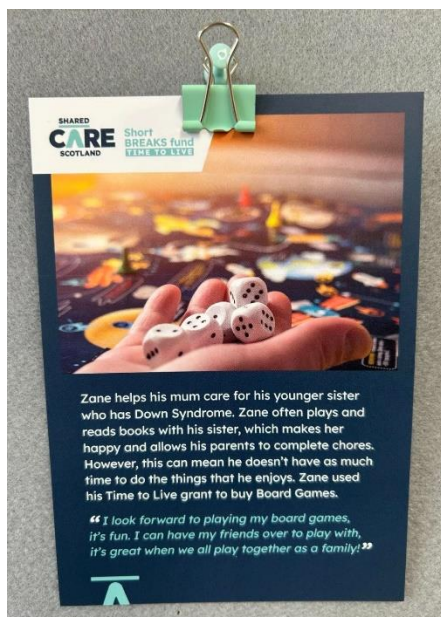
We want to encourage carers, and the people they care for, to have a 'break', i.e. some time out from their regular caring routines. We want you to use the money to do something that you enjoy, that will give you something to look forward to and that will help promote good health and wellbeing.

As mentioned in our last newsletter, Shared Care Scotland have recently developed some 'Time to Live' flashcards which you may find useful in helping you make a decision on what to spend your Short Break grant on.

We have divided the flashcards into the following groups:

- Arts & Crafts & Cookery
- Digital & Technology
- Equipment
- Garden & Outdoors
- In the Community
- Self-Care
- Sport & Leisure
- Young Carers

This time around we will focus on 'Young Carers.'



A Young Carer is someone who is under 18 years of age, who provides unpaid support to a family member or friend, who could not manage without this help due to illness, disability, mental ill-health or a substance misuse problem. A Young Adult Carer is anyone age 18-25 years providing the same support.

If you are a Young Carer, or Young Adult Carer, and would like to apply for a Short Break grant of up to £250, please do get in touch.

Maybe you would like to apply for one of the items mentioned on the above flashcards. A grant to buy board games, a games console, Lego sets.... or how about books, a musical instrument or a bedroom makeover?

*****Have you had a look on our website yet at some real life stories to give you some ideas?****

Short breaks will be subject to funding. Currently, we are offering a grant up to a maximum of £250 per carer towards your chosen short break. This could be towards

the cost of a holiday, activity, hobby or therapy etc.

Here are some quotes from carers who have recently enjoyed a Short Break grant:

"I purchased some craft kits with my Short Break grant. I find this type of activity supports my wellbeing. The craft kits are a good distraction and there is great satisfaction in creativity, in completing something."

Short Breaks are essential for carers. They help us to feel valued, and bring some support to our wellbeing. Thank you."

"With my grant I purchased a keyboard. I am learning to play in a very enjoyable and relaxing way. It gives me little breaks in my everyday life, which is something I need. Receiving the grant is like a confirmation and a reminder that I matter too."

"I used my grant towards a break to the mainland. The money went towards accommodation. We had a lovely time and a much needed change. I am hugely appreciative of, and in debt to, this grant. I can only say thank you from the bottom of my heart for this amazing treat."

If you would like to apply for a Time to Live Short Break grant then please email carers@shetland.org or telephone Amanda Brown on 01595 743923 (Monday, Wednesday, Thursday) to let us know you are interested in applying for a Short Break. We will then email you a link to take you to the online application form, or can post you out a paper application form if you prefer.

For any new applications submitted, our next panel meeting will be 13th January 2025.

For more info:

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

Respitivity Scheme



Our Respitivity Scheme is OPEN with a variety of breaks on offer for carers.

Respitivity is needed because caring for someone can be mentally and physically challenging, and short breaks are vital for unpaid carers' mental and physical health.

Respitivity breaks are breaks donated by local businesses, who are part of the Scheme. When carers apply for a Respitivity break, we are able to award them with a donated break to suit their needs as best as we can.

Amanda recently met with Sarah Mullan, of Hjemli Reflexology, to award her with her Respitivity certificate.



Several carers within Shetland have been awarded treatments with Sarah, thanks to her kind donation of indian head massages and reflexology sessions during 2024.

Shetland Carers would like to thank all their donors for being part of the Scheme and for their kind and generous donations.

If you are interested in applying for a Respite break, or for more information about the Scheme in general, please visit:

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

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

Family Fund



National charity Family Fund provides a wide range of grants to families living in Scotland raising a disabled or seriously ill child, or young person, on a low income.

Grant items range from white goods and sensory play equipment to digital devices and even family breaks and days out – whatever is needed the most.

The quickest and easiest way to apply is online. Most families are given a grant decision within just a few weeks.

To check if you are eligible and to apply, visit:

<https://www.familyfund.org.uk/apply-now-in-scotland/>

Young Carer Grant

What age do I have to be to get Young Carer Grant?

To be able to get Young Carer Grant, you must be 16, 17 or 18 years old.

You must also have been caring for 1, 2 or 3 people for an average of 16 hours a week for at least the last 3 months. If you care for more than one person, you can combine the hours of the people you care for to average 16 hours a week.



Young Carer Grant is a yearly payment of £383.75 available for 16, 17 or 18 year olds who spend an average of 16 hours a week caring for someone who gets a disability benefit.

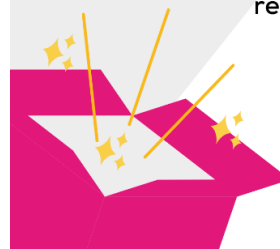
You can spend the money on anything you want from driving lessons, clothes or a subscription to a music or video streaming service.

Apply online at:

<https://www.mygov.scot/young-carer-grant>

Young Carer Package

There are lots of treats in the package and they are updated and changed on a regular basis!



The Young Carers Package is a special bundle of treats available to all young carers who are 11 to 18 years old (inclusive) in Scotland. It's filled with special treats to help you make the most of your free time and support you in your caring role. Best of all, it's completely free!

The Young Carers Package is part of the Scottish Government's commitment to recognising the contributions of young carers across Scotland. The package includes digital vouchers, access to subscriptions and exclusive opportunities. They hope that these treats will support you to make the most of your free time and allow you to feel supported in your caring role.

The great thing about the Young Carers Package is that the treats change regularly. This means that there's always something new for you to claim, enter to win, or apply for!

For more information and to sign up, please visit:

<https://young.scot/get-informed/young-carers-package/>

ParentClub



Do you feel your finances are being stretched to their limit? As the colder weather and winter approaches, cost of

living pressures can make budgets tight and bills hard to pay, and this can feel very overwhelming.

Check out ParentClub where you'll find lots of tips for saving on household costs and other expenses, and advice on boosting your income where you can:

<https://www.parentclub.scot/topics/mon-ey-rights>

Shetland Islands CAB



Did you know, Shetland Islands Citizens Advice Bureau can help with debt you have found yourself in? With heating bills still high, plus increased living costs and other bills, more of us than ever are finding ourselves in the red.

Don't suffer alone – their advisers really can help, which is why they're launching "Worried this winter? Let's chat" today:

<https://www.cas.org.uk/worried>

Pension Age Disability Payment

Pension Age Disability Payment has opened for applications in Shetland. It is replacing Attendance Allowance in Scotland and is for people of State Pension

age who have a disability, long-term health condition or terminal illness.

People getting Attendance Allowance do not need to apply. Their awards will gradually transfer to Pension Age Disability Payment. Call 0800 182 2222 to find out more or visit:

<https://www.mygov.scot/pension-age-disability-payment>



Pension Credit

If you've reached State Pension age, you may be able to claim Pension Credit to top up your income and you may be able to keep the Winter Fuel Payment this winter. Carers get a Carer Addition in Pension Credit, which can make the difference to being eligible for this benefit.

Why not check whether you may be entitled to claim Pension Credit and keep your Winter Fuel Payment this winter? You have until 21st December to apply.

A simple guide is available on how to apply on Carers UK website:

<https://www.carersuk.org/help-and-advice/financial-support/benefits-for-carers-who-are-pension-age/what-is-pension-credit/>

Up to 880,000 pensioners are eligible but are not claiming it, so it's worth checking whether you're entitled to it.

If you need any extra help and support with this please do contact their helpline advisors on 0808 808 7777 from Monday to Friday, 9am – 6pm or you can email advice@carersuk.org at any time.

Ready Scotland



Keep your home **safe** this winter



Do you know how to prepare your home for winter?

Find advice and support on preparing for severe weather and other emergencies at:

<https://ready.scot>

Herbert Protocol



Do you know someone living with dementia? Are you worried they may wander off? The Herbert Protocol is an

information gathering tool to assist the Police to find a vulnerable person who has gone missing, as quickly as possible.

The Herbert Protocol is a nationally recognised scheme supported and endorsed by Police Scotland, Alzheimer Scotland, Scottish Government and Health & Social Care Scotland.

The scheme is named after George Herbert, a war veteran of the Normandy landings, who lived with dementia. George Herbert died whilst 'missing', trying to find his childhood home.

The initiative was first developed by Norfolk Police in 2011. It has been implemented by many areas in the UK since and was launched in Scotland on 21st September 2021.

The Herbert Protocol is an information gathering form which records vital information - where the person grew up, favourite places, former or current hobbies, GP contact details, medication, daily routine, a photograph with consent to share on social media (if needed). It is completed and retained by carers and families and handed to Police in the event of someone going missing. This helps the Police to quickly access important information and avoids unnecessary delays in gathering information at a time of crisis.

For more information, please visit:

<https://www.scotland.police.uk/what-s-happening/missing-persons/the-herbert-protocol/>

Falls Prevention



Falls prevention is about identifying & managing the risks relating to your environment and wellbeing. Did you know you can reduce your risk of falls by following some simple steps?

For more information please visit:

<https://www.healthyscotland.com/otago-programme/>

Further information is available at:

<https://www.nhsinform.scot/healthy-living/preventing-falls/>

Online Fraud

With online fraud becoming more sophisticated, it's natural to worry about how to protect the person you care for.

Carers UK's short animation has useful tips on how to keep yourself and the person you care for safe from scams:

<https://www.carersuk.org/help-and-advice/guides-and-tools/>

Shetland Trading Standards



Shetland Carers have a stock of 'Scambusters Shetland' advice packs which has materials to help people to deal with all kinds of uninvited contacts (whether at the door, or by phone, email, text message or post)

If anyone would like one of these packs, please just get in touch by emailing carers@shetland.org or by telephoning 01595 743923 and we can arrange for a pack to be sent out to you.

For further information about what help and support is available or to chat through any issues you might have, please contact:

David Marsh
Team Leader - Trading Standards
Phone: 01595 744887
Email: trading.standards@shetland.gov.uk

Improving the Cancer Journey

(Macmillan Cancer Support in partnership with Shetland Community Connections)



Have you had a cancer diagnosis? A link worker is available to support you.

This is a new service for everyone with a diagnosis of cancer residing in Shetland. Your link worker can offer support for non-clinical concerns you may have. Based on these concerns, your link worker will create a care plan with you, and can help you find trusted information and services which may be helpful.

Some of the ways your link worker can help include:

- Helping you find answers to the questions you have about your cancer and treatment
- Putting you in touch with specialist teams who can help you with money and benefits
- Helping with emotional concerns and connecting you with well-being services and support

Tel: 01595 745081
Email: icj@shetland.org

Carers UK – Carers Connect online forum



Carers Connect is an online forum for Carers UK members where you can talk about anything related to caring. Why not join today at:

<https://www.carersuk.org/get-involved/join-us/our-forum>

Carers Scotland – Care for a cuppa



Would you like to meet other carers, share caring experiences (current or past) and find mutual support? Then go along to their weekly online chat, every Tuesday morning from 10-11am.

For more info:

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

Sidekick

Helpline for young carers

Sidekick is a helpline for young people who look after a family member or a friend who is unwell. Talk to us.

sidekick.actionforchildren.org.uk

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.

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

Useful contacts

If you, or someone you know, find yourself struggling over the festive season and you would like someone to talk to then the following contacts may be of help:

Breathing Space 0800 83 85 87

Mind 0300 123 3393

Samaritans 116 123

CALM 0800 58 58 58

The Mix (essential support for under 25's)

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

SHOUT (for young people - text SHOUT to 85258)

Carers UK Helpline 0808 808 7777

The Silver Line 0800 4 70 80 90

Festive Wishes

Shetland Carers would like to wish everyone an enjoyable festive season, and send their warmest wishes for the New Year.

The office will close at 5pm on 19th December 2024 and will reopen at 9am on 6th January 2025.





Christmas Dingbats

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DONKEY → DONKEY	CE CE CE ¹CE π π	MANAWAYGER	LEFT TURKEY
5	6	7	8
NIGHT	PRES ENTS		
9	10	11	12
XMAS	GOOD DAY SPRING HI THERE SUMMER HEY AUTUMN HELLO WINTER	PPP 	BLANPIGPIGKETS
13	14	15	16
D NER	DECOR = 8/10	VORDERMAN THATCHER SMILLIE KING	PRESENCE PRESENTS
17	18	19	20







Can you solve the 20 festive picture puzzles above? *Answers to the picture puzzles and word search can be found at: <https://www.shetlandcarers.org/news>*

Word Search Puzzle

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

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|------------|--------|------------|-----------|
| fireplace | give | letter | ornaments |
| Rudolph | tinsel | bells | cookies |
| excitement | holly | merry | peek |
| tree | carols | crowds | family |
| trifle | icicle | poinsettia | sleigh |
| turkey | candle | festive | wreath |
| presents | unwrap | star | December |

You can contact us:

-  Project Lead/Adult Carers Support Worker: 01595 743980 (*currently vacant*)
-  Amanda Brown, Admin Support Worker: 01595 743923 (*Monday, Wednesday, Thursday*)
-  jim.guyan@shetland.org (*Carers Representative on Shetland Carers Strategy Group*)
-  Market House, 14 Market Street, Lerwick, Shetland, ZE1 0JP
-  www.shetlandcarers.org
-  carers@shetland.org