

THE DIGEST

Dundee Carers Centre

support for carers

August 2011

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Update our mailing list

Carers in City Square raising awareness of this year's Carers Week theme *The True Face of Carers*. See page 3.



Welfare Rights now taking referrals

We are pleased to announce that our Welfare Rights team has expanded and can now take on new referrals again. Details on page 6.

Annual General Meeting

You are invited to attend our AGM on 29 September, with speaker Carrie Marr of NHS Tayside. Application form on page 7.

Dreaming of a white Christmas?

It may be too sunny to be thinking about Christmas but if you want to take part in our carers Christmas lunch you need to plan ahead. Booking form on page 4.

Activities & Groups

Wednesday Carers Group

This group is open to all carers and those you care for. It provides an opportunity to try a variety of activities, a chance to chat and enjoy a sandwich lunch. The meetings will be held in Central Baptist Church, 8 Ward Road, Dundee, 10.30am until 12.30pm. For more information please call Lisa on 200 422.

28 September	Drumming Workshop with Neil Walls
26 October	Fire Safety Talk
30 November	Christmas Activities

Caring for someone who has Dementia? Information Group Training

Sessions are held in Alzheimer's Scotland, 9 Morgan Street, Dundee. They run for 6 weeks consecutively, 1-3pm on Mondays (twice a year).

Topics covered include signs & symptoms, effective communications, practical help and support, understanding and managing behaviour. These groups are run in partnership with agencies including Dundee Carers Centre, NHS Tayside and Alzheimer's Scotland. For more details, contact Sharon or Alison on 200 422.

Moving and Handling Advice

We are no longer running group training in Moving and Handling as carers have told us that it wasn't specific enough to their individual needs.

Priority Care Group have agreed to provide moving and handling advice specific to individual carers' needs. This training is carried out in your own home and will deal with any issues you have. They will also offer advice about looking after your own back. If you would like to access this training, talk to your support worker or contact Sharon at the centre on 200422.

"The training went brilliantly and the person I care for feels much more confident"

The Centre currently has a number of copies of 'A Carer's Guide to Safer Moving and Handling of People' booklets that carers can borrow. You can also order them from www.backcare.org.uk

British Red Cross

Therapeutic Care Service

This service promotes a sense of well-being and relaxation through a general handcare treatment, therapeutic hand and arm massage and a gentle neck and shoulder massage given through clothing. The Red Cross offers this service free of charge to our clients every 2nd and 4th Friday of the month. Numbers are limited so to book a space please contact Lisa on 01382 200422.

Carers' Stories

The Centre is currently delivering training to professionals in Dundee and as part of this we are asking carers to share their stories. Hearing carers describe their experiences helps professionals to understand the need to support carers and how they can improve their own practice.

We have had carers telling their stories to a roomful of people and also recording them on video. If you think this is something you may be interested in, please get in touch. We are running workshops to help build confidence to tell your story. Contact Gill on 200422 to book your place. The next one will take place on:

**Friday 30 September 1pm- 2pm (lunch provided)
Dundee Carers Centre, Argyll House**

Group Outing

The monthly carers group made a trip to see Centre volunteer Peter Waister's garden in June. The garden is a treasure trove of unusual plants and the group was treated to an informative tour, with plants to take away for their own gardens. Thanks to Peter for a very enjoyable day.



Dates for your diary

29 September	Centre's AGM
24 November	MacArthur Glen
20 December	Christmas Party (book your place now! See page 4)



Carer's Week Review

Carers Week 2011

We could be accused of saying this every year, but this year's Carers Week was the best yet! Our annual Pampering Day took place on 15 June and was attended by more than 130 carers! More than 40 therapists gave their time to treat carers to a range of sessions, from reflexology and makeovers to laughter workshops and singing bowls!

Each carer had two or three treatments, a slap-up meal and a range of activities such as jewellery making, Wii sports and cupcake decorating to choose from. All this, plus a goodie bag full of treats and the chance to chat with other carers over coffee (and a cupcake).

After their well-deserved 'me time' many of the carers could be seen walking on air. We nabbed them on their way out to ask them what the day meant to them and here are some of the responses we got, but we think the photos also speak for themselves.

"exciting atmosphere and camaraderie"

"Socialising with friends and staff, the happy atmosphere and the organisation"

"I look after my husband 24/7 and enjoyed the freedom and treatments I received"

"I've had a very stressful time recently due to a bereavement, it made me feel relaxed and less stressed"

"My best day out for years"

"I've really enjoyed the pampering and realise there are a lot more people in similar situations"

"This is my first time here and it was fantastic"

"The Carer Centre has put on a brilliant day for carers as we need something like this. Roll on next year"

"I believe all carers should come to pampering day, it's lovely to have time for one's self"

"This has been a wonderful experience to be part of. Thank you most sincerely. Excellent standards achieved today by everyone"

The True Face of Carers

Carers Week isn't just about Pampering Day. The theme of this year's event was The True Face of Carers and we set out to raise awareness of carers' issues with the help of some willing volunteers. We descended on City Square with the intention of spelling out the theme but didn't quite manage to get enough carers in t-shirts at the same time. At various times we managed C-A-R-E-R-S, R - U - A - C-A-R-E-R and A-R-E - U - C-A-R-E-R-S, and some less polite words which will not be repeated in a respectable publication!

Many people stopped to chat and take information about the Centre. We also promoted the fact that the Centre has just subscribed to **JustGiving** – a website that allows people to donate to the charity of their choice. So if you are able to contribute to a good cause (or have a rich uncle who just won the lottery!) **you can find us on www.JustGiving.com and donate quickly and securely.**



Keeping Costs Down

As everyone knows, times are tough and we all need to cut back. Dundee Carers Centre is no exception. We hope you enjoy The Digest and would like to continue to receive it. If you can, you can help us keep our mailing costs down by giving us your email address so we can send it to you electronically instead. If you no longer wish to receive The Digest, please let us know and we'll take your name off our mailing list. If you can't bear to be without a paper copy, please make sure we have your correct address, including post code. Thanks for your help.

If you've any innovative ideas about how we could save money or if you know of a generous person interested in sponsoring the Digest, please get in touch with Gill on 200422!



Upcoming Events

Due to limited space, we will be printing all the upcoming outings on one page of the Digest from now on. If you are interested in booking a place, please fill in the form below or contact Lisa at 200 422 and we will send you a booking form and more details about the trip.

McArthurGlen Shopping Outlet, Livingston

Back by popular demand!

Thursday 24 November 2011
£5.00 per person

All Carers, Cared For and Disabled People Welcome

Bus departs 9.30am from Dundee Carers Centre, Argyll House and will return to Dundee by 5.30pm

Christmas Lunch at The Invercarse Hotel

Tuesday 20 December
£14.00 per person

All Carers, Cared For and Disabled People Welcome

Arrive 12.15pm for 12.30pm Lunch
Finish 3.30pm

Entertainment by The Music Man

I / We would like to book for this Shopping Outing and enclose £5 per person

Name(s)

Address

Postcode

Telephone No.

Mobile No.
(If you plan to carry one on the day)

Emergency contact person whilst on the trip

.....

Telephone No.

I consent to photos being taken on the day for use in any publications Yes / No

Please pay in advance, cash or cheque payable to DCICA and return to:

Freepost RSLJ-YXKR-JLEB, Dundee Carers Centre, Argyll House, West Marketgait, DUNDEE, DD1 1QP

I / We would like to book for this Christmas Lunch and enclose £14 per person

Name(s)

Address

Postcode

Telephone No.

As spaces are limited, priority will be given to those who are currently caring for someone.
Please tell us if you are a current or former carer

.....

I consent to photos being taken on the day for use in any publications Yes / No

Please pay in advance, cash or cheque payable to DCICA and return to:

Freepost RSLJ-YXKR-JLEB, Dundee Carers Centre, Argyll House, West Marketgait, DUNDEE, DD1 1QP

Team Profile - YCP

Dundee Carers Centre is comprised of many different services, some of which you may not be aware of. Each issue we will profile a different team within the Centre. This issue, the spotlight is on:

Young Carers Project

We are the Young Carers Project and we are one part of the Dundee Carers Centre. First things first, we call ourselves YCP for short. It's easier to say, the young people like it and so do we!



© The Princess Royal Trust for Carers.
For more information on young carers, check out www.erycandtrayc.com

What is a young carer?

We define a young carer as:

"A young person from the age of 5 to 21, who lives with someone who has a long-term physical or mental health illness, learning or sensory disability, drug or alcohol addiction" (Dundee Young Carers Project)

We are a city wide project meaning we work with young people all over Dundee who fit the above definition. Our team consists of 8 workers, working in three areas, that come together to make the fantastic YCP jigsaw:

Drew Porch	Development worker
Vickie Carnegie	Upbeat and youth worker (16-21 year olds)
Jacqueline Stewart	Family support worker
Theodora Adogu	Family support worker
Maxine Watson	Youth worker
Wendy Nicoll	Youth worker
Neil Walls	Youth worker
Julie Findlay	Assistant Youth Worker

How do I make a referral, I hear you ask?

It's easy – you can download a copy of our referral form from our website (<http://www.youngcarers.co.uk/Downloads>) or pick one up from our office. You can also give us a call and we could send you one or email it to you. A referral can be made by family members, school teachers, doctors, youth workers, social workers, medical professionals and other professionals. Our team receives referrals from just about everyone.

What happens when a referral is made?

One of our workers will come out and visit the young person and their family to give some information about the project and what kind of support the young person can receive. If the young person and the family feel that YCP is not for them then we can help find another service that is right.



If the young person takes up the service then they will go on to a waiting list (which is always very small) to be allocated a key worker for 1:1 support.

What happens when allocated a worker?

The young person will receive 1:1 support which can work through different issues relating to their caring role.

What else can a young person access in YCP?

Young people are also able to join our YCP 'Carrot' groups which are split into different age groups. The groups give young people the chance to try new opportunities, make new friends and importantly have loads of fun. They can also access residential programmes, holiday programmes and accredited programmes such as Youth Achievement Awards.

Want to know more?

Call the YCP on 200 422 or check out www.youngcarers.co.uk

CARERS ARTS PROJECT

We need your help to brighten up our new offices.

We are bringing together a group of carers of all ages (maximum 15) to produce some fantastic pieces of artwork that will be displayed in the Carers Centre. The group will be facilitated by artists from local charity Artangel who are based next door to us. You don't have to be an experienced artist to get involved, just have a desire to get stuck in and give it a go. Please contact Tim at the office (200422) if you want to join the group.

Places are limited so it's first-come, first-served.

The dates and times are as follows:
Thursday 6th October, 10.30-12: Ideas session
Friday 7th October, 10-4: All-day art session



Carers training

Over the summer months we have been running an extensive programme of training for carers, which has been hugely popular. Only the following courses have spaces left but please contact us or check the website if you are interested in taking part as we will be running some of courses again in the Autumn due to strong demand.

The sessions are FREE and will be held at the Dundee Carers Centre. They are open to all carers who live in Dundee. Respite care and transport are available to enable you to attend. Please let us know if you require these.

You can request to go on as many sessions as you like, though spaces are limited. To book your place, please contact Lisa on 200 422.

Dealing with Challenging Behaviour For Parent Carers

2 week course

Tuesday 20th & 27th September (10am-1pm)

Delivered by 'Parent-to-Parent' this two week course is designed to support parent carers of children with additional needs and equip them with some strategies to aid them in managing their child's challenging behaviour. You will also have the opportunity to meet other parent carers and share experiences.

Basic First Aid

Tuesday 4th October (10am-12 noon)

Learning first aid is easy. You would be surprised just how simple it is to pick up the basic knowledge. Delivered by the Red Cross, this course will help you learn vital life-saving skills, no matter your background, ability or personal circumstances.

Understanding Guilt

Tuesday 18th October (10am - 1.30pm)

Most people are familiar with the uncomfortable prickling of guilt from time to time, but for carers these feelings can sometimes feel overwhelming and significantly restrict their quality of life. This half day workshop will help carers explore the impact, feelings and consequences of guilt.

Welfare Rights Now Taking Referrals

As the Welfare Rights team has expanded, the Centre is once again able to accept new referrals and self-referrals. The team is looking forward to helping you with your enquiry. Call the Centre on 200 422 to make an appointment.



Get Stuck In!

The Carers Voice group are now meeting every second Monday from 1.30pm at the Carers Centre. We will be carrying out a range of consultation and involvement events later this year as part of pulling together Dundee's new Carers Strategy, so do keep an eye out for how you can get stuck in. This will be a great opportunity to have a real impact on the local carers agenda, and we'll try and make it as easy as possible for you to put forward your views in a variety of different ways.

Please feel free to pop along to the meetings or contact Tim at the Centre on 200 422 for more information. You can also find Carers Voice on Facebook, linked to the Centre's page.

Carers Centre team grows

Dundee Carers Centre is delighted to welcome two new members of staff to the team. We have a new Finance Officer, Tanya Harkins, who hails from Wales, and an additional Welfare Rights Assistant, Jim Millward.

Introduction to Jim

Hi, I am Jim Millward and have joined the Carers Centre as a welfare rights assistant. I'll be here to take calls about benefit enquiries and to help with completing forms. I'll be available Mondays to Thursdays. I have worked in the advice sector for well over ten years now, with welfare rights / benefits being a major part of that.

The Welfare Rights Team now consists of Carol, Hilary and myself. The benefits system will see major changes in the next few years and the Centre is gearing up to be in a position to provide all the advice and help you may need.





Dundee Carers Centre
support for carers

Annual General Meeting

All carers, disabled people and professionals are invited to our AGM

This year we will be focusing on the NHS strategy, 'Working with Communities' and Carrie Marr the Associate Director for Change and Innovation, NHS Tayside, will be joining us. It will be an opportunity for you to hear what has been happening at the Centre over the past year and our plans for the future.

**Thursday 29th September 2011
at Queen's Hotel, Perth Road, Dundee
10am until 3pm (lunch is provided)**

If you are a current member, your renewal form will be sent to you along with the relevant AGM papers. If you would like to become a member, please tick this box and one will be sent.

Membership is a minimum of £1.00 and any amounts over this will be donated to the Centre.

Please note: you do not have to be a member to attend the AGM however you will not have any voting rights

I would like to attend the AGM:

Name

Address

Postcode Telephone

Dietary requirements

Please return this form in the pre-paid envelope. For further information please contact Lisa Walker on 01382 200422.





Join us on Facebook

Noticeboard...

New community centre opens
 The Dundee Community Centre officially opened its doors on Sunday 24 July with an Open Day full of fun activities. The Centre is at 7 Guthrie Street. Check out them out on Facebook: <https://www.facebook.com/pages/Dundee-Community-Centre/208330489190966>

Are you interested in a temporary job?
 DisabledGo is currently recruiting carers and disabled people in Dundee to work as surveyors, collecting information on access for a four week survey. Training will be given. If you would like to know more, see www.disabledgo.com or call 0845 270 4627. Closing date is 15 September 2011.

Lone parents course
 Discover Opportunities is running a 6 week course for lone parents in Dundee. The course covers everything you need to help you get ready to return to work or training. The course begins on 22 August and includes free crèche facilities and a travel allowance. More info from Mary or Anne on 828 828.

Making Donations
 Our services are free, but carers often ask how they can make donations. If you would like to make a donation, please send cheques made payable to DCICA. Gift Aid is automatically reclaimed on any donation you make.

Disclaimer
 The views expressed in the Digest do not necessarily reflect those of Dundee Carers Centre.

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If you would prefer an audio version of the Digest, please contact the Centre and we will send you a CD. You can also download a large print word version from our website www.dundeeccarerscentre.org.uk If you would prefer to have the Digest emailed to you - complete the form below with your email address on.

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To help us keep our database up to date, please complete the form below if we don't have your details right and return to our FREEPOST address: **Freepost RSLJ-YXKR-JLEB, Dundee Carers Centre, Argyll House, West Marketgait, DUNDEE, DD1 1QP**

All information will be treated with the strictest confidence and is subject to the Data Protection Act regulations. We will not share your details with anyone else. You can remove your details at anytime by notifying us.

UPDATE OUR MAILING LIST

Please: Add my details Update my details Remove my details
 Email future Digests to me Send me the Digest in another format: Audio Large Print word version

I am: Carer Former Carer Disabled Person Professional

Title: Miss Mr Mrs Dr Other _____

Ethnic Origin (not required): Indian or Indian British Chinese or Chinese British Arab
 Pakistani or Pakistani British Gypsy/Traveller Bangladesh or Bangladeshi British
 White Scottish or British White other _____ African or African British Black or Black British
 Caribbean or Caribbean British Other _____

Gender:
 Male
 Female

Name: _____ **Email:** _____

Organisation (if applicable): _____ **Position (if applicable):** _____

Address: _____ **Post Code:** _____

Telephone: _____ **Mobile:** _____

The person I care for has (not required): *please specify illness/condition/disability* _____