

CARERS CONNECTION

Autumn/Winter 2023

FESTIVE
CELEBRATION
PLANS
INSIDE

Kiltwalk 2024

Join our team and help us raise vital funds

Carers Rights Day

Find out what your rights are and get support to assert them



STIRLING CARERS CENTRE

EMPOWERING • INCLUSIVE • ACCOUNTABLE

Welcome

Our Autumn/Winter edition is always a great opportunity to look back at what we've done over the year, and it's certainly been a busy one! Our summer was packed with events and activities, with almost 400 Carers taking part, plus we've had over 250 new Carers register with us!

The highlight of the summer was Carers Week, with loads of great events taking place. We also ran our first Carers Week Family Fun Day, which was a brilliant day with fantastic weather and a great turn out. We couldn't have done this without support from a wide range of individuals and organisations (page 20).

In November, we're celebrating Carers Rights Day (page 2). This is a chance for us to

highlight your rights as a Carer and how you can get support to assert them. So many Carers don't realise what they are entitled to, so we hope that our article and our Carers Rights Day activities can promote these.

Our Young Carers Service has welcomed new team members, whose first week was the October residential. You can find out how they got on, plus lots more about what's been happening for our Young Carers, in our YC update (page 10).

To make sure we can keep providing our valuable services, we're lacing up our trainers and bracing ourselves against the chilly weather in training for a big fundraising event - The Glasgow Kiltwalk

in April (page 6). We're on the lookout for people to join our team to help us make this the biggest fundraising effort yet!

So, grab your cuppa and we this edition is interesting and helpful for you. Just get in touch if there's anything you want more details on.

Get more from your mag!

Wherever you see a QR code, scan it to with your smartphone or tablet to find out more*.

Try scanning this code to visit our website.



*Scanning ability varies by device. If you would like to use the QR code function but do not know how, please contact us and we'll do our best to help.

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Carers Rights Day on **November 23, 2023**, is an annual event promoted by Carers UK to help Carers understand and assert their rights. If you provide unpaid care to a family member or friend, it's important to know your rights and access the support available to you.

YOUR CURRENT RIGHTS

These are rights that all unpaid Carers are already entitled to. If you are finding it difficult to get these rights upheld, speak to our team for support.

▶ **Carer Support Plan**

If you provide regular unpaid care, you're entitled to a Carer Support Plan, regardless of the amount or type of care you provide. This can help determine your needs and help you to access support.

78% of Carers said completing a Carer Support Plan helped them to identify support options

Source: Stirling Carers Centre
Service Evaluation 2022/23

▶ **Flexible Working**

If you're juggling work and caring, you have the right to request flexible working.

▶ **Priority Vaccines**

You can ask your GP to identify you as a Carer on your patient record, which may grant you priority access to vaccines and public health campaigns, including flu jabs and Covid booster shots.

▶ **Protection Against Discrimination**

The Equality Act 2010 protects Carers in the UK from direct discrimination or harassment due to their caring responsibilities.

▶ **Hospital Discharge**

Hospitals must identify and consult with you when the person you care for is being discharged.



NEW RIGHTS ON THE HORIZON

► **Carer's Leave Act** (expected 2024)

This act, advocated by Carers UK, will provide employees with the legal right to request up to five days of unpaid leave every twelve months to help manage caring responsibilities while staying employed.

► **Employment Relations (Flexible Working) Act** (expected 2024)

This act will allow anyone, including unpaid Carers, to request changes to their working hours, times, or place of work, providing more flexibility and support.

2.4 million working Carers will benefit from the Carer's Leave Act

Source: Carers UK

Carers UK continues to campaign for better rights for all Carers, including greater recognition and support, protection against discrimination, a fair social security system, consistent support from the NHS, access to quality and affordable social care, and better workplace support, including paid time off for caring.



The Carers Scotland website has lots of useful guides to support you with a wide range of topics. You can download them via the link below, or contact the Centre and we can supply hard copies.

For more information and resources to help you understand your rights, visit www.carersuk.org/scotland





**WE'RE STILL
QUALITY**

We're delighted to have once again passed the Trusted Charity Mark (TCM) Level 1 Assessment.

TCM is a way of measuring an organisation's effectiveness by looking at things like governance (the Board), efficiency, processes, communication and how we measure impact.

All these things help us to provide a better service to the people we support, so achieving the TCM again gives us confidence that we are doing that.

ANNUAL SERVICE EVALUATION

If you received this magazine by post you'll have also received a copy of our Annual Service Evaluation. We carry this out every year to gather information on how we're doing and get suggestions on ways we can improve.

We really appreciate you taking the time to complete this and sharing your feedback with us.



LOOKING FOR SOMETHING TO DO AT THE WEEKEND?

Thanks to Stirling Albion FC, we've got four season tickets available to for use at any of their home games. Any registered Carer can use the tickets. They just ask that you take a photo of your day that can be shared on social media.

- You can use any or all of the tickets
- Only one of the group needs to be a Carer, so you can bring along any of your friends or family
- A responsible adult needs to accompany any under 16's.

Get in touch with us to find out availability and reserve your game.

'Mon the Binos!

Looking for a break from your caring role?

Our directory resource connects individuals, families, and organisations in Scotland with respite and short break services.

<https://www.sharedcarescotland.org.uk/directory/>



SHARED CARE SCOTLAND SHORT BREAKS DIRECTORY

Your Guide to Respite Services

The Shared Care Scotland Short Breaks Directory is a valuable online resource designed to support individuals and families throughout Scotland.

The main aim of this directory is to offer a user-friendly platform connecting people with a wide variety of short break providers across the country. It acts as a centralised hub, making it easy for you to find the respite options that suit your needs or those of your loved ones.

Whether you're looking for holiday accommodations, day services, activity groups, or other options, this directory has you covered.

Breaks can be filtered by age, care needs, location, and the type of break you're interested in. This means you can quickly pinpoint the most suitable respite options without any hassle.

Every entry undergoes a series of quality checks to ensure that the information is accurate and up to date.

Find a break that fits your needs at:
www.sharedcarescotland.org.uk/directory



Join us for the kiltwalk



*Kiltwalk team 2021
with Sir Tom Hunter*

Could you be part of our team for the 2024 Glasgow Kiltwalk?

We've got a team walking on **Sunday 28th April** and we'd love to have you, or someone you know, join us. When we last did the Kiltwalk **in 2021 our team raised over £3,300!**

Every penny raised, plus any gift aid received, comes directly to us, and allows us to provide more support opportunities for Carers.

We're hoping to raise even more this time around! Join our team, or why not walk with friends or family?

Not able to join? Sponsor us!

You can still support us by making a donation. Look out for the details on our social media pages, website and posters in the Centre.



£7,000

30 blocks of counselling for Carers

£5,900

3 day residential break for 30 Young Carers

£2,400

Monthly lunch group for a year for 15 Carers

£1,500

30 Carer 1:1 sessions with a Support Officer

£700

Day trip for 30 Carers

£250

Snacks for 50 Young Carers at our YC groups

How far is it?

View route maps



The Wee Wander 3.1 miles

The family-friendly Wee Wander takes place next to Loch Lomond around the grounds of Balloch Castle. It takes around 1.5 hours to complete, but there's no rush and you can do it at your own pace.

The Big Stroll is more of a challenge, with the route beginning in Clydebank. The average time for this walk is 5 hours, and it is recommended that you train before taking part in this event.

The Big Stroll 14.2 miles

The Mighty Stride 22.6 miles

Fancy a big challenge? The Mighty Stride takes you all the way from Glasgow Green to Balloch. This route takes an average of 8 hours to complete, and training is highly recommended.

Interested?

Get in touch with us and we'll sign you up, cover your entry fees, and sort you out with a team t-shirt. You'll be sent link to create a JustGiving page that's linked to our team, and then all you need to do is get sponsored and come and join us.

Call us on **01786 447003** or email **info@stirlingcarers.co.uk** for more info or to sign up.



HE SCRAPBOOK

A look at some of what's been going on since the last issue



Carers Week

We ran over 20 events throughout Carers Week in June, with our big event being the Family Fun Day. We had almost 200 people at the event, which was fantastic!



Ship, Ahoy!

We had a lovely afternoon sailing on Loch Katrine at one of our Carer & cared for events over the summer.

Male Carers Group

We've had some great trips including axe throwing, the Old Town Jail, bowling and Top Golf in Glasgow (right).





A visit from Sandy

Our 'Connecting with Dementia Carers' group had a visit from a dementia assistance dog. She melted a few hearts when she went around the room to say hello to everyone!

Culture Club

We've been getting all cultured, with trips to The V&A Museum in Dundee and The Burrell Collection in Glasgow.



New Bake Off Champion Crowned

We hosted the annual Barracks Bake Off for Macmillan Cancer Research. Congratulations to Vincent from Robertson Trust who took home the coveted 'Star Baker' wooden spoon for his strawberry almond tart.

Learning the Art

Thanks to the University of Stirling and artist Hannah Ayre, we've held monthly art workshops trying a range of techniques including heat transfer, cyanotypes and craftivism.



YOUNG CARERS

After eight years with our Young Carers Service, Zoe has moved on to a new role in Stirling Council. On her last day at the Centre she had some surprise visitors - some of the Young Carers she's supported over the years. They came along to wish her all the best, and it was a very emotional farewell. Good luck in the new job Zoe!



YOUNG CARERS FESTIVAL

The Young Carers Festival is always a highlight in the year, for both the Young Carers and the staff. Over 500 Young Carers come together from all across Scotland and have a chance to relax and take part in loads of activities. The weather was 'challenging' this year, but it didn't stop us from making the most of the time we had. As you can see from the photos, it was a busy 48 hours!

As well as all the events and activities that happen over the two days, there is also a chance to visit the 'Consultation Zone' to share their opinions, suggestions and feedback with the right people.

Thanks to everyone who made the festival possible to help create some brilliant memories!



NEW YC TEAM MEMBERS

A big welcome to our new YC team members! If you haven't already met them you probably will soon at one of the groups, trips or in a 1:1 session. They're looking forward to getting to know you.



SHANNON

Before joining SCC, Shannon spent two years as an apprentice youth worker in East Kilbride, supporting diverse groups, including Young Carers, LGBTQIA+ youth, and non-attenders. She enjoys a cozy duvet day with her dog, Kali.

Interesting fact:
Shannon is a qualified rugby coach!

Esther has worked in schools for over 20 years providing mental health and well-being support to young people. She's got 3 sons and a labrador called Leo, and she likes going to watch musicals.



ESTHER

Interesting fact:
Esther used to be a professional dancer!

'WE CARE' AWARDS



Congratulations to **Balfron High School** and **Doone Primary School** which have both achieved their '**We Care**' **Level 1 Awards**. The Awards recognise each school's commitment to identifying and supporting Young Carers, and

their focus on improving future practice. We're delighted with their achievements, and want to say thank you for their on-going support for Young Carers.





LOCKERBIE RESIDENTIAL

October

We had a great (but very cold) getaway in the October holidays with some of our younger YCs. It was also the first week of work for Esther and Shannon – talk about in at the deep end! We had lots of fun trying loads of new things.



HONEYPOT RESIDENTIAL

November

We managed to squeeze in one last residential before the end of the year. Our younger & rural groups had a wee overnight trip to Honeypot in Dumfries.



PLUS....

...loads of groups, activities and trips over the summer and beyond. Just look at all the different things we've fit in!!



TRIP TO THE CIRCUS



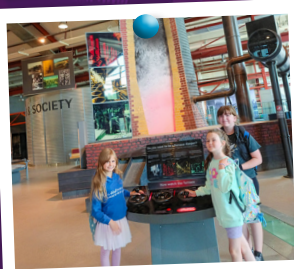
TIME TO BOUNCE



STORMING THE CASTLE



MARSHMALLOW ENGINEERING



TRIP TO SUMMERLEE



MATCHING 'TATTOOS'



FIRST AID

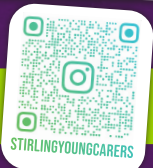


SAILING AT LOCH VENACHAR



BLAIR DRUMMOND SAFARI PARK

FOLLOW US ON INSTAGRAM TO SEE MORE YC PHOTOS.



Festive Celebrations

Come along and celebrate with us at one of our Christmas events. We've got a couple of trips running as well as lunches and Christmas craft sessions.

Book for any of these events on our website, use the booking form at the back of the magazine or contact the Centre directly.

Fintry Amateur Dramatic Society **ALADDIN PANTO** Sat 9th December, 2pm

Get into the festive spirit at the Fintry Panto. This trip is for adult Carers living in the rural area. You are welcome to bring along the person you care for (18+).



BBC Scottish Symphony Orchestra **CHRISTMAS AT THE MOVIES** Mon 18th December, 6pm

Join us for an evening trip to Edinburgh to see the BBC Scottish Symphony Orchestra perform hits from Christmas movies across the years. From Hollywood's Golden Age to Disney favourites, there's something for everyone.

CHRISTMAS CRAFTS

We'll be trying our hand at some Christmas themed crafts at our upcoming regular Carer Lunch sessions. All events run from 12-2.30pm and you're welcome to bring along the person you care for.

DUNBLANE

Mon 27th November

Dunblane Centre

BALFRON

Tue 28th November

McLintock Hall

RIVERSIDE

Wed 6th December

Riverside Bowling Club

ST NINIANS

Mon 11th December

Mayfield Centre

KIPPEN

Tue 12th December

The Inn at Kippen

KILLEARN

Wed 13th December

Killearn Village Hall

MALE CARERS LUNCH

Tue 5th December, 1pm

Golden Lion Hotel, Stirling

Open to male Carers aged 16 and over.

PARENT CARERS LUNCH

Thu 7th December, 12pm

Golden Lion Hotel, Stirling

Open to parent Carers of children aged 16 and under.

RURAL CARERS LUNCH

Fri 15th December, 12pm

Callander Youth Project

Open to Carers living in the rural Stirling area.

STIRLING CARERS' GARDEN

We had a great summer in our Carers' Garden. Thanks to the hard work of our volunteer, it was bursting with colour and looking fantastic. A new poly-tunnel and upgraded beds meant we could also grow all kinds of produce.

Unfortunately, in October, the garden fell victim to the flooding from the River Forth. It was sad to see the hard work that's gone into it get washed away, along with our neighbours' plots.

However, come the spring, we'll be re-planting the plot and hopefully all the nutrients in the soil from the flood will make it even more beautiful next year!

If you'd like to get involved in the garden, get in touch with us at the Centre - we'd love to hear from you.



COMPASS
Change, made easy

**CHANGE CAN BE HARD -
COMPASS CAN HELP**

Compass is a free online tool to help young people in Scotland, and their parents and carers, with the transition to young adult life. The site is primarily aimed at young people aged 14-26 who have additional support needs of any kind, including learning disabilities, physical or mental health difficulties, autism, complex or profound disabilities, and experience of care (either as a young carer or a care experienced young person).

Find out more about how Compass can support you and your family: compasslaunch.scot





Short Breaks Groups

Stirling Carers Centre runs regular groups and activities to give you a chance to take time out from your caring role and are always free to join.

Unless otherwise stated, activities are open to all Carers aged 16+.

You can find a full calendar of upcoming events on our website, or contact the Centre for a paper copy.

Book Group • First Thursday • 10.30am, in the Centre

Chat about the book of the month over a cuppa.

Upcoming: 7th December – 'Yellow Face' by Rebecca F Luang

CHAT • First Monday • 10.30am, in the Centre

Topic-based 'Carer Health and Training' sessions

Upcoming: New events to be announced in the new year

Connecting with Dementia Carers • Last Friday

Topic-based sessions and social events specifically for people caring for someone living with dementia. Times & venue vary.

Upcoming: New events to be announced in the new year

Cuppa Chat • Third Friday • 10.30am, in the Centre

Coffee morning in the Centre – no need to book.

Upcoming: 15th December

Male Carers Group • First Tuesday • Times & venue vary

Specifically for men in a caring role.

Upcoming: 5th December – Christmas Lunch

Walking Group • Alternate Mondays • 10.30am, route varies

Gentle walks around the local area.

Upcoming: 11th December

Visit www.stirlingcarers.co.uk/whats-on, call **01786 447003** or complete the enquiry form at the back of the magazine to book.

SUPPORTING RECOVERY AT HOME

Royal Voluntary Service (RVS) offers free support to people aged 55 or over who have had a recent hospital discharge and may need additional encouragement and support at home.

Trained volunteers can offer a range of support based on individual need. This could include:

- Practical and social support at home including 'settle in'
- 1:1 support and companionship to achieve goals, building confidence and increasing activity.
- Support with seated exercises or mobility practice
- Prescription collections

If you are interested in using this service, contact us at the Centre for a chat about making a referral.



Jennifer Kennedy is the Carers Lead Officer for Clackmannanshire & Stirling Health & Social Care Partnership. Jennifer's role includes:

- **Changing the way things work to make life better for Carers.**
- **Providing training to professionals.**
- **Creating a teamwork approach, where everyone works together.**
- **Building strong connections with Carers, their representatives, and others with an interest in supporting Carers.**

"As Carers Lead Officer it's important to hear directly from Carers, therefore if you would like to share your experiences or would like to have a discussion please contact me by email at kennedyje@stirling.gov.uk.

If, however, you would prefer for me to contact you by telephone please speak with the team at Stirling Carers Centre so they can pass on your details to me."



Jennifer Kennedy
Carers Lead Officer

YAC UPDATE

Christmas Trip CINEMA & NANDO'S

For our last event of the year we're off to Nando's and then to Vue cinema (film to be confirmed). Contact Carley or call the Centre if you're aged 17-25 and would like to join us.



We Escaped!

Well done to the team who made it out of the Escape Rooms in June.



Carley, our Young Adult Carers Officer, hosts Student Carer drop-ins in both Forth Valley College & Stirling University.

Pop by for information and advice, or just have a chat about any issues you're facing.

FORTH VALLEY COLLEGE, RAPLOCH CAMPUS

▶ Tue 21st Nov, 11.30am-1.30pm

UNIVERSITY OF STIRLING, STUDENT HUB

▶ Thu 30th Nov, 1-4pm

Welcome to Annmarie




Anmarie has joined our team as an Adult Carer Support Officer, with a background in the care sector. She's mum to three kids, and in her free time she likes painting, drawing and taking her gorgeous dog, Toby, out for a walk. Look out for Annmarie at groups and appointments over the next few weeks as she settles into the role.

THANK YOU!

We'd like to thank everyone who helped make our **Carers Week Fun Day** happen, and to Provost Douglas Dodds and Councillors Robin Kleinman and Gerry McGarvey for attending on the day and taking the time to speak with Carers. We'd also like to thank the following individuals, companies and organisations in particular who donated their time and resources.

EVENT SUPPORT

- **Bannockburn Rugby Club** • bannockburnrugby.co.uk
- **Barry Honeyman** • barryhoneymanmusic.com
- **Bella's Takeaway** • 
- **Dunblane Centre** • dunblanecentre.co.uk
- **DJ Ion Fenix** •  
- **Piping Bairn** •   
- **Riverside Bowling Club** • riversidebowling.club
- **Milton Football Club** • miltonunited.co.uk
- **Stirling Council** • stirling.gov.uk
- **Robertson Trust** • therobertsontrust.org.uk
- **Sublime Events** • sublimeeventsscotland.co.uk



RAFFLE PRIZES

- **The Allan Park** • theallanparkstirling.co.uk
- **Blairmains Farm** • blairmains.com
- **Brewdog Stirling** • brewdog.com/brewdog-stirling
- **Bayne's Bakers** • baynes.co.uk
- **Chic Hair & Nails by Danielle** •  
- **Clan Artisan** • clanartisan.co.uk
- **Falleninch Farm** • falleninchfarm.co.uk
- **Greggs** • greggs.co.uk
- **Jump 'N' Joy** • jump-n-joy.co.uk
- **KidzTown** • kidztownroleplay.com
- **MMV Nails** • mmvnails.co.uk
- **Parc Hair & Beauty** •  
- **Ruby's Nail Bar** • 
- **Safe Hands Support Scotland** • safehandssupportscotland.co.uk
- **Smith Art Gallery** • smithartgalleryandmuseum.co.uk

Interested?

Use this page to let us know you're interested in any of the things in this magazine. Post it to the address overleaf, or take a photo and either email it to **info@stirlingcarers.co.uk** or WhatsApp it to **07570 270 141**.



Scan to
book online

Please contact me with more information about:

- | | |
|---------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Book Group | CHRISTMAS EVENTS (p.14-15) |
| <input type="checkbox"/> Carer Lunches | <input type="checkbox"/> Aladdin Pantomime |
| <input type="checkbox"/> Complementary Therapies | <input type="checkbox"/> Christmas at the Movies |
| <input type="checkbox"/> Cuppa Chat | <input type="checkbox"/> 'Connecting' Buffet |
| <input type="checkbox"/> My Time - evening group | <input type="checkbox"/> Male Carers Lunch |
| <input type="checkbox"/> Walking Group | <input type="checkbox"/> Parent Carers Lunch |
| <input type="checkbox"/> Yoga Sessions | <input type="checkbox"/> YAC Cinema & Nando's |
| <input type="checkbox"/> Forth Valley Carers Card | |
| <input type="checkbox"/> Other: _____ | |

Your Details

For more regular updates, subscribe to our monthly e-bulletin.

- I would like to receive the monthly bulletin by email
(*please provide an email address below*)

We use a third party provider to deliver our e-mailings and they are obliged to comply with data protection legislation. For further information contact the Centre.

Your Details

Name: _____

Best contact number: _____

Email address: _____

The information you provide will be used for events management and mailing purposes. Your information is kept in accordance with data protection legislation, stored securely, and never shared with a third party without your consent or unless we are required by law to do so.

*Please note that places on some events are limited, and may be allocated on a needs basis.



Have you got your Forth Valley Carers Card?

The Forth Valley Carers Card is designed to help you identify yourself as a Carer to Health and Social Care Professionals and be more involved in care planning.



Apply for a free card on our website by visiting
www.stirlingcarers.co.uk/carers-card
or contact the Centre.

If you have received this magazine by post it means that you are subscribed to Stirling Carers Centre's mailing list. You can unsubscribe at any time by calling or emailing the Centre on the details below.

Monday-Friday | 9am-4pm

Kintail House, Forthside Way, Stirling FK8 1QZ
01786 447003 | info@stirlingcarers.co.uk

Also available in accessible formats, including large print. Call 01786 447003 or email media@stirlingcarers.co.uk to request a copy.

www.stirlingcarers.co.uk



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