Hello, I’m Maureen Mundy. After lots of consideration, I have decided to do some volunteering again with VSA Carers.

Welcome Back in 2010, my husband Ronnie was diagnosed with Alzheimer’s, and for the next eight years, I became his carer, which most of you will know is a hard and lonely road. Sadly he passed away in June 2018, and I now feel ready to try and help anyone who might appreciate a chat and a friendly ear from someone who has ‘walked in your shoes.’

Nobody can empathise with the situation unless they have been there. Please come and have a blether with me at the Carers Cafés and other events. This experience is all new to me, and if I can put you at ease, then I will feel that I have made the right decision to help out at VSA Carers Resource Service.

Taking Time for Me, Aberdeen

"Winter is not a season; it’s a celebration."

- Anamika Mishra

"Winter is not a season; it’s a celebration."

- Anamika Mishra

The Short Breaks Fund is operated by Shared Care Scotland on behalf of National Carer Organisations and The Scottish Government. The purpose of the Short Breaks Fund is to increase the range, choice, and availability of short breaks for unpaid carers and those they care for across Scotland. We are delighted to have been successful in our funding application and can now accept new applications for the coming year.

In Aberdeen, VSA Carers Service manages the fund for carers of adults 21 years and over. Taking Time for Me, Aberdeen will enable carers to access funds and support to help take short breaks that meet their needs.

The fund is open for new applications from November 2019 until the end of September 2020, subject to availability of funding. The grant aims to benefit carers and the people they care for in Aberdeen City. Applications for up to a maximum of £250 will be considered.

A Short Breaks Panel will meet monthly to review applications. The panel is made up of a member of the VSA Carers Support Team, a Carer, and health and social care practitioners.
New Team Members

We are delighted to introduce you to the latest additions in our VSA Carers Team. Firstly, Teresa Massie has now officially commenced her role as Carer Advisor within the team, based here at the Carers Resource Service at the Castlegate. Teresa is no stranger to VSA, having been employed within the organisation’s service at Richmondhill for seven years; working with families requiring support. Teresa brings a wealth of skills, knowledge, and experience in delivering quality client-centred support to our team; and has certainly hit the ground running.

Outside work Teresa enjoys social occasions, opportunities for eating-out, and holiday travel. We hope you will all have a chance to meet up with Teresa soon at one of our forthcoming VSA Carer Cafés.

Hello, I’m Sophie Young, from Forfar, and I am currently on my third-year university placement at VSA Carers. I come from a close-knit family who are incredibly supportive of the career I have chosen to embark on. Since I was a little girl, I have had a burning passion for football, which acts as a great stress reliever. During my time at school, I wasn’t sure of the career I wanted to venture down. I had a lot of family influence, with half being lawyers and the other half being teachers. This allowed me to explore the role of a teacher and how they care for children; in comparison to working in the legal system. I decided to begin studying social work as it appeared to be the best-suited career for me. Everyone has been incredibly supportive and has welcomed me into the team, making the transition a lot less daunting.

I have been allowed to accompany some of the Carer Advisors to meet unpaid carers in the community, which has been invaluable front line experience.

I have also been granted the opportunity to participate in the Carers’ Café and Toolkits, allowing me to learn more about the role of unpaid carers.
Seasonal Flu Vaccinations

Seasonal influenza is an acute, viral illness that spreads quickly from person to person. It is a severe threat to the public, affecting people of any age with those in higher-risk groups at least 18 times more likely to experience severe illness and even death. Thousands of people in Scotland are hospitalised every year as a result of the flu.

Symptoms of flu include sudden onset of fever, cough, headache, sore throat, muscle and joint pains, and a runny nose. Individuals with symptoms of flu and even those who are incubating the infection but do not yet have symptoms can still pass influenza on to their families, friends, patients, and colleagues.

The best way to minimise the risk of catching the flu is to be vaccinated. The seasonal flu immunisation program will begin on the 1st of October. Those eligible for the flu vaccination are preschool children aged 2-5 years, all primary school-aged children, all pregnant women, and everyone aged 65 years older. Those who are under 65 years with underlying medical conditions involving the liver, heart, nervous system, kidney, spleen, respiratory system, or their immunity are encouraged to get vaccinated. Most importantly, people identified as unpaid carers looking after family members are eligible for a free vaccination.

Some Facts:
- The flu vaccine can NOT give you or the people around you flu
- The vaccine takes up to 10 days to be fully effective
- The vaccine can help protect a newborn baby for up to 3 months if women have it during pregnancy

For more information, visit:

Asthma and Allergy Advice

Do you, or someone you know or care for, have asthma?

The Asthma and Allergy Foundation is an Aberdeen-based charity that provides evidence-based health information, confidential advice, and support to people with asthma across the North-East of Scotland. The Foundation has developed specialist knowledge and understanding of how asthma impacts not just the person living with the condition but also their loved ones. Services delivered by their qualified and experienced team offers a holistic approach to wellbeing. These include Asthma Prevention & Care, Alternative Methods for Managing Asthma, Making Your Home Asthma Friendly, COPD Self-Management, and Help to Quit Smoking.

For a valuable opportunity to get expert advice you can:
- **Email:** healthpromotion@asthmaandallergy.org.uk
- **Phone** the Health Promotion Team on 01224 973001
- **Website:** http://asthmaandallergy.org.uk
A survey by The Coalition of Carers (Scotland) in November 2018 revealed that:

- 51% of the carers had never heard of the Carers (Scotland) Act
- Around two-thirds of carers were unaware of the various rights that they now have under the new legislation

For this reason, VSA Carers were keen to host an Information Café to mark National Carers Rights Day on the 21st of November 2019. It also provided the opportunity for local carers to come along and find out more about their rights and entitlements.

The event proved to be of interest to many carers, old and new, and our service was delighted by the turnout at our VSA Castlegate Centre. Our grateful thanks go to all those organisations who were so generous with their time and support in delivering our valuable Carers Information Café event:

- Advocacy Service Aberdeen
- Alzheimer’s Resource Service
- CFINE SAFE Team (Benefits & Finance)
- DPHS Disabled Persons Housing Service
- Solicitors for Older People Scotland
- SCARF
- Bon Accord Care: Telecare
- The VSA Carers Knit & Knatter Group

If you are a city carer who was unable to make it along to our event, then please do not hesitate to contact your Carer Advisor. If you have any questions or would like the contact details for any of the attending organisations please get in touch.
Carers Christmas Party

Raffle | Christmas Bingo | Music | Quiz | Refreshments

Tuesday 10th December
from 11:00am - 1:00pm

VSA Carers Resource Centre
38 Castle Street, Aberdeen, AB11 5YU

If you would like to come along please contact: VSA Carers Resource Service
Tel: 01224 212021 Email: Carers.Info@vsa.org.uk

www.vsa.org.uk
WHAT’S ON FOR ADULT CARERS

DECEMBER 2019 TO JANUARY 2020

Please come along and join us at any of our events listed below. An opportunity to access support, meet fellow carers and learn something new in a relaxed and welcoming environment.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 3rd December</td>
<td>10am – 11am</td>
<td>Cummings Park Carers Drop-In</td>
<td>Cummings Park Community Flat, Cummings Park Drive, Aberdeen</td>
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<tr>
<td>Thursday 5th December</td>
<td>10.30am - 12.30pm</td>
<td>Knit and Knatter</td>
<td>VSA Carers Centre, 38 Castle Street, Aberdeen</td>
</tr>
<tr>
<td>Tuesday 10th December</td>
<td>11am – 1pm</td>
<td><strong>VSA Carers Christmas Shindig</strong></td>
<td>VSA Carers Centre, 38 Castle Street, Aberdeen</td>
</tr>
<tr>
<td>Thursday 12th December</td>
<td>10am - 12noon</td>
<td>Carers Book Group</td>
<td>VSA Carers Centre, 38 Castle Street, Aberdeen</td>
</tr>
<tr>
<td>Monday 16th December</td>
<td>10am – 12 Noon</td>
<td>Parent Carers Cafe</td>
<td>Northfield Community Centre, Byron Square, Aberdeen</td>
</tr>
<tr>
<td>Monday 16th December</td>
<td>10.30am – 12 Noon</td>
<td>Carers Xchange Forum - for carers of people with dementia</td>
<td>Dementia Resource Centre, King Street, Aberdeen</td>
</tr>
<tr>
<td>Thursday 19th December</td>
<td>10.30am-12.30pm</td>
<td>Knit and Knatter</td>
<td>VSA Carers Centre, 38 Castle Street, Aberdeen</td>
</tr>
<tr>
<td>Thursday 9th January</td>
<td>10.30am - 12.30pm</td>
<td>Knit and Knatter</td>
<td>VSA Carers Centre, 38 Castle Street, Aberdeen</td>
</tr>
<tr>
<td>Friday 17th January</td>
<td>1pm – 2pm</td>
<td>Cummings Park Carers Drop-In</td>
<td>Cummings Park Community Flat, Cummings Park Drive, Aberdeen</td>
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A VERY HAPPY NEW YEAR TO ALL OUR VSA CARERS, FAMILIES & FRIENDS

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<td>1pm – 2pm</td>
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<td>Cummings Park Community Flat, Cummings Park Drive, Aberdeen</td>
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<td>Date</td>
<td>Event</td>
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<tr>
<td>Tuesday 21st January 10.30am – 12.30pm</td>
<td>Castlegate Carers Cafe</td>
<td>VSA Carers Centre, 38 Castle Street, Aberdeen</td>
<td></td>
</tr>
<tr>
<td>Thursday 23rd January 10.30am – 12.30pm</td>
<td>Knit and Knatter</td>
<td>VSA Carers Centre, 38 Castle Street, Aberdeen</td>
<td></td>
</tr>
<tr>
<td>Friday 31st January 1pm – 3pm</td>
<td>Carers Café &amp; Drop-In</td>
<td>James Tyrrell Centre, Mastrick Church, Greenfern Road, Aberdeen</td>
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<tr>
<td>January Date To Be Confirmed</td>
<td>Carers Xchange Forum - for carers of people with dementia</td>
<td>Dementia Resource Centre, King Street, Aberdeen</td>
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<tr>
<td>January Date To Be Confirmed</td>
<td>Bacon Butty and Blether</td>
<td>Dementia Resource Centre, King Street, Aberdeen</td>
<td></td>
</tr>
<tr>
<td>Tuesday 4th February 2pm – 4pm</td>
<td>Woodend Drop-In Service</td>
<td>Westside Day Room, Stroke Unit, Woodend Hospital, Aberdeen</td>
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More 2020 Events Will Be Confirmed Shortly

Please checking out our ‘What’s On for Carers’ website page at:
https://www.vsa.org.uk/carers-support/adult-carers-aberdeen-city/whats-on-for-adult-carers/

VSA Carers Resource Service – Team Contact Details

Jackie Campbell, Carers Service Manager 01224 358628 | Jackie.Campbell@vsa.org.uk

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Louisa Donaldson, Carer Advisor 01224 358546 | Louisa.Donaldson@vsa.org.uk

Teresa Massie, Carer Advisor 01224 358627 | Teresa.Massie@vsa.org.uk

Helen Donald, Carer Contact Centre Enquiries 01224 358631 | Carers.info@vsa.org.uk

Yvonne Matthew, Carer Administrator 01224 358538 | Carers.info@vsa.org.uk
Feedback shows that carers love to read and hear stories from fellow carers. Whether it is a story of triumph or adversity, it can give hope to others who are still struggling. If it is a story of challenges and heartache, it helps others to know that they are not the only ones in a challenging situation.

Carers tell us that the carers’ stories help them to feel less isolated. If you unable to come along to a carers meeting—feel free to share our thoughts and advice here. It could be invaluable to others.

Do you have a story to tell?

Remember our Drop In times, here are Castle Street are
Tuesday and Thursday 10-12pm
Wednesday 2-4pm

For more information please contact:

VSA Carers Resource Service
Tel: 01224 212021
Email: Carers.Info@vsa.org.uk