Welcome to the Winter Edition—Carers’ Newsletter 2018

The Team

We thought it would be helpful for you to know whose who in our team as there have been a few changes over the past few months.

Adult Carer Resource Service, Manager – Jackie Campbell

Jackie commenced her role as manager in August 2018 having previously been a carer advisor within the service.

Carer Advisors and area:

- North Locality – Hazel Reid & Donna Lawie
- West Locality – Louisa Donaldson
- South Locality – Judith Watt
- Central Locality – Bridget Fitzpatrick & Donna Lawie
- Cornhill Hospital – Arlene Malcolm
- City Wide for all Parent Carer – Elaine Dukes

Carer Resource Centre Worker – Helen Donald – Helen joined the team in October 2018 and brings with her a wealth of experience in working within the voluntary sector.
Carers Christmas Coffee Morning
Come and join us for a cuppa and a fine piece.

Tuesday 11 December
10AM - 12NOON
Woodside Activity Centre
314 Clifton Road
Aberdeen AB24 4HQ

Please call the Carers Resource Service on 01224 358631 to let us know if you can come along or just drop-in on the day.

www.vsa.org.uk
VSA Carers Service has again secured funding from Shared Care Scotland to enable carers to take a break that meets their needs.

Carers can apply to have a break or something similar with the aim that they will be better able to sustain their caring role for longer and will be better able to balance that role with a life outside of caring.

Please call 01224 212 021 to speak with a carer advisor.

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**Carers’ Pamper Day – Aberdeen College**

A successful carers pamper day was held on 25th September at Aberdeen College.

A carer who attended said:-

“I just wanted to say thank you for organising the Pampering Day. I was able to have a facial massage which I thoroughly enjoyed.

It was a little moment of peace in my hectic day of work / caring for my Dad, enabling me to refresh my energy levels”.

If you would like to find out more about going along for a free treatment at the Intuition Training Centre, please get in touch with us at the carers service.
Bacon Butty & Blether

The first of these events was successfully held at Alzheimer’s Scotland’s, Aberdeen Resource Centre on Tuesday 25th September.

The event was well attended and was an opportunity for folks to come together, enjoy a cuppa, a chat and some lovely bacon or egg rolls. Some hungry people even had two!

The next event is on Tuesday 27th November from 10.30 to 11.30am at Alzheimers Scotland Resource Centre

Have your say about Aberdeen’s Short Breaks Statement

Having a short break or respite is vital for many carers to cope and continue with their caring role. This was recognised in the Carers (Scotland) Act 2016 which came into force in April of this year. One of the requirements of the Act is for local authority areas to produce a Short Breaks Statement. Partners in Aberdeen have drafted their Statement. Its aim is to help carers and people with support need understand:

- What short breaks are
- Who can access them
- What short breaks are available in their local area and in Scotland
- How they can access short breaks and find further information

The Short breaks statement is currently out for consultation. Gordon Edgar from the Aberdeen Health and Social Care Partnership will be at the Carers Café at Woodside Activity Centre on Tuesday the 27th of November at 10 a.m. to ask people their views about it. He’d welcome anyone interested to come along to take part in the discussion. Copies of the statement will be made available on the day. However, if you would like to see a copy of the document prior to the 27th contact Gordon at gedgar@aberdeencity.gov.uk or (01224) 523120 and he’ll send you one.
“When caring for my late wife I was unable to get out and about” - carers story

When caring for my late wife I was unable to get out and about to continue with one of my favourite hobbies, namely photography. Not to be stuck I decided to buy a Macro lens and to concentrate on the plants in my garden [another favourite hobby] and maybe a bee or a butterfly or whatever nature gave me.

The Macro lens was literally an eye opener as I began to see the stamens of a flower, just beautiful. The challenge was on and I turned to “You Tube” where I learned of the best techniques and just how to take good close up shots. I also found other videos on still life and, with winter coming on, that is an area I want to improve on and hopefully take some good shots.

This is a Japanese Anemone close up of the stamens and with the addition of two hoverflies. I know they were real pests this summer, but this was too good a photo to miss out on. The detail on the hoverfly’s wing gave me a bit of a thrill. Yes, I have the advantage of a good camera but nowadays you could probably get a shot like this. You never know till you try. Incidentally I am reduced to tears in trying to use my I phone.

Anonymous
Together, we are building a better future for carers of people living with dementia

tide is a UK wide involvement network for carers and former carers of people living with dementia, hosted by the Life Story Network CIC. It empowers carers by recognising them as ‘experts by experience’. tide equips you with the tools and confidence to use your knowledge in a positive way to benefit other carers – your voice will be heard and can bring about real change.

Find out how tide works, what their development programme can offer and how you can get involved. They offer advice and guidance with any engagement activity you undertake on behalf of tide, such as participating in an NHS working group or telling your story at a workshop. Members gain strength and confidence through their involvement and can benefit from information, learning opportunities, campaigning and networking.

A member of the tide team would be interested in meeting with any carers who wants to find out more information, please get in touch with the VSA Carers Service to arrange this.
Scams and some ways to avoid them

Elaine, our parent carer advisor, recently attended an event on Scams and how to avoid them. Here are some of the hints and tips that Elaine was given on the day:-

No bank will ever ask you for your password or personal information; if you are unsure do not give out any information.

If you access your banking information online ensure that you are logging in through a secure and trusted Wi-fi, never log in via an unsecured wi-fi, i.e. in public places such as bars, shopping centres, etc.

- Pick user names that do not include personal information.
- If you use social media, here are some things to remember:-
  - Make sure you have your privacy and security settings on.
  - Keep your profile closed and only allow your friends to be able to view.
  - Remember what you put on social media stays on social media.
  - If you go on holiday do not post any holiday pictures until you return.
  - Always be wary of publishing any information that could be used in identifying who you are.
- Be on guard of fake sites.

For more information on VSA Carers Resource Service or to unsubscribe from our Carers’ mailing list, please contact VSA on 01224 212021 or email Carers.Info@vsa.org.uk.

More details about VSA Carers Resource Service can be found at https://www.vsa.org.uk/carers-and-support-people/adult-carers-aberdeen-city/