Spring 2019

VSA Carers Newsletter

Brand New Book Club

Do you enjoy reading? Would you like to meet informally with others? This is a great way to connect with other carers and try new books you may not have read. We can meet monthly and enjoy a chat and cake!

Where:
VSA Carers Resource Service
38 Castle Street, Aberdeen
AB11 5YU

When:
23rd May 2019

Time:
10:30am -12:00pm

The evenings are getting lighter and Spring is here as well as Summer, Autumn and Winter ...

All in one day!!
Here is our next edition of your Carers Newsletter
Please enjoy!

If you have any ideas on what you want to see in your newsletter or have information you would like to share please let us know!

Do come along!
Here’s a Thought

Recognise you are a carer – even if you don’t like the term “unpaid carer”

Mrs X realised she was a carer when she felt that many tasks fell on her shoulders and at times, was struggling to cope.

12 years on, Mr and Mrs X still do not like the term “carer” but have recognised that accepting the label means they can access advice and support.

Please contact your Carer Advisor or VSA Carers Resource Service with your top tip to be included in our Summer Newsletter.

Are you a Male Carer?

Would you be interested in coming along to a brand new carers group just for men?

This group would enable male carers to meet up, discuss issues, create new friendships and have fun!

If you would be interested in meeting up with other male carers like you, please come along to:

VSA Carers Resource Service
38 Castle Street on Thursday 2nd May 2019 10.30-12 for initial meeting.

For further details please contact Donna Lawie or Judith Watt on 01224 212021

What’s on for Carers

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tuesday 23rd April</td>
<td>Carers Café</td>
<td>Woodside Activity Centre, 314 Clifton Road, Aberdeen</td>
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<td>10am - 12noon</td>
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<tr>
<td>Thursday 25th April</td>
<td>Knit and Knatter</td>
<td>Health Village, Frederick Street, Aberdeen</td>
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<td>10.30am - 12.30pm</td>
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<tr>
<td>Friday 26th April</td>
<td>Carers Café &amp; Drop-In</td>
<td>James Tyrrell Centre, Mastrick Church,</td>
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<td>1-3pm</td>
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<td>Greenfern Road, Aberdeen</td>
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<tr>
<td>Tuesday 30th April</td>
<td>Bacon Butty and Blether</td>
<td>Dementia Resource Centre, King Street, Aberdeen</td>
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MAY 2019

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<tr>
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<tr>
<td>Tuesday 7th May</td>
<td>Carers Toolkit: Taking Time For Me</td>
<td>Woodside Activity Centre, 314 Clifton Road, Aberdeen</td>
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<td>10am - 12noon</td>
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<tr>
<td>Thursday 9th May</td>
<td>Knit and Knatter</td>
<td>Health Village, Frederick Street, Aberdeen</td>
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<tr>
<td>Monday 20th May</td>
<td>10.30am - 12 Noon</td>
<td>Carers Xchange Group</td>
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<tr>
<td>Tuesday 21st May</td>
<td>10am - 12noon</td>
<td>Carers Café</td>
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<tr>
<td>Thursday 23rd May</td>
<td>10.30am - 12.30pm</td>
<td>Knit and Knatter</td>
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<tr>
<td>Tuesday 28th May</td>
<td>10.30am - 11.30am</td>
<td>Bacon Butty and Blether</td>
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<tr>
<td>Tuesday 28th May</td>
<td>7pm - 9pm</td>
<td>Mental Health In-Forum Carers Group</td>
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<td>Tuesday 28th May</td>
<td>2pm - 4pm</td>
<td>Drop-In Service</td>
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<td>Friday 31st May</td>
<td>1-3pm</td>
<td>Carers Café &amp; Drop-In</td>
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### JUNE 2019

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<tbody>
<tr>
<td>Tuesday 4th June</td>
<td>10am-12noon</td>
<td>Carers Toolkit: How To Be Heard</td>
<td>Woodside Activity Centre, 314 Clifton Road, Aberdeen</td>
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<tr>
<td>Thursday 6th June</td>
<td>10.30am - 12.30pm</td>
<td>Knit and Knatter</td>
<td>Health Village, Frederick Street, Aberdeen</td>
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<tr>
<td>Monday 17th June</td>
<td>10.30am - 12 Noon</td>
<td>Carers Xchange Group</td>
<td>Dementia Resource Centre, King Street, Aberdeen</td>
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<tr>
<td>Tuesday 18th June</td>
<td>10am - 12noon</td>
<td>Carers Café</td>
<td>Woodside Activity Centre, 314 Clifton Road, Aberdeen</td>
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<tr>
<td>Thursday 20th June</td>
<td>10.30am - 12.30pm</td>
<td>Knit and Knatter</td>
<td>Health Village, Frederick Street, Aberdeen</td>
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<tr>
<td>Tuesday 25th June</td>
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<td>Bacon Butty and Blether</td>
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<td>Friday 28th June</td>
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This 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.

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 2018 until the end of September 2019 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 by a member of VSA Carers Support Team, a carer and health and social care practitioners.
Taking Time for Me

‘Please ensure your own mask is secure before helping others’

Ever wondered why, in a safety demonstration, they will ask you to do this first when it seems so counterintuitive?

If so come along to our Carer’s Toolkit ‘Taking Time for Me’ on

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How to be Heard

Do you ever feel you are not heard when dealing with the system, that you are not able to get your point across or are not heard by those making decisions?

If so come along to our carers toolkit on:

Tuesday 4th June at Woodside Activity Centre from 10am to 12pm.

We will think about how you can get your voice heard, talk about jargon that may be used and how to decipher it and give you hints and tips on being involved in meetings.

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Mindfulness Mondays

Take a break from the stresses of the day for a calming Mindfulness Meditation Session.

Mindfulness can help you to:

- Relax your body and mind
- Deal with stress
- Improve your health and wellbeing
- Help with sleeping difficulties

Community sessions at 11am-12pm Aberdeen Health Village, Frederick Street

For more information and to book place please contact:

graham.fleming@nhs.net

Community Sessions will run on the following dates:

29th April | 27th May | 24th June
29th July | 26th August | 30th September
28th October | 25th November
Are you looking after someone?

Save the Dates!
10-16th June 2019

What would you like to see us doing for carers week this year?

Previously we have held a wellbeing event, buffet lunch and information stand but would welcome any ideas you have.

Any suggestions can be given to your carer advisor or emailed to carer.info@vsa.org.uk or call 01224 212021

We look forward to hearing from you!
About Carers Week

Carers Week is an annual campaign to raise awareness of caring. This year’s theme is:

“Getting Carers Connected”

Caring can be a hugely rewarding experience but carers often find it challenging to take care of their own wellbeing whilst caring. Its impact on all aspects of life from relationships and health to finances and work should not be underestimated. Caring without the right information and support can be tough. Everyone has a part to play in connecting carers and helping them to get the support they need to care without putting off their own health needs or losing important relationships with others.

Connected to Friends and Family

Lack of time, and understanding from others, can cause loneliness and isolation amongst carers. The difficulty of taking time away from our caring role also adds to feelings of loneliness and isolation. Greater understanding from friends, colleagues, and the public, as well as more opportunities for breaks and social activities are all needed to combat feelings of loneliness and isolation.

Connected to Advice and Information

Caring can be extremely complicated, whether you’re grappling with the benefits system or considering how to pay for care. There are lots of extra costs that can come with caring and giving up work or choosing to reduce working hours can lead to money worries. The most important thing you can do is recognise that you are a carer and connect with support services available.

Connected to Other Carers

Sometimes a few words from someone who understands your situation can be a lifeline. Being a carer can be difficult and isolating, so speaking to someone who knows what you are going through can make a big difference. Carers Week is an opportunity for you to get connected to other carers in your community and build new friendships.

Connected to Services

It’s natural to think of ourselves as family or friends rather than as carers. Looking after someone can be hard work though and carers often miss out on support services available. Getting an Adult Carers Support Plan which looks at what support you may be entitled to as a carer is a great start. From arranging a break from caring, getting the right equipment to care safely or getting support with improving your own well-being, services can connect services to a range of support.

Connected to Technology

There’s a whole world of technology that could help make your home safer and your life as a carer easier. Simple devices can help someone live independently for longer and give you peace of mind when you can’t be around. Technology can also help carers connect with each other through online forums providing emotional support.
Local Carers Continue to Enhance the Learning Experience of RGU Students

For a number of years now, Carers have formed an integral part of Social Work and Mental Health Nursing training at RGU.

Although initially this might seem daunting, carers who take part often find it very rewarding, using their expert knowledge and experience of caring to shape the professionals of the future and how they will involve and support carers once qualified.

Pictured above is Scott Brebber who recently delivered his talk to over 30 1st year social work students. Feedback received from Social Work Lecturer Isobel Townsend said “The students felt this was one of the most interesting and informative lectures they have had to date”

If this sounds like something you might want to get involved in, please get in touch.

For more information contact:
VSA Carers Resource Service

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

www.vsa.org.uk

Registered in Scotland as Aberdeen Association of Social Service operating as VSA Company Registration Number 18487; Registered Scottish Charity Number SC 012950 Head Office: 38 Castle Street, Aberdeen AB11 5YU