Carers (Scotland) Act 2016

The Act is due to be implemented on the 1st of April which is just a short time away. The Act extends and enhances the rights of Carers in Scotland to help improve their health and well-being so that they can continue to care, if they so wish, and to have a life alongside caring.

If you would like further information on how to access Adult Carer Support Plans, information on local Eligibility Criteria, the Aberdeen City Carers Strategy, how you can be involved in the development of carers services, how to access information about Carers Rights, advocacy, Health and Wellbeing, Short Breaks, Carer involvement in Hospital Discharge before the person you care for is discharged from hospital, developing Emergency / Future planning or any other information and advice that would support you in your caring role, please get in touch with us at Carers.Info@vsao.org.uk / 01224 212021.

We have a range of information available on the website. If you do not have access to the internet or would like this information in hard copy, please also get in touch.

This legislation is intended to benefit Carers across Scotland and we are committed to ensuring that Carers in Aberdeen are aware of what the Act means for them, and that they have the information, advice and support to access the rights to which they are entitled.

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Staffing Updates

We have 3 new staff, Donna Lawie, Louisa Donaldson and Noor Booth. Donna will be working with colleagues across the North and Central Localities and Louisa is working in the West. Noor will provide additional capacity across the team.

We’d also like to say goodbye to Kathryn McIntosh. Kathryn left the team at the beginning of February. We’d like to thank Kathryn for all of her work while she was with us and take the opportunity to wish her luck in the future.
Carers Week 2018
Carers Week this year will be held from 11th - 17th June
Healthy and Connected

Carers Week this year will focus on supporting carers to stay Healthy and Connected.

To be Healthy and Connected, carers need the information and practical support to care safely without harming their own physical and mental health and the right advice and financial support to be able to stay fit and eat healthily. Carers need access to breaks – from a few hours to a couple of weeks – to recharge the batteries and maintain a life of their own alongside caring.

All parts of our communities have a part to play in connecting carers and helping them get the support they need to care without putting off their own health needs or losing important relationships with others. We all need to work together to create carer friendly communities which support carers health and well-being. Please go to the Carers Week website for more information and to see what other people are planning for Carers Week https://www.carersweek.org/

Due to the positive feedback we received regarding the Fit2Care programme of events, which ran over Carers Week in June last year, we are delighted to advise that the Carer’s Service at VSA are again working with Fit2Care partners this year to offer a varied range of activities. This will give Carers the opportunity to consider their own wellbeing and to allow them to take some time out for themselves.

If you have any suggestion or thoughts about things we could do for carers week then we would like to hear from you please call us on 01224 212021 or e-mail carers.info@vsao.org.uk.

We are looking at suitable opportunities in and around Aberdeen City that carers can participate in ranging from Health Walks to Qigong and Tai Chi. Not just during Carers week, but all year long.

Watch this space…!!!

All information and list of events for Carers Week 2018 will be available to see on the VSA website, www.vsa.org.uk, once the events programme has been finalised. We currently have plans hold a themed carers café at the Central Library and we will have information stands at the Trinity Centre and the Health Village raising awareness of Carers.
Aberdeen City Health & Social Care Partnership hosted its second “HEART” awards ceremony. The awards ceremony took place on the 22nd February at Aberdeen’s Beach Ballroom. We had a small number of Carers with us at the ceremony in recognition of the two nominations involving Carers.

We were very pleased that the team who worked together to produce the Fit 2 Care programme was nominated for a “HEART” award for the “Hearing Others – Communication and Inclusion” award. The team were finalists in this category. Well done to all of those involved!

The Team Aberdeen (The Integrated Working) Award was won by the Equal Partners in Care Group from Royal Cornhill Hospital. This group has worked in Partnership to improve the services available to Carers across Cornhill Hospital, Mental Health Services.

Many Congratulations to Arlene Malcolm and the other members of the group.
Carers Christmas Coffee Morning

VSA Carers Service held another successful Carers Christmas Coffee Morning at Woodside Activity Centre in early December. It was great to see some familiar faces but also to see some new faces as well, we would like to thank all those who attended and for making it such a fun morning.

Aside from the coffee and mince pies we had singing by the Woodside Primary School children who entertained us all with their Christmas song arrangements. Special thanks goes to the teachers and the children for coming along to sing to us on the day.

We also had a Christmas Quiz and a Raffle where no-one went home empty handed. On behalf of all the team at the Carers Service we would like to thank our carers for coming along on the day helping to make it a nice start to the festive period. We hope all our carers had a lovely Christmas and hope that 2018 will bring some positive changes for Carers.

Short Breaks Funding — Taking Time for Me

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 the carer will be better able to sustain their caring role for longer and will be better able to balance their caring role with life outside of caring.

Applications can be made by downloading the application and guidance notes from the VSA Carers website, www.vsa.org.uk or alternatively you can call us so we can support your application on 01224 212021.

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For more information on VSA Carers Resource Service please contact VSA on 01224 212021 or email: Carers.Info@vsu.org.uk

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