

Q & A with Bernie Campbell
Member of Carer's Voice Forum

1. What is Carer's Voice?

The 'Carers Voice' is a group established by Carers to provide friendship and support to Unpaid Carers across Perth & Kinross. The Group was set up in 2010 and I became a member back in 2014. Our aim is to ensure that all unpaid Carers in Perth & Kinross are recognized and supported in their caring role. It is very important that Carer's opinions and needs are listened to and that they have an opportunity to speak directly to decision makers and receive appropriate information and advice to help them cope with the role of an Unpaid Carer.

The 'Carer Voice' meetings provide us with an opportunity to influence how we take forward services and provide support to communities in the future. In an effort to make our presence known we have distributed leaflets to all GP Practices across Perth & Kinross and various Voluntary Groups through our connections with PKAVS, highlighting the work of the Carers Voice. When you next visit your GP Surgery have a look for our leaflet!

Our membership includes Carers from every walk of life, caring for loved ones with long term conditions such as neurological disability, physical disability, an addiction i.e. drug and alcohol abuse, Dementia/Alzheimer's, Mental Health problems or a learning difficulty. These and many other medical conditions place enormous demands on Unpaid Carers who deserve and should receive as much help and support as possible.

2. What does the group do and what have been your highlights?

During the past year we have been involved in a number of projects representing Carers at various events and groups eg. 'Coalition of Carers across Scotland' (linking with other Carer groups and in particular with our colleagues in Angus and Dundee), the 'Carers Conference' as well as local projects within Perth & Kinross. One of the most exciting achievements for me has been our involvement with Perth & Kinross Health & Social Care Partnership IJB (Integrated Joint Board).

The role of the Board is to oversee the development of services for the future. There are four public partners on the Board, two Service User reps and two Carer reps, myself and Maureen. Our main focus is to ensure Carers voices are heard. The Board meets every 6 - 8 weeks and we contribute to discussions on issues which may impact on both Service Users and Carers.



3. How can you get involved?

We recognize that Carers are spread across a large geographical area and it may not always be easy to join us at our meetings in Perth. We are very grateful for the support we receive from PKAVS through their Carer Support Workers and hope to use these links to ensure that Carers in all localities are aware of our group and the work we do. If you are a Carer and would like to speak to us about any concerns or your experiences, you can do this by coming along to one of our meetings but if this is not possible you can contact Kerry at PKAVS and she will ensure that all matters are passed on to us.

In conclusion I would like to extend an invitation to any Unpaid Carers to come along and join us for a coffee and a chat, you will be guaranteed a warm welcome.

We would welcome any unpaid carers wishing to come along to any or all of the meetings the next meetings will be held on:

16th May 2017	27th June 2017
8th August 2017	19th September 2017
31st October 2017	12th December 2017

All meetings are held at PKAVS 11am, The Gateway, Perth. Please contact Kerry Donaghy on **01738 567076** for more information.

Social Therapies and Health Checks for Carers

We know that a little pampering and some time to relax can make a difference and Carers can access social therapies in a variety of areas throughout Perth and Kinross. Carers can choose from a variety of different therapies and enjoy a 45-minute treatment alongside other Carers and therapists. Therapy days are relaxed and you will be guaranteed a warm welcome by our workers and other carers there on the day.

For more information or to book call Marthe Handling on **01738 567076** or email carertherapies@pkavs.org.uk. Booking for therapies will open 1 week prior to the therapy date.

E.G. Next Perth Therapy day is Friday 26th August - Booking opens Friday 19th of August. This is a change to the booking system to ensure that there is a fair chance for all carers accessing social therapies.

Perth (11 - 3pm)	last Friday each month at PKAVS - The Gateway.
Aberfeldy (11 - 3pm)	last Wednesday of each month at Aberfeldy Health Centre.
Crieff (10.15 - 2.30pm)	last Tuesday of each month at Crieff Learning Centre.
Kinross (9.30 - 2.30pm)	1st Friday in May and then from June 1st Monday of each month, at Loch Leven health Centre.
Blairgowrie (10.15 - 1.45pm)	1st Tuesday of the month at ARC Jessie Street, Blairgowrie.

Carers Health Checks will be available from May 2017 at Perth, Blairgowrie and Crieff.

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Telephone: **01738 567076**
Email: laura.mckenzie@pkavs.org.uk
Online: www.pkavscarershub.org.uk
In Writing: **The Gateway, North Methven Street, Perth, PH1 5PP**

- Thank you to our Funders!** We would like to say a massive thank you to all our funders and partners!
- Big Lottery
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 - Gannochy Trust
 - PKC
 - Betty Ross Trust
 - Robertsons Trust
 - Shared Care Scotland
 - Children in Need
 - Forteviot Trust
 - Henry Smith Trust
 - NHS

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CARERS NEWSLETTER
Spring / Summer 2017

Welcome

A warm welcome to our Spring/Summer Carers newsletter. Within our newsletter we hope that you will find useful contacts, information, dates for your diary and details of support available for Carers within Perth & Kinross and further afield. Recognizing yourself as a Carer is an important step to acknowledging that you have an important role. We know that your caring role can be stressful and demanding but hugely rewarding.

The Carer's service is here to help you find the right support and manage the impact that caring for someone can have on your own health and wellbeing. We do this by sharing information, helping you to access respite, funding, training or a variety of other services. If you would like to talk with one of our support workers to find out more please contact Laura.Mckenzie@pkavs.org.uk or call **01738 567076** and ask for Mary or Laura in the first instance.

Day Services Respite News

For those of you who may not be aware of our day respite services, we provide a day respite option for carers. Our two Centre's are based in Perth and Blairgowrie. Perth opens Monday to Friday 9-4 and Blairgowrie is open Tuesday, Wednesday and Friday 9-4. Our fully trained staff and volunteers are here to support anyone who attends. We have a few spaces available and we would welcome any visitors if you would like to come in for a look around.

We would like to say a big thank you to Kenny Martin, On the Wagon, Music in Hospital's and Red Bridge Art theatre company for providing us with entertainment and music therapy throughout March and April. Everyone really enjoys the chance to sing, dance or play along.

Over the last few months our Day Respite staff and volunteers have supporting those who attend our centre to plan out activities and days out. We have weekly meeting where we all discuss things that we would like to do during respite time.

These are some of the things people had to say:

- "I would like to go for more walks"
- "I like when we make things and do crafts"
- "I enjoy the quizzes and the word games"
- "I like when we can take a run out in the bus"

With this feedback we have put together a what's on guide to let everyone know what's coming up.

Regulations News

The new standards for care will be rolled out from April 2018. In the meantime, the government has set up a working group to look at how the standards will be looked at across care and health services. With this in mind there is a way that you as a carer can get involved with the care inspectorate consultation. The care inspectorate is looking for people to tell them about your experiences of using care services in Scotland.

To find out more you can email getinvolved@careinspectorate.com call **0345 6009527**, or go to www.careinspectorate.com.

We have focused the activities on 4 choice areas.

- Keeping Healthy and Well
- Training for your Brain
- Being Creative
- Day Trips and Holidays

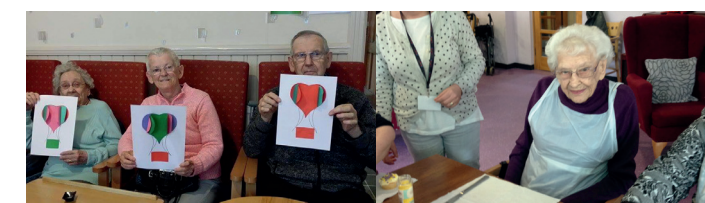
Coming up...
Our next coffee morning will be on:
Saturday 10th of June
10am - 12noon
which will see the start of our Carers week celebrations!



Day Club Costs

As part of our Adult carers service our day clubs offer respite places for the people whom our carers care for. The cost for attending one of our day clubs is £25. This is inclusive of lunch and transport, activities and day trips.

For further information or to make a referral to our Carers service. Please contact: **01738 567076** or email mary.giles@pkavs.org.uk.



CARERS WEEK
10th - 18th June 2017

Come and celebrate with us on a fun filled and **FREE** week of events dedicated to unpaid carers!

Additional respite vouchers can be provided if required. Please see A4 insert on Carers Week for more information.

For booking please contact
Kerry on 01738 567076

Respite for Carers

Being a carer can be difficult and frustrating and everybody needs a little break from time to time. Respite provides this opportunity to alleviate some of the stresses associated with being a carer. It can also be refreshing for the supported person.

Why might you want respite?

- To take some time for yourself
- To have a holiday
- Opportunity to meet new friends and other carers
- Take a break from the person you support
- Spend quality time with other friends or family members
- To regain your own health and well being
- Just to get out the house and have a change of scenery

Respite tailored to meet your needs:

Some Carers may only be able to get away for short periods of time. They may just want an hour to spend having their hair or nails done, attend an appointment or to meet a friend for a coffee. Other carers may wish to send their supported person to respite so that they can spend time at home to recuperate and see other family members or friends.

Some carers prefer respite with their supported person but would like to get away from the home and their everyday routine. This can include spending time as a whole family and have a break from the rut that carers can find themselves in if they are stuck in the house.

If you would like to find out more about what respite options are available to you such as Respite and alternative funding please get in touch with Marthe Handling, our new Carers Hub Respite Development Officer on **01738 567076** or email **Marthe.handling@pkavs.org.uk**.



Raising Awareness!

The Young Carers Team has been far and wide recently raising awareness. Jasmin our Young Carers School Outreach Worker has been visiting schools all over Perth and Kinross working with teachers to help identify and support more young carers.

Why is this important? To help young carers know that they are not alone! It has been estimated that 1/10 school aged children are young carers by 'Getting it Right for Young Carers: The Young Carers Strategy for Scotland 2010-2015'.

It is essential that children with caring responsibilities have the opportunity to access support to reach their full potential.



Young Carers

Our Young Carers team support children and young people aged between 8-16 years old who provide care or assistance to a family member of any age, due to disability, mental health issues, chronic/terminal illness or problems relating to alcohol or substance misuse. PKAVS Young Carers service is the sole organisation in Perth & Kinross that helps these children cope specifically with their caring role and how it may impact upon their own health and mental wellbeing. Support is offered primarily through respite at weekly groups, school holiday day trips and longer residential trips, one to one support and advocacy.

If you'd like to know more about the young carers service then please visit PKAVS Carers Hub website. www.pkavscarershub.org.uk/YCindex

Alternatively if you would like to discuss the support available further or make a referral please either contact Billy Morrison on **01738 567076** or at **billy.morrison@pkavs.org.uk**.

Below are some of the groups that the Young Carers Service currently offers:

Weekday	Group Name	Age Group	Frequency
Monday	Crieff Group	8-16 years	Fortnightly
Monday	Nurture based group	Changes*	Weekly (blocks of 12)
Tuesday	Blairgowrie Primary Group	8-11 years	Fortnightly
Tuesday	Blairgowrie Secondary Group	12-15 years	Fortnightly
Wednesday	P3 - 6 Group	8 - 10 years	Fortnightly
Wednesday	P7 - S1 Group	10/11 - 12/13 years	Fortnightly
Thursday	S1 - S4 Group	13 -15 years	Fortnightly
Thursday	Bronze Duke of Edinburgh Group	14 - 17 years	Weekly (Closed Group) Group has now been selected

*Changes dependant on group.

We encourage all professionals who may be coming into contact with young people who have some caring responsibilities to give us a call. Jasmin would be happy to visit your work place to talk about different training opportunities available.

We have received the below feedback from a recent CPD that Jasmin hosted. "It was one of the best CPD sessions that I have attended. Jasmin was informative, approachable and really engaging as a presenter. I found it be very valuable and feel I have a greater understanding of young carers and how to meet their needs. It has made me MUCH more aware of young carers." Well Done Keep up this valuable service for our children.

Young Carers School Outreach Worker

Hi my names Jasmin and I am the new Young Carers School Outreach Worker. I work with teachers and other professionals to help identify and support Young Carers in their schools. If you think you might be a Young Carer, it can be really helpful to speak to your parent or teacher.

They can get in contact with the Young Carers service and find out more information on **01738 567076** or email me on **jasmin.watt@pkavs.org.uk**



PKAVS Launches Young Carer Identification Scheme

Friday 27th January 2017 was an exciting day for Perth & Kinross Association of Voluntary Service (PKAVS). Their pioneering 'Young Carer Identification Scheme' was launched by Deputy First Minister John Swinney.

The Scheme consists of an ID Card issued to young carers in Perth & Kinross. The card will enable children aged 8 to 16 in a caring role to be recognised as a young carer, increase the confidence of the young carer to manage their caring role, allow medical professionals to share appropriate information with the young carer at their discretion, and assist schools in identifying young carers and putting measures in place to support them.

Initially the card will be used for ID purposes and will be the ideal tool for young carers to help self-identify themselves to professionals in education and health. However opportunities are being explored with NHS Tayside to enable card holders to use their card in discussions on medication, diagnosis and prognosis and prescription collection for the cared for. It is also anticipated that the Young Carer Identification Scheme will enable young carers to benefit from future provisions within the Carers (Scotland) Act (to be launched in 2018).

Young Adult Carers Service

Helen is the Young Adult Carers (YAC) Support Worker at PKAVS Carers Hub.

Who are young adult carers?

YACs are aged from 16 to 25 and are unpaid carers. Everyone's experience is different, but YACs care for someone due to long-term conditions such as mental illness, problems with substance misuse or a disability.

Why do YACs need a support worker?

People aged 16 to 25 can have a lot going on in their lives so YACs might need extra support to balance their caring role with their personal life and future plans. They might want support to meet educational demands, to explore new opportunities, to deal with complex feelings or to access respite.

How do people get involved?

When someone is referred to the YAC service, I'll get in touch for an informal chat and then we'll meet up to put a support plan together.

How are YACs supported?

You can get involved in group work, drop ins, 1 to 1 work, residential and access respite.

To get in touch with Helen you can call **01738 567076** or email her on **helen.munro@pkavs.org.uk**.



Claire Baker MSP tabled a Parliamentary Motion recognising the hard work and commitment of the PKAVS Young Carers Service in creating and launching the card.



As mentioned in the article the following Parliamentary Motion has been lodged by Claire Baker MSP, Mid Scotland and Fife Region and Labour spokesperson for Justice. "That the Parliament welcomes the launch of the Perth & Kinross Association of Voluntary Service (PKAVS) Young Carers Identification Card; understands that PKAVS Carers Service has worked in partnership with NHS Tayside & PKC to deliver the card; recognises the hard work and commitment of these partners; welcomes that the card has been introduced as the result of a positive consultation with young carers, and that it will support self-identification of young carers so that schools and healthcare services can provide the vital support that they may require."

Adult Carers Connect in the Community

There are various groups and cafes throughout Perth and Kinross where carers will find a warm welcome and can meet other carers and share experiences.

The Kinross carer's café is on the 1st Monday of each month. We meet in Kinross Community Campus 10-12. You can contact Gail Boath on **01577 867306** or Annette Bond on **01738 567076** for more information.

The Invergowrie community café is on the last Thursday of the month and runs from 10-12. We meet in the All Soul's Church hall and you can contact PKAVS Adult Carers Hub on **01738 567076** for more information.

The Strathmore Carer's support group - meets on the 3rd Wednesday of every and below is the program of events, activities and information sessions that have been organized everyone is more than welcome to come along.

Programme 2017

17th May	Sensory Loss and Support (Vision PK)
21st June	Emergency Life Support (Heartstart Discovery)
19th July	Emergency Planning (Enable Scotland)
16th August	Debt Advice/Money Issues (Christians Against Poverty)
20th September	TEC/Community Alarms (PKC)
18th October	6 Legal Must Do's
15th November	Scam Awareness (Trading Standards)
20th December	Festive Lunch out

Venue: Adult Resource Centre, Jessie Street, Blairgowrie PH10 6BT
Time: 1 - 3pm

ADULT CARERS ME TIME

Me Time happens on the third Friday of each month between 13:00 and 15:00hrs. For more information contact Keith on **01738 567076** or email **keith.scott@pkavs.org.uk**.

Whats On:
19th May - Crafty Time
July and August - Group Breaks
16th June - Stewart Towers