



The Princess Royal Trust

Fife Carers Centre Newsletter

Thank you to the Tayport Charity Shop for their significant donation and ongoing support for us.



We were very privileged to receive a visit from the president of the Princess Royal Trust for Carers, Her Royal Highness Princess Anne The Princess Royal who came to visit Fife Carers Centre on Tuesday 8th September. Princess Anne had last visited Fife Carers Centre ten years ago when we were in our old (and very small) premises so was impressed to see the changes we have been able to make and the services we are now able to offer. We had invited some of those carers who work closely with the Centre, taking part in various activities, and representatives from some of the organisations we work with to come along for the morning.

The photos of the occasion were taken by photographer Barry Moir, of Barry Moir Photography, who kindly donated his time and skill for free. Barry is normally a wedding and portrait photographer based in Kirkcaldy so being a royal paparazzi for the morning was a departure from his normal routine! Not being allowed to ask the Princess to pose meant that Barry had to capture the moment quickly. We think it has resulted in some lovely natural smiley faces being caught in the picture. What do you think?



To mark her visit we asked carer Kerry Black to present The Princess Royal with a framed copy of her poem written to celebrate Carers Week (published in the last newsletter).



Princess Anne was very interested to hear about individual carers' experiences, it was apparent that she is very aware of the issues that carers face and the effects of caring on their lives. Princess Anne spoke to every individual invited and everyone told us how much they had enjoyed meeting her. Carer Nancy Beveridge said she was very nervous about meeting Princess Anne but found that she was so friendly and kind that she felt quite relaxed chatting to her.

Children from the local nursery had made their own flags and were standing outside the Centre waving them to greet the Princess as she and the Lord Lieutenant of Fife, Mrs Margaret Dean arrived. Mrs Dean has always been keen to support the work of the Centre and has visited several times but it was good to see her on such a special occasion. It was a great occasion and has surely helped to remind everyone about how important carers are and about the work that we do here at the centre.

Energy Assistance Package

Are you finding that your home is cold, damp, draughty or generally hard to heat? Are you worried about your fuel bills? If you answer yes to any of these questions the Energy Assistance Package may be able to help you.

What is the Energy Assistance Package?

The Energy Assistance Package provides advice and support to enable you to maximise your income, reduce your fuel bills and make your home warmer and more comfortable. It offers a range of measures to help improve the energy efficiency of your home.

The new scheme is funded by the Scottish Government and is being delivered by the Energy Saving Scotland advice network in partnership with energy companies and other organisations.

To access all parts of the Energy Assistance Package, call the Energy Saving Scotland advice centre free of charge on 0800 512 012.

When you call the advice centre, a trained advisor will take you through a series of questions about your home, including your current heating system. The questions will help the advisor give you the best energy advice possible and could lead to other forms of support including:

Referral for tax credit/benefit checks

Signposting to energy providers for social tariffs if eligible

Loft and cavity wall insulation for those eligible

Other measures to improve the energy efficiency of homes such as a new central heating system if eligible

To find out how you can benefit from the Energy Assistance Package contact us on freephone 0800 512 012 or visit <http://www.energyassistancepackage.com/>

Thank you to Sarah Bromley from Energy Saving Scotland for contributing this information - **you can hear more from Sarah at the Meeting point lunch on 27 November when she will be the speaker.**

Changes to concessionary travel for carers

If the person you care for holds a "mylife" card with the C+1 element of concessionary travel (that's the card that allows them to travel by bus and rail with a companion) then you should note that the **qualifying criteria has changed**. When it is time to renew the card they will need to meet with one of the following new criteria if they are to continue to receive these concessionary travel services:

To be eligible for a "C+1" card the individual must be getting either Disability Living Allowance (DLA) at the middle or higher rate of care component or Attendance Allowance or be in residential care. To be eligible for a "Ceye+1" card the individual must be Registered Blind.

If the person you care for does not meet with one of the above criteria then they may be still eligible to hold a "C" card. This card offers free bus travel and discounted rail travel.

Should you need further information please contact Fife Council's Concessionary Travel Team on 01592 583370.

Stroke Care Study Day

Lesley recently took part in a study day for stroke health care staff organised by Joanne Graham, NHS Fife's stroke training coordinator. The day was entitled "Caring for Carers" and focussed on the experiences of carers of people affected by a stroke with the intention that health care staff would understand the carers role and how they can help to make a difference. Lesley made a series of presentations to the delegates along with psychologists Emma Hickabottom & Kim Kemp covering topics such as Who is a carer?, How to support a Carer and Legislation and Policies. The thing that made the most impact on the delegates though was the session on A Carers Perspective. Five carers of people who have had a stroke came along and spoke about their experiences, the things they found easy and the things they found tough, how they felt at different stages of the journey and the things that had changed in their lives forever. The carers were Nancy Beveridge, Alex Birt, Josephine Munro, Kerry Brown and Moira William. They told us that they found being asked to talk about themselves an unusual and sometimes emotional experience but hearing the responses from the delegates made it feel very worthwhile. When the delegates were asked what they had found useful about the day the session with the carers was top of their list – many of them said that it had changed the way they think about carers and their role in helping their patient's condition improve. Fife Carers Centre would like to say a BIG THANK YOU!! to Nancy, Alex, Josephine, Kerry and Moira for making such a difference to the day and the way carers are perceived.

We are always looking for carers to take part in similar activities - it is usually for about an hour and involves simply talking about your own experiences as a carer. If you would like to take part at some time in the future please give Lesley a call on 01592 642999.



Dairy of forthcoming events

October

All events take place in Fife Carers Centre unless otherwise stated

Saturday 24th October 2009 - Drop In Fife Carers Centre Quarterly Saturday Opening - To help those who find coming to see us on a weekday difficult staff will be around to answer queries and offer help and advice today between 10 am and 2pm.

Thursday 29th October 2009 - book your place
Caring for someone living with Dementia - carers workshop. Please call Fife Carers Centre for further details and to book a place

Friday 30 October – Drop in Event
Carers Meeting Point Lunch 12 – 2pm
Speaker - Representative from Dunfermline & West Fife Community Health Partnership talking about Public Participation Forums and their role.

Workshops

You will find details of the workshops including dates, times and booking arrangements on pages 4 and 5 of this newsletter and if you'd like to know more about any of them please give us a call on 01592 642999 or email us at centre@fifecarers.co.uk

November

Friday 27 November – Drop in Event.
Carers Meeting Point Lunch 12 – 2pm Speaker Sarah Bromley from Energy Saving Scotland with news about keeping your home warm

Workshops

There are so many various workshops for both carers and health and social care professionals on during this month I didn't have room to fit them all in! You will find details of the workshops including dates, times and booking arrangements on pages 4 and 5 of this newsletter and if you'd like to know more about any of them please give us a call on 01592 642999 or email us at centre@fifecarers.co.uk

December

Friday 4 December - Carers Rights Day. You can find out more about any events taking place by looking at our Blog (www.fifecarerscentre.blogspot.com) or going to www.carersrightsday.org.

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January

Thursday 28th January 2010 - book your place
Caring for someone living with Dementia - carers workshop. Please call Fife Carers Centre for further details and to book a place

Friday 29 January– Drop in Event
Carers Meeting Point Lunch 12 – 2pm Speaker

Workshops

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Courses and Workshops for carers

Carers Health and Well-being Sessions

We are delighted to announce that we have received some funding which has allowed us to arrange a series of Health and Well-Being sessions just for carers. These are taking place across Fife and we hope that carers will enjoy taking part. We know how difficult it is for carers to get some time to themselves, so you can choose to take part in just one session or you may wish to come to all the ones that are on in your area. If you are interested please give us a ring at the Fife Carers Centre to book a place on 01592 642999. We aim to make these enjoyable and fun, certainly the sessions that we ran at the National Carers Week event seemed to go down very well with carers. You won't need any special equipment and you don't need to be fit or particularly flexible- just come along and find out more about helping yourself and the person you care for stay as well as possible for as long as possible!

RELAXATION & STRESS MANAGEMENT

Tower House Centre, Commercial School Lane, Dunfermline, KY12 7JT

20th & 27th Nov 10:30-12.00

Fife Sensory Impairment Centre Wilson Avenue KIRKCALDY Fife KY2 5EF

9th Nov & 17th Nov 10:30-12.00

Victory Memorial Hall St Marys Place, St Andrews, Fife, KY16 9UY

10th Nov & 23rd Nov 10:30-12.00

GENTLE EXERCISE

Tower House Centre, Commercial School Lane, Dunfermline, KY12 7JT

6th & 13th Nov 1:00-2.30

Fife Sensory Impairment Centre Wilson Avenue KIRKCALDY Fife KY2 5EF

23rd & 30th Nov 1.00-2.30

Victory Memorial Hall St Marys Place, St Andrews, Fife, KY16 9UY

28th Oct & 4th Nov 1.00-2.30

HEALTHY EATING

Tower House Centre, Commercial School Lane, Dunfermline, KY12 7JT

17th & 24th Nov 10.30 -12.30

Fife Sensory Impairment Centre Wilson Avenue KIRKCALDY Fife KY2 5EF

3rd & 10th Nov 10.30-12.30

Victory Memorial Hall. St Marys Place, St Andrews, Fife, KY16 9UY

19th & 26th Oct 10.30-12.30

Caring with Confidence sessions for Carers

One of the things that carers often tell us is that they welcome the chance to learn more about how to deal with the illness or disability of the person they care for. With this in mind, last year we ran a pilot series of courses in West Fife and are now ready to run more courses across Fife. All of the courses begin at 10 am and finish at around 2.30pm with a light lunch included. **The courses are free for carers to attend and to book your place you simply need to call Fife Carers Centre on 01592 642999.**

The courses in Dunfermline and the West CHP Area will all be held at the City Hotel in Dunfermline, the topics and dates are:

Caring for someone with Diabetes – 4th November 2009

Caring for someone with Heart Disease – 2nd December 2009

Caring for someone who has had a Stroke – 4th December 2009

The location for the courses in Glenrothes and North East Fife CHP area is yet to be confirmed, the topics and the dates are

Caring for someone with Respiratory Conditions - 28th October 2009

Caring for someone with Vascular Conditions - 9th November 2009

Caring for someone with ME - 3rd December 2009

Fife Carers Centre will be the location for the courses in Kirkcaldy and Levenmouth CHP and the topics and dates are:

Caring for someone with COPD - 2nd November 2009

Caring for someone with Coronary Heart Disease - 30th November 2009

Details of the third of these sessions are yet to be confirmed but will either be Caring for someone who has had a Stroke - or Caring for someone with Diabetes.

Courses and Workshops for Health and Social Care Professionals

We're looking out for carers- are you looking out for them too?

For Social Work

In Social care you encounter carers every day in the work you do. If you would like to

- develop your awareness of the issues that carers face and have the opportunity to hear about some of these issues first hand from carers.
- increase your knowledge and understanding of policy (local and national) and legislation relating to carers.
- develop your knowledge of support organizations available to carers.

You can do so by attending a "Partners in Care" workshop at Fife Carers Centre. Workshops are available on:
(Times include Lunch)

Friday 6 November 2009 10.00 am – 1.30pm

Thursday 12 November 2009 12.30pm – 4pm

Tuesday 17 November 2009 10.00 am – 1.30pm

Tuesday 16 February 2010 12.30pm – 4pm

Friday 19 February 2010 10.00 am – 1.30pm

Tuesday 23 February 2010 12.30pm – 4pm

If you work for Fife Council Social Work department or in some way that brings you into contact with unpaid carers you can book a place at one of the workshops by contacting:

Lesley at Fife Carers Centre

On 01592 642999

Or

lesley@fifecarers.co.uk

No one expects to become a carer - but 3 in 5 of us will be one at sometime in our lives.

There are around 42,000 people who are carers in Fife - and most of them don't know there is help available for them.

For Health Care

The same workshop is available for health care workers but the booking arrangements are different. You can book a place at one of the workshops by contacting:

OD and Learning Department, Cameron Hospital, Leven, Fife

e-mail:- fife-uhb.learningdepartment@nhs.net. Please provide the following information:-

Date of workshop required, Your Full Name, Your Job Title, Base Address, Contact Tel No, Which CHP or Division, e-mail address, Name & Details of Line Manager

The dates for the Workshops are:

Thursday 8 October 2009 - 12.30 pm – 4pm

Thursday 5 November 2009 - 12.30 pm – 4pm

Thursday 21 January 2010 - 12.30 pm – 4pm

Tuesday 26 January 2010 - 10 am – 1.30pm

Thursday 4 February 2010 - 12.30 pm – 4pm

Tuesday 9 February 2010 - 10 am – 1.30pm

Thursday 11 February 2010 - 12.30 pm – 4pm

Tuesday 2 March 2010 - 10 am – 1.30pm

Tuesday 9 March 2010 - 10 am – 1.30pm

It's a really good half day session with great outcome for delegates and carers. Previous delegates have found the workshops to be really useful and interesting, particularly finding out from carers first hand about their experiences and how their role affects their lives. One of the interesting things about the session is how often there are carers amongst the delegates who don't recognise themselves as such until they attend.

Keep up to date with what's going on with our Blog

You can keep up to date with events, information and workshops on our Blog. It's updated a couple of times a week with new items. If you want to have a look you can find it at www.fifecarerscentre.blogspot.com - we are also working to update our website with a completely new look. We're being helped with this by James Wentworth who has been doing work on a voluntary basis with us and several other charity organisations whilst he is looking for paid work. We're very grateful to James for his help and we hope to get the new look website up and running in November – so keep your eyes peeled! If you would like to receive your newsletter as a PDF by email please give us a call or send us an email and let us know.

Carers Meeting Point Lunch reports

June

The speaker from the Dementia Learning Forum couldn't attend and so, at very short notice, Helen Anderson from Cancer Network Fife kindly stepped in. Helen spoke about the services that Cancer Network Fife provide for those with cancer and their families. We learned that they can provide practical and emotional support from specially trained staff and volunteers. They also are a great source of information and advice about cancer related topics, like symptoms and treatment and what kind of services are available nationally and locally.

If you are affected by Cancer and would like to make contact with Cancer Network Fife you can call them on 01337 832668.

July

At the Carers Meeting Point Lunch at the end of July the speaker, Karen Gibb who is the Acting Clinical Nurse Specialist - Long Term Conditions, read a poem for us that had been written by Elspeth Murray for the "Beyond The Tipping Point" conference of the Long Term Condition "Collaborative 14th May 2009. She uses her poem to point out the difference it can make to people if they are included and involved in the treatment and management of their condition.

Carers attending the meeting asked if they could have a copy of the poem so here it is. It was very interesting to hear from Karen about how carers are now more often acknowledged as a vital part of the process in maintaining or improving the health of someone affected by a longterm condition. Thanks very much to Karen.

August

We had a very interesting talk on Friday 28th August at the Meeting Point Lunch. The speaker was Janice Russell from Trading Standards. We learnt a lot (and not just about Janice's fine appreciation of a man in uniform!!). The subject under discussion was avoiding Scams. She told us about some Scams that had come to the attention of the Trading Standards in Fife and how utterly ruthless the scammers are in taking away the last penny from those they are scamming. We also learnt about phishing scams on the internet.

The maxim that Janice said we should stick to is "If it sounds too good to be true - it probably is!" If you want more advice on avoiding Scams or think you might have been scammed and would like to talk to someone about it you can call Fife Trading Standards on 08454 04 05 06.

From Where I'm Standing

In emergency admissions
In the outpatient department
At the here-we-go-again clinic
In yet another waiting room...
From where I'm standing
There's nothing worse than being treated as an illness
From where I'm standing
There's nothing worse than being shunted around
From where I'm standing
There's nothing worse than it all flaring up again
From where I'm standing
There's nothing worse than not knowing whether to laugh or to cry
Except dealing with people who
Act like they never laugh or cry.

A man walks into a toolshed,
Shuts the door. Sees a sunbeam.
Dust floats in the brightness –
Eddies into the darkness.
He observes the sunbeam.
Shape, density, intensity.
Contemplates it objectively,
dispassionately...

But as he takes a step forward
Into that sunbeam,
Inhales the sunlit tool shed smell,
And feels the warmth on his face,
He sees something else,
Not the beam, not the darkness, not the tools
But, framed in the odd-shaped gap above the door,
Green leaves on the branches of a tree
And, millions of miles beyond them, the sun.

Looking at the beam and
Looking along the beam are
Very different experiences.
Before you take the speck out of your brother's eye
Let the beam shine into your own eye.

From where I'm lying
It's good to be listened to
From where I'm sitting
It's good to be in control
From where I'm standing
It's good to be given a choice

When I'm shaking
It's good to be sharing stories
When I'm hurting
It's good to get more of what I need
When I'm weeping
It's good to speak on the phone
To the one I call my guardian angel
When I'm dying
It's good to be with the ones who care the most.

From where I'm standing,
Here in the beam
It all seems perfectly clear.

SAGA Respite for Carers Trust

Are you over 50 and have been a carer for longer than a year? You are almost certainly eligible to apply for a respite short break from the SAGA Respite for Carers Trust. The aim of Saga Respite for Carers Trust is to give carers a well-earned break away from their caring responsibilities by providing them with a holiday for themselves and a companion.

There was an overwhelming response to the inaugural year of the Trust. The selection process is now complete. Over 1,000 people visited on the online nomination page or sent in a nomination by post. Over fifty awards have been made and the Trust is busy arranging for the successful beneficiaries to take their much-needed break. There are a limited number of places available and competition for them is likely to be keen but it's always worth a go - somebody has to win! You can read more about it on the SAGA website (<http://www.saga.co.uk/health/carers/>) Good Luck! There are also a lot of very informative and interesting articles on the website - so it's worth a browse through. (If you are not able to access the internet and would like to apply to be considered for a place you can give Lesley a call at Fife Carers Centre and she will complete your online application for you.)

ILA Scotland - it pays to learn

Lots of carers would like to be able to do something enjoyable and constructive with the limited free time that they have. With the local colleges and community schools class programmes beginning soon it's worth thinking about applying for an Independent Learning account. ILA Scotland is a Scottish Government scheme that helps you pay for learning that you can do at a time, place, pace and in a way to suit you. It's for people who have an income of £22,000 a year or less, or who are on benefits - not just carers. If you are 16 or over and living in Scotland, you could get up to £500 towards the cost of learning with a learner account from ILA Scotland.

There are two types of account available:

£200 accounts – If you are interested in learning something new or brushing up your skills. There is a wide range of courses available you can find out from the local college or community school what it is they have to offer.

£500 accounts – If you are studying a part-time higher education or professional qualification course such as a Higher National Certificate (HNC), Higher National Diploma (HND) or a Degree. You must be studying 40 Scottish Credit and Qualifications Framework (SCQF) credits or more an academic year.

You can only have one type of account open at any time so it's important that you choose carefully. If you need any further information to help you decide on the right account for you just call ILA helpline advisers on 0808 100 1090. If you already know what you want to do, you can request an application pack from the same number.

This information is taken from the ILA Scotland website www.ilascotland.org.uk

Ditch your junk and donate to charity all in one go!

Do you ever look round your attic or garage and think "Right, that's it! I'm going to have a good clear out!". It's easy to part with the stuff that's real rubbish but getting rid of things that feel too good to throw away can sometimes be a bit more difficult.

If you have access to the internet there are a few novel approaches to the problem you might want to try. They enable you to get rid of the item and the opportunity to feel good about raising funds for your favourite charity (Fife Carers Centre obviously!!):

Ebay - www.ebay.co.uk - you can sell your item and donate all or part of your sale price to the charity of your choice. It's great fun to do and fairly straightforward (just try not to go and buy a whole load of new junk to replace the stuff you've just got rid of!!).

JumbleAid - www.jumbleaid.com - a good old fashioned jumble sale with a new twist - an on line jumble sale, avoids the rough and tumble and sharp elbows of fellow jumbblers. The money given for the item can go to your favourite charity (yup! That's us!)

Then having cleared your junk you can sit back and enjoy the glow gained from a job well done!

Don't forget you can also donate to charity (us for example!) for free when you use Everyclick.com as your search engine.

Swine Flu

Fortunately so far all of us here at Fife Carers Centre have managed to avoid catching Swine Flu, however we realise that the chances of one of us catching it are quite high so we have been thinking ahead and making plans in case we are affected here. It is often the case that those who are being cared for are particularly vulnerable to infection and we would not want to be the possible source of infection so - if a member of staff at the centre is confirmed as having Swine Flu we will immediately stop making home visits. We will contact the carers we have appointments with and explain the situation, whenever possible we will carry out as much of the business with the carer over the telephone and arrange appointments for another time if necessary. As always we will do our best to make sure our service continues.

Three Day *help!* Programme

help! provides support for parents and carers of school aged children, young people and adults who have a recent diagnosis of an ASD. This free programme, which runs for 3 sessions, is for parents or carers of children aged between 5 and 12 years and who have received a diagnosis of an autism spectrum disorder (ASD) within the last two years or so. The programme sessions cover:

- What are autism spectrum disorders – a brief overview
- Top tips for communication interaction
- Behaviour strategies
- School and Further Education legislation plus practical strategies
- Accessing support services, your rights and benefits information

The dates of the 3 day programme sessions which run at The Gateway, North Haugh, ST ANDREWS, Fife, KY1 9SS between 9.30am – 2.45pm are

1. Tuesday 1st December 2009
2. Wednesday 2nd December 2009
3. Tuesday 8th December 2009

To book a place on this programme please phone:

Lauren Jarvis on 0141 285 7114



Fife Carers Centre

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Kirkcaldy, KY1 2NS

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Fax: (01592) 263910

Text: 07881 691391

e-mail: centre@fifecarers.co.uk

www.fifecarerscentre.org.uk

Opening times

Monday 9.30 - 1.00

Tuesday 9.30 - 4.30

Wednesday 9.30 - 1.00

Thursday 9.30 - 6.30

Friday 9.30 - 4.00

Advice, Support & Information for all Carers in Fife

Mary Stewart -

Centre Manager

Mhairi Lochhead -

Carer Support Worker

Cindy Souter -

Carer Support Worker

Grant Kidd -

Carer Support Worker

Angela Angel -

Administrator/Finance Officer

Irene Jones -

Administration Assistant

Lesley Childs -

Information Officer



Princess Royal Trust

Fife Carers Centre

Carers Rights Day 2009

Carers UK's tenth Carers Rights Day will take place this year on Friday 4th December. The theme for Carers Rights Day 2009 is '**Caring for your income and pension**'

When starting to care, maybe having given up work to do so, carers first thought is not about their pension but about managing care and making ends meet. If they don't take the right steps, carers could be missing out on vital contributions to their state pension which could affect them in the long term.

Carers Rights Day 2009 will focus on maximising carers' incomes now, advising carers how to best protect their pensions for the future and ensuring carers who are already receiving a pension are claiming all their entitlements.

To find out about more you can go to www.carersrightsday.org and to find out what we'll be doing to support Carers Rights Day 2009 please check our Blog for updates – you'll find it at www.fifecarerscentre.blogspot.com.

Jingle Bells, Jingle Bells...

Only 85 sleeps until Santa is here! We know it is waaaay too early to be thinking about Christmas but as our next newsletter doesn't come out until January 2010 this is our last opportunity this year to put into print our very sincere thanks for your continued support of Fife Carers Centre and to wish you and those you care for a very happy and peaceful Christmas. Now where's my stocking...



This Newsletter is published quarterly by The Princess Royal Trust Fife Carers Centre, 157 Commercial Street, Kirkcaldy, KY1 2NS. Please contact us if you have any articles you would like to contribute or if you would like your details added to our mailing list.

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