



The Princess Royal Trust

# Fife Carers Centre Newsletter

## A New National Carers Strategy

There are some words and phrases that are likely to make the majority of us glaze over and find it difficult to look interested. The phrase "Government Strategy" might generally have that effect but this time you might want to sit up and pay attention, because this time it is about you! The Scottish Government is currently developing a National Carers Strategy for Scotland, to replace the Strategy published in 1999. The new strategy is scheduled for publication in May 2010. Fife Council, through its Carers Strategy group is also working on a new Carers Strategy.

It is great that the government have group of people developing a carers strategy – it's important to you because it shapes the way you, as a carer, will experience life in Scotland for years to come. The development group includes representatives from the Scottish Government, national carer organisations, other voluntary sector organisations, health and local authorities amongst others. One of the group is a carer representative and is making sure that the views of carers are heard. The government is setting up a series of road shows in February and March in order to hear more from carers. The first of these will be the nearest one to Fife and will be on 23 February in The Central Baptist Church, 9A Ward Road, Dundee. The road shows will give carers an opportunity to voice their thoughts on the way things are for carers now, their hopes for the future of caring and a forum for presenting their ideas for making things better. If you are at all interested in attending or have views that you wish passed on give us a call here at the Centre as we have the booking forms.

The other meetings will be held in Melrose, Inverness and Glasgow and if you would rather attend one of these please give us a call and we'll give you the details.

Running alongside the national strategy is the local one and Carers and staff from a number of different organisations are members of Fife Carers Strategy group so again if you have any views or thoughts that you wish to pass on we will be happy to do that for you because after all both strategies will affect you as a carer or the carers you work with.

## Attendance Allowance debate

You may be aware that the UK government is debating the future of the part Attendance Allowance plays in providing care for someone. We are watching the debate closely and with interest. All of the carer and disability organisations in Scotland are campaigning vigorously to ensure a fair outcome for those affected. At the moment there is no clear indication of what's going to happen but we will do our best to keep you informed. If you would like to have your say about how this issue or any other affects your life as a carer then be sure to attend one of the Carer Strategy Road shows, or if you can't make it but would like your thoughts heard then send us a letter and we will pass it on.

## Go and take a look at our lovely website!

With fantastic help from a volunteer, James Wentworth, we have a revamped website! We aimed to make it useful to carers but also to keep it simple and clear. You'll find it has information about who we are and what we do, copies of the newsletters, access to our Blog (which keeps you up to date with things we think are useful for Fife carers etc) our events diary - so you can find out what courses and workshops we're running and when. You can use it to contact us direct or to find directions to visit us. You'll find it all at

[www.fifecarerscentre.org.uk](http://www.fifecarerscentre.org.uk).

We're extremely grateful to James who has worked alongside us patiently and come up with something we hope you'll find a useful place to visit on a regular basis and please feel free to send us an email and let us know what you think!

## What's inside?

- Moving & Handling training.
- Guide Dogs
- Visual Awareness training
- Diary
- New Year, New you
- JobCentre Plus support for carers
- Cold Weather Payments
- Campaign to improve respite care
- Winter vomiting bug
- Carers week
- Telephone counselling service
- Central Fife Carers group
- Holidays
- Gingerbread Buddy project.

## **Excellent Moving & Handling training in the home - last few places available for family carers**

Caring for someone who has limited or no mobility can often mean that the carer has to help them change position or move from one place to another. Without proper training in how to do this safely, carers run the risk of injury to themselves and the person they care for. Fife Carers Centre is part of a Multi-agency group that is offering carers the opportunity to have moving and handling training. The free training sessions are given in the home of the carer and person they care for so that it is tailored to individuals and the space they live in.

Olga, who cares for her Mum, recently completed the training and told us "The training session has been really beneficial. It has helped me feel safer in handling my Mum and helped me cope better overall. John, the trainer, put Mum and me at ease and everything was done in a gentle, relaxed manner – even the Dog liked him! I wish I'd been able to get the training years ago!"

The project has a few places left for this year and we're also taking names for the next series of training sessions so if you think that the training might be helpful to you, please call Cindy Souter at Fife Carers Centre as soon as possible for more information.

## **Guide Dogs**

Hands up who remembers collecting milk bottle lids to send to Blue Peter so they could buy guide dogs for the blind!? Taking part in those fundraising activities gave many of us a lifelong affection and interest in guide dogs. We all recognise that a guide dog can offer a unique, safe and effective way of getting about independently and confidently – but did you know that to be a guide dog owner you don't need to have lost all your sight? Most people who own a guide dog still have some vision.



You don't even have to be formally registered as blind or partially-sighted. There's no upper age limit to being a guide dog user - people in their seventies, eighties and even nineties become successful guide dog owners. No previous experience of keeping a dog is necessary - providing you are committed and able enough to work with, support and care for a guide dog then our training will teach you all you need to know. It costs just 50p to have a guide dog. All essential equipment and training is provided by Guide Dogs, and they can also cover the cost of vet bills and dog food if people wish.

Owning a guide dog is not just about improving mobility. A guide dog and its owner exist as a partnership, and the companionship, loyalty and fun that each partner brings to this relationship can be immensely rewarding. You can learn more about the world of Guide Dogs by coming along to the meeting point lunch in Fife Carers Centre on Friday 30<sup>th</sup> April 2010 when Pamela Munro, the Information Officer from The Guide Dogs for the Blind Association will be the speaker.

If you would like to explore the possibility of you or someone you know getting a guide dog, please call Guide Dogs on 0845 372 7499 and they will arrange to come and talk to you, informally and confidentially, to help you decide if a guide dog might be suitable for you. Guide Dogs staff understand how severely people's independence can be affected by sight loss, and they can explore the best way of meeting your specific needs. There is nothing to lose and potentially much to gain by exploring all the options - so get in touch.

## **Visual Awareness Training for Fife Carers of People with a Learning Disability**

The RNIB Pathway ViiTAL project is delivering training courses and events to parents/carers in Fife to raise awareness of the link between visual impairment and learning disability to help enable them to support people with sight difficulties safely and effectively.

Visual Awareness and Learning Disability Training provides participants with an introduction to sight loss issues for people with a learning disability. It highlights that at least 1 in 3 people with a learning disability will also have a visual impairment. Training focuses on raising awareness of the inequality in access to eye health care for this group, the prevalence of eye conditions related to specific learning disabilities, and strategies to employ in the development of person centred support and care plans. This includes information on practical ideas such as: environmental considerations, lighting issues, sighted guiding and mobility issues, adapting activities and the way we work, resources and equipment. Carers will have information about how and where to access relevant services and resources within Fife.

The courses are free, lunch is provided, and reasonable expenses will be reimbursed to parents and carers. Participants receive an information pack and Certificate of Attendance.

There is a programme of dates running from now until the end of March 2010. All courses are held at Fife Sensory Impairment Centre, Wilson Avenue, Kirkcaldy, from 9.30am until 2.30pm.

If you would like more information, or to reserve a place please contact: Janice Bain - [janice.bain@rnib.org.uk](mailto:janice.bain@rnib.org.uk) or by telephone 08451 555555 extn 474131.



## Dairy of forthcoming events

All events take place in Fife Carers Centre unless otherwise stated

Forthcoming Carers Meeting Lunch details  
(they're drop in events so no need to book a place)

Friday 26<sup>th</sup> February 12 noon – 2pm with a speaker from the Dementia Learning Forum.

Friday 26<sup>th</sup> March 12 noon – 2pm with Tracey Millar from Job Centre Plus with information about helping carers into work.

Friday 30<sup>th</sup> April 12 noon – 2pm with Pamela Munro from Guide Dogs for the Blind Association

Future speakers will also include the Digital Switchover Help Scheme, Fife Constabulary, Lip reading training amongst others. If you have any suggestions for other speakers you'd like to hear from please just let us know!.

### Carers groups are also all drop in events and take place as follows:

Dunfermline Carers Group meets in the Abbeyview Day Centre on the 1<sup>st</sup> Thursday of the month between 2pm and 3pm.

The Male Carers Group meets in Fife Carers Centre on the last Tuesday of the month between 1pm – 3pm.

Central Fife Carers Group meets in Fife Carers Centre on the first Friday of each month between 10.30 am and 12.30pm.

The Newport Carers Group meets in the Leng Resource Centre on the 3<sup>rd</sup> Friday of the month between 12 noon and 2.00pm.

Alzheimer Scotland group meets in Fife Carers Centre on the 2<sup>nd</sup> Tuesday of the month between 1pm and 3pm.

**Carers Week 2010** will take place from **14-20 June** and the theme "A life of my own" will focus on what it is carers feel they need to have a life of their own - such as access to relevant and practical information to help them with their caring role, the opportunity to take a break when they need it, support at times of crisis and financial support. If you have any ideas for events that will support the theme, please give us a call and let us know!

### A new year, a new you... maybe!



We've all made resolutions in the past and, if you're anything like us, usually with mixed success! However we'd like to suggest one to all you carers out there who have perhaps lost your New Year resolve. At Fife Carers Centre we recognise how easy it is to become completely immersed in your caring role and lose sight of your own life. We feel very strongly that carers are entitled to have a life of their own, so we'd like you to think about how you can make the Carers Week 2010 theme "A life of my own" have some meaning for you all year – whether it's taking up a new hobby, reconnecting with old friends or perhaps making new ones at a carers support group for example.

If we can help you do this with a workshop or by welcoming you along to a carers group or the Carers Week event in the summer we'll be very happy to do so. Some of you will have received a survey with your newsletter which it would be great if you could fill in and return to us and that will help us have some ideas of what we can do to help you this year. Thank you and we hope you all have an outstanding 2010!

## Job Centre Plus Support for Carers

As part of the UK Government's Carers Strategy, Jobcentre Plus was set the task of supporting carers who wish to get paid work either for the first time or to get back to work after a break. To help this happen Job Centre Plus has introduced a programme called "Work Focused Support for Carers" or WFSC.

The WFSC programme offers support and training opportunities to those carers who are looking to combine paid work with their caring responsibilities, or those looking to prepare for when their caring responsibility ends. WFSC will involve one-to-one adviser support, training opportunities and the accessing of funding for replacement care whilst carers engage in Jobcentre Plus approved activities. As part of the Strategy a Care Partnership Manager has been put in place within each Jobcentre Plus district. The role of the Care Partnership Manager includes:-

- Building and maintaining relationships with relevant carer support organisations
- Assessing local services available to carers and identifying gaps in provision
- Assessing local demand/support and encouraging local development of external services, such as replacement care, to support the demand
- Ensuring that Jobcentre Plus staff have information on local carer support and services.

If you would like to make an appointment to speak with one of their Advisers please contact your local Jobcentre Plus office, or for further information please contact Tracy Millar, Care Partnership Manager, Forth Valley, Fife & Tayside District, Jobcentre Plus, South Lodge, 2 St Ninians Road, Stirling FK8 2HF or by phone on: 01786 432882 or by email at [tracey.millar@jobcentreplus.gsi.gov.uk](mailto:tracey.millar@jobcentreplus.gsi.gov.uk)

## Cold Weather payments

The start of 2010 saw us here in the carers centre digging out our long-johns and wrapping up to the eyeballs – with temperatures staying well below zero for so long it was no wonder we had so many calls about Cold Weather Payments! Not to be confused with winter fuel payments for over 60s that are automatically paid every year - Cold weather payments are cash boosts (for paying energy bills) for those on certain benefits when the weather gets especially cold. You get £25 per week if the temperature drops to below zero Celsius (or is predicted to) for seven consecutive days between 1 Nov and 31 March.



Depending on your circumstances you may be eligible for a Cold Weather Payment for each week of very cold weather in your area if you get Pension Credit or income-related Employment and Support Allowance at certain rates. You may also be eligible for a Cold Weather Payment for each qualifying week if you are getting Income Support, income-based Jobseeker's Allowance and have one of the following:

- a pensioner premium, higher pensioner premium or enhanced pensioner premium
- a disability premium, enhanced disability premium or severe disability premium
- a disabled child premium
- Child Tax Credit that includes a disability or severe disability element
- a child who is under five in the family

Cold Weather Payments will not affect other benefits you may be getting and you don't need to apply; you'll get a Cold Weather Payment automatically as long as you qualify.

You can find out if your area is due to receive a Cold Weather Payment by doing a postcode search on the Directgov website but please bear in mind that the postcode search will only tell you if there has been a trigger in your area and that payment is due. If there is a trigger, then you should expect to receive payment within the next 12 days.

If you think you should have received a Cold Weather Payment but you haven't had one you should get in touch with your pension centre or Jobcentre Plus.

## Campaign to improve Short Breaks and Respite Care

Many organisations involved in supporting carers run campaigns to highlight issues that affect the quality of life that you and the person you care for experience. One current campaign that we would like to draw your attention to is one organised by Shared Care Scotland who are campaigning to improve the provision of short break and respite care across Scotland. You can show your support by signing their online petition which you will find at: <http://www.sharedcarescotland.org.uk/news/breakthrough.php> . The petition and Respite Care Manifesto will be used throughout the year to build support and deliver a compelling message to decision makers. The petition will close at the beginning of June to coincide with the end of UK Carers Week, which this year has the theme, 'A Life of My Own'.

## Winter Vomiting Bug



Along with all the other joys of a cold, wet winter and the constant threat of Swine 'flu we also have a higher risk of falling ill with the aptly named Winter Vomiting Bug, more properly called a Norovirus. Unpleasant enough for anyone to experience, it is particularly of worry for Carers and their cared for person. It's very difficult to avoid and is particularly prevalent where groups of people are together for longer periods of time - offices, hospitals, schools and so on. So...What are Noroviruses? Noroviruses are a group of viruses that are the most common cause of gastroenteritis (stomach bugs) in the UK.

### How does Norovirus spread?

The virus is easily transmitted from one person to another. It can be transmitted by contact with an infected person; by consuming contaminated food or water or by contact with contaminated surfaces or objects.

### Who is at risk of getting norovirus?

There is no one specific group who are at risk of contracting norovirus – it affects people of all ages. The very young, the elderly and the vulnerable should take extra care if infected, as dehydration is more common in these groups.

### What are the symptoms?

The symptoms of norovirus infection will begin around 12 to 48 hours after becoming infected. The illness is self-limiting and the symptoms will last for 12 to 60 hours but should have no long term effect. Symptoms usually start with the sudden onset of nausea followed by projectile vomiting and watery diarrhoea. Some people may have a raised temperature, headaches and aching limbs. Most people make a full recovery within 1-2 days, however some people (usually the very young or elderly or other vulnerable people) may become very dehydrated and require hospital treatment.

### How is norovirus treated?

There is no specific treatment for norovirus apart from letting the illness run its course. It is important to drink plenty of fluids to prevent dehydration.

### If you're suffering from norovirus, how can you prevent others from becoming infected?

Good hygiene is important in preventing others from becoming infected – this includes thorough hand washing before and after contact. Food preparation should also be avoided until 3 days after symptoms have gone altogether. Stay away from other people when possible and in particular from people who may be particularly vulnerable -you should not visit anyone in hospital or a care home for example.



Its not just the Winter Vomiting Bug that you can be susceptible to and following some simple precautions will go a long way toward reducing your risk of norovirus this season as well as other infections. Experts recommend:

Washing your hands, and your children's hands, thoroughly, and often.

Not sharing utensils, glasses or hand towels with others (including at home)

Avoiding close contact with those who have norovirus – isolate those suffering from the bug for up to 48 hours after their last symptoms (if possible).

Cleaning surfaces in your home regularly, and especially after someone has been ill.

Choosing day care that has separate rooms for changing tables and food preparation.

Washing bedding and clothing that have been in contact with an infected person.

Taking precautions while travelling such as drinking only sealed bottled water (and brushing your teeth with it), and avoiding ice cubes.

Avoiding raw foods that have been touched by human hands

Avoiding undercooked meat and fish.

We hope you and yours stay well as winter continues - wrap up warmly, drink plenty of hot drinks (not just toddies though!) and when possible stay away from anyone with any bug of any kind!

If you think you may have the Winter vomiting bug, or perhaps Swine flu, and would like to check your symptoms a good first step is to contact NHS 24 who will talk through your symptoms with you and help you decide if further medical help is needed. To get hold of NHS 24 telephone 08454 242424 or visit their website on [www.nhs24.com](http://www.nhs24.com).

## Carers Week - Carers lives

Every year we celebrate the contribution that carers make to society with a carers conference that takes place in Carers Week. The day gives carers the opportunity to come together and talk about their own experiences and learn from each other as well as from the classes and therapies available on the day. This year Carers Week is 14<sup>th</sup> – 20<sup>th</sup> June and the theme is “A life of my own”. We like to think that carers benefit from the experience and so it was really great to hear from one carer who told us how much the day last year had meant to her and how it had helped her begin to change her outlook on life. She writes, “My name is Mrs Ellen Hogg and I am a carer. I would like to say to you all that last year I was invited to your carer’s conference. I came but wasn’t very well, but managed to stay. The only colour I saw was my husband’s hand, the world outside was grey it meant nothing to me. I needed the pressures of caring taken away from me; my husband helped me with that along with my new friend Jessie next door. (At the conference) the meal was lovely and you did us carers justice. With relaxing techniques, line dancing etc, in fact we were pampered. We all cried as each of us had different caring roles, but we were carers doing a rewarding job with no extra money, saving the government thousands of pounds. I’d like to say that this year I am not the same person, I still take antidepressants but am not on sleeping tablets any more so thanks to my new friend Jessie next door, my pal Catherine, Dr Sheehan (who helped me tremendously) not forgetting my husband Henry and the shed where I went to and screamed and cried till I was exhausted. Now I am on the mend slowly - not rushing my head, taking things more slower than I used to, I have recently abseiled down The Forth Rail Bridge for Chest Heart and Stroke Association and hopefully raised about £200 for their charity, I have learned relaxation techniques; deep breathing exercises, soothing music, and candles and peace in the bath. I have also been to see Cliff Richard and the Shadows. Last year I was learning the computer down at Parkgate centre Rosyth when I became unwell but now I have 3 certificates in computing skills. I’ve learned that maybe it’s not so bright when you are alone and crying every day (I’ve shed bucket loads). I still have tears and my shed is a useful place to go to but something positive has come out of this for me - I have a new friend called Jessie and support from my other friends. I have lots I want to do now - the world is my oyster. I will be thinking of all the carers out there and when I go to my bed at night I will say goodnight and God bless.”

Thank you very much to Mrs Hogg who let us know how her life as a carer is changing for the better – we’re so pleased to hear that coming together with other carers has played a part in it. We hope to give more carers the opportunity to enjoy a carers’ conference this year in Carers Week and will announce the day and arrangements for it in our next newsletter – be sure to look out for it!

### National Freephone Telephone Counselling Service for Disabled People in Scotland.



‘Your Call’ is a free telephone counselling service which is open to disabled people from all over Scotland. The ‘Your Call’ counsellors are all disabled people themselves, so have an understanding of what it means to live as a disabled person in Scotland. The counsellors work as volunteers, and are trained to a professional standard in counselling. The service takes calls to its appointment line from 11am until 3 pm Mondays to Thursdays. Calls are free from a home telephone, and from most mobile networks (including T-Mobile, Vodaphone, O2, 3, Orange and Virgin Mobile). The number is withheld so it will not appear on the phone bill. Counselling can help people who are trying to come to terms with painful events from their past, or who need support through a current crisis or change in lifestyle. It can also help people who are struggling to manage difficult feelings such as depression or anxiety, or who are seeking direction and meaning in their lives.

A counsellor will not judge, nor tell a person how to live their life. Instead he or she is trained to help explore a person’s own situation and to support them to find their own way forward.

**The ‘Your Call’ number is 08088 01 03 62**, and the service is open to all disabled people in Scotland who are over the age of 16, and their immediate family members.

### Central Fife Carers Group

The first meeting of the Fife Central Carers Group took place on Friday 8th January with a pretty good turn out considering the weather! We decided that as most of those who come along to the Carers group are also able to come along to the Meeting Point Lunches we aim to have a different flavour to the Carers Group Meetings. Fair enough. What’s going to happen at our meetings then?

We thought a few trips out might be good, we’re thinking a day out at the Hobbycraft Show later in the year, perhaps a guided tour of local Museums, talks from people with ideas about ways to fill our time productively in a fun way. We also decided that it would be good to have something fun to do here at the centre so we’re going to look into buying a Wii and have a bit of a competition going - Lesley’s a demon at the 10 pin bowling so watch out! We’d really like to invite any carers who are able to join us to come along on Friday 5th February between 10.30 and 12.30 at Fife Carers Centre - We look forward to seeing you!

## We're all going on a Summer holiday...or at least we will be

Ok, so we're quite a long way off from it but maybe you can while away the long dark dreich evenings by planning to go somewhere great that ensures that you and the person you care for would have a good time? It might seem like a hopeless task but there are some holiday companies that specialise in holidays for people with disabilities or special requirements and the people who care for them.

Bond Holidays, including the Bond Hotels in Blackpool and St Annes as well as holiday homes in Marton Mere, is owned and run by brother and sister proprietors, Shaun Atkinson and Jeanette Greenwood. They say "Here at Bond Hotels we provide specialist accommodation, transportation and equipment for the disabled visitor. We are committed to raising the general public's awareness of the difficulties on a day-to-day basis. We tirelessly campaign throughout the country in order to raise funds and highlight our mission, which is to provide affordable, comfortable quality holidays for people living with disability, so that they can feel safe in the knowledge that their every need will be catered for". You can find out more about Bond Holidays on their website at [www.bondhotel.co.uk](http://www.bondhotel.co.uk) by telephoning 01253 341218, or by email to [sales@bondhotel.co.uk](mailto:sales@bondhotel.co.uk).

Holidays for All offer leisure activities and accommodation throughout the UK and abroad for people with sensory and physical impairments, their friends and families.

As a group of the UK's leading disability charities and specialist tour companies, they are continuously working together to promote equality and accessibility within the disabled holiday market.

They have a website ([www.holidaysforall.org](http://www.holidaysforall.org)) which will help you plan your holiday or weekend break at their various hotels, centres and self-catering accommodation, designed with your needs in mind. Once you have chosen your holiday, all you should need to do is relax and enjoy your break.

If you would like more information on Holidays for All, or to receive a copy of their brochure, please call 08451 249973.



If you and the person you care for are taking separate short breaks you might be interested in finding out more about the Kiloran Trust who offer carers a break from Monday - Saturday in their West London house, an informal, friendly, warm and relaxed place. All meals are provided. They know how difficult caring for someone can be, and how important it is for carers to spend time looking after themselves as well. When a carer has the chance for a short break, it is an ideal opportunity to go and spend some time at Kiloran. You can spend your time there doing as you want - sightseeing, resting, shopping, walking in the parks or along the river, seeing friends, going to a west end show, gallery etc.

If your idea of a perfect break is to take it really easy in comfort, then go and enjoy the peace of the house, being cooked and cared for. Good listening is always available - some carers need to unburden and talk about the stresses they are under at home. This is always welcome. To find out more or to enquire about going to Kiloran for a break you can look at their website [www.kilorantrust.org.uk](http://www.kilorantrust.org.uk), or just telephone 020 7602 7404 and they will send you a booking form and further information. The cost of the stay is subsidised and is currently £250 for a Monday- Saturday break, which includes ensuite bedrooms and meals.

If London is too far from home for you then you might want to consider Dalmellington House in Ayrshire. East Ayrshire Carers Centre is delighted to inform carers all over the UK about their new boutique hotel. Dalmellington House is set in one of Scotland's oldest and prettiest villages, situated in the beautiful Ayrshire countryside. This 19th century house has very recently been tastefully restored and redecorated to a very high standard and was officially opened by HRH The Princess Royal in April 2009.

Dalmellington House has 5 beautifully styled bedrooms (2 ensuite), 2 public rooms, dining room and private gardens. It has a resident, award winning chef. The facility is close to Ayr, Burns country and the lovely Galloway Forest tourist area. Complementary therapies and other activities can be arranged for visitors.

•Prices for Dalmellington House are:

- £50 per room per night B&B
- £18.50 per night for 3 course dinner with Lunches from £5

Staff at Dalmellington House welcome enquiries from carers. For information please contact East Ayrshire Carers Centre on 01292 550717 or email: [dalmellingtonhouse@eastayrshirecarers.org.uk](mailto:dalmellingtonhouse@eastayrshirecarers.org.uk) (website: [www.dalmellingtonhouse.org.uk](http://www.dalmellingtonhouse.org.uk)).

Whatever you decide please do try to plan to have some special time for yourself this year – you're a carer and you deserve it!



## Fife Gingerbread Buddy Project



Life can be hard even at the best of times for carers and it can often feel a million times worse when you are a lone parent. If you feel like this Fife Gingerbread can help you!

The Buddy Project is free to any lone parent in Fife and aims to provide a variety of support that lone parents need, when they need it.

Buddies will meet regularly and offer: A relationship that focuses on you, not the children!

A smiling face, a listening ear and a shoulder to cry on if needed.

An extra pair of hands, because one pair isn't always enough.

The confidence to try new activities - isn't it easier to go places with someone else?

Practical help, because two heads are better than one!

### Who can have a Buddy?

If you are a lone parent living in Fife, YOU can have a buddy!

### How long do I have a Buddy for?

It's completely up to you! Some lone parents feel they need the extra support when they first become single, others prefer it a few years down the line. Some people prefer to have a buddy on a regular basis whereas others find they only need one occasionally – Fife Gingerbread can arrange support that suits you. A buddy can be accessed at any point of being a lone parent and you can change your mind at any time.

### Who are the Buddies?

All of the Fife Gingerbread Buddies are very special people and have been picked because of their friendly, open-minded approach and their genuine interest and enthusiasm. Buddies come from all backgrounds and walks of life. The one thing all Buddies have in common is that they know what it feels like to be a lone parent. This may be because they are a lone parent and have been there themselves or they may have experience and training relevant to lone parent issues.

### Fife Gingerbread Buddies:

- Will meet you wherever and whenever you want.
- Will go with you to a class or outing
- Will offer support in a range of areas.
- Won't judge you.
- Are selected carefully for their friendliness and understanding.
- Are fully approved and trained.

### Are our meetings confidential?

Of course! Everything you say will be kept confidential within Fife Gingerbread. The only exception to this would be if there was a concern about the safety of your child(ren). Fife Gingerbread are here to support you and provide you with the best support you need and want – all information they hold will be used solely for this purpose!

### Can I become a Buddy?

Fife Gingerbread are always on the lookout for people to become new Buddies. If you have a few hours a week to help others, learn new skills and have fun then please get in touch for more details. Call them on 01333 303124 or email them at [info@fifegingerbread.org.uk](mailto:info@fifegingerbread.org.uk)



**Fife Carers Centre**

**157 Commercial Street,**

**Kirkcaldy, KY1 2NS**

**Tele: (01592) 642999**

**Fax: (01592) 263910**

**Text: 07881 691391**

**e-mail: [centre@fifecarers.co.uk](mailto:centre@fifecarers.co.uk)**

**[www.fifecarerscentre.org.uk](http://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**

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