



WESTERN ISLES COMMUNITY CARE FORUM

CARERS' NEWSLETTER

NEW OFFICE

Western Isles Community Care Forum took up residence in the new Council Offices in West Tarbert on 6th February. (New address shown below). Our telephone number remains unchanged .

We are very grateful to North Harris Trust who provided us with office space since the demolition of the Old Hostel.

TRAINING FOR CARERS

We are delighted to report that we secured funding from the WI Change Fund and Carers Information Strategy to provide a full time post in Lewis & Harris and a part-time post in Uist & Barra. This project will be run for 15 months and will be in partnership with Tagsa Uibhist who will manage the Training & Development Officer post covering Uist & Barra.

Linda MacDonald will cover Uist & Barra and Sonja MacLeod will cover Lewis & Harris. Both ladies are currently finalising their training and will be contacting our carers shortly to deliver this much needed service. In addition to providing Training in Manual handling they will be able to complete Carers Assessments and signpost carers to any services which will be able to support them. It is also an opportunity for carers to tell us what they need so we can try and cover any gaps in services.

We would urge all carers to make the most of these services whilst they are available.



ICE GRIPS

We were delighted to receive funding from the Carers Information Strategy Group in December to enable us to purchase 300 pairs of ice grips. We have been offering them free of charge to the family carers on our Register.

Quite a number of Carers have not yet replied to this offer though and we would be grateful if they could advise us as soon as possible whether or not they wish to receive a pair.

Please complete the form issued, or alternatively, you can call the office on 01859 502588 and advise us accordingly.

Thank you.

LARGE PRINT NEWSLETTER AVAILABLE—PLEASE CONTACT US

WICCF, Room 14, Council Offices, Tarbert, Harris, HS3 3BG Tel/Fax: 01859 502588

Email: westernislescfc@virginmedia.com

(WICCF IS JOINTLY FUNDED BY WIHB AND CnES)

CROSSROADS (HARRIS) CARE ATTENDANT SCHEME was set up in 1985 to care for carers in Harris. The Scheme provides a respite care in the home service to carers of ill, elderly and disabled people and also provide a service to elderly, ill and disabled people living alone. The Scheme also provides an emergency night care service to avoid a patient being admitted to Hospital unnecessarily. The Scheme has recently secured funding from the Change Fund to enable it to provide two nights per week night respite to carers who suffer disturbed sleep on a regular basis. Caring for a person, twenty-four hours a day, seven days a week is a very demanding role and restful sleep is essential for a carer to be able to continue caring. If any carer in Harris wishes to take advantage of this service they should contact Morag on 01859 550254 OR 0777858311. The Scheme is funded by Comhairle nan Eilean Social Work Department and NHS western Isles and very generously by the local community. The Scheme is a registered Charity No: SCO03872 and is registered with the Social Care and Social Work Improvement Scotland (Care Inspectorate). It received a rating of 6 (Excellent) in its last three Inspections and was named Scottish Charity of the Year in 2010

The Carers Parliament

The Scottish National Party committed to holding an annual carers parliament in their manifesto for the 2011 elections. Their pledge became a reality when the first Carers Parliament sat on 1 October 2012 in the Scottish Parliament. Carers Scotland took the lead and carers were consulted, resulting in a debate on "Services and support for you and the person you care for". Government Ministers Alex Neil MSP and Michael Matheson MP spoke at the event along with carers. Debated issues included finance, breaks and rights. They also put questions to key decision and policy makers including the Scottish Government and the Association of Directors of Social Work.

What happens Next? All MSPs will receive a report on the Carers Parliament with the key messages from Carers. It is hoped the report will become a blueprint for change in Scotland. There are significant changes ahead and carers made it abundantly clear they must be at the heart of this. The next Carers Parliament will take place in 2013 on the theme of rights, chosen by carers in the consultation and once again, giving voice to Scotland's hidden minority.



In the photograph is Dr Peter Keiller, Chairman of Tagsa Uibhist and Mrs Jean Branagan who officially opened Doigheag Respite Care Home in February. The home, in Iochdar, will be staffed 24 hours to provide 2 respite care beds. 10 members of staff have been appointed and they will work on a sessional basis. For information, call Tagsa Uibhist on 01870 602111.

The unit was bought and refurbished with money received from various Trusts.



Substance Misuse Partnership for Uist and Barra have been successful in gaining funding from the Western Isles Alcohol and Drug Partnership to establish two part-time posts, one based on Barra and one on Uist.

Karen MacKinnon has been appointed as the Barra Substance Misuse Support Worker and has an office based at Voluntary Action in Castlebay. She will be working within the community supporting individuals and in close contact with community groups.

If you have concerns about your alcohol or drug use, or if you are concerned about someone you know, you can contact Karen for confidential support and advice.

- You may be thinking about cutting down.
- You may have an issue which is affecting your family.
- You may need advice on dealing with teenage drinking.

Or you may just want to have a chat.

Please contact:

Karen (Support Worker, Barra, Wednesday – Friday): 01871 810184

Or Mustapha (Service Co-ordinator, Balivanich, Monday – Friday): 01870 603279

Disability Living Allowance

The new Welfare Reform Act is bringing a great deal of uncertainty and fear for families affected by illness and disability, who depend on benefits for their everyday living costs. Chief amongst the worries are the changes to DLA.

The Government plan to replace Disability Living Allowance (DLA) with a new Personal Independence Payment (PIP), which will have a new structure and new assessment process. As the budget for the benefit is being cut, there will certainly be some losers.

PIP will only replace DLA for working age people. Children can claim until they are 16 and people aged 65 and over will continue to claim Attendance Allowance.

PIP will apply to all new claimants from **June 2013** and from **October 2013**, if an individual reports a change in how a health condition or disability affects them, they reach the end of an existing award of DLA (and haven't already received a DLA renewal letter), or they are approaching the age of 16, then they will be invited to claim Personal Independence Payment. There is no automatic transfer from Disability Living Allowance.

From 2015 – all currently in receipt of DLA (unless they report a change in how their health condition or disability affects them, or if their award is due to end) will be contacted. Letters will be sent out in plenty of time and they do not need to contact DWP now.

All existing DLA claimants will have been written in February and March 2013 with more information about PIP in the usual annual letters that tell them what their new benefit rate will be.

The structure of PIP will be as follows:

- A) A daily living component for disabled people whose ability to carry out daily living activities is limited by their physical or mental condition. This is similar to the existing care component of DLA.
- B) A mobility component for those individuals whose ability to carry out mobility activities is limited by their physical or mental condition—this is similar to the DLA mobility component.
- C)

However, there will be a difference in the rates compared to DLA.

The Government has said it is cutting the whole DLA budget by around 20%. By 2015/16 there will be 500,000 fewer people getting PIP than would have received DLA.

*Carers UK are offering a **free** factsheet on Disability Living Allowance/Attendance Allowance to carers. Please call 0845 241 0963 to order one.*

Further clarification on this and all other benefit changes can be obtained from your local Citizens Advice Bureau office:

Lewis	01851 705727	Uist	01870 602421
Harris	01859 502431	Barra	01871 810608

The CAB service offers a home visiting service to clients who are unable to get to a bureau in all four islands

CREATIVEbreaks

CREATIVE BREAKS

We have secured funding to offer our Creative Breaks service in 2013. We will provide twelve breaks up until 31st October 2013, to twelve carers resident on Lewis. Like all Crossroads Lewis services, Creative Breaks are free, offering breaks lasting up to 3 or 4 nights/days, but they can be shorter (or longer in special circumstances.) Our Care Attendants would be present in your home, giving 24 hour care for the whole time of your short break, providing waking and sleep-in support as needed.



GOOD NIGHT'S SLEEP SERVICE

This new service will run 2013/14 and has been funded by the Change Fund. It will provide free overnight support to those suffering from disrupted sleep as a result of their caring duties. If you, or the person you care for, are aged sixty or over and you feel you would benefit from a break during the night, please contact Crossroads Lewis on 01851 705422. This service will be offered on a six-weekly reviewed basis. A Care Attendant will be on waking duty during the night for a continuous ten hour period, providing assistance to the service user as required. For an information leaflet, or to make a referral for this service, please contact the office. Our Good Night's Sleep Service has been made possible by the Change Fund.

DIARY OF EVENTS

23rd April	Living it Up - Caladh Inn, Stornoway 3-4pm or 5-6pm (see below for details)
May	Slides of African Trip by local lady (tea & home baking) In aid of Tagasa Uibhist—Carinish Hall
11th May	Crossroads Harris Sale of Work at 2pm in Tarbert Community Centre
25th May	Crossroads (Lewis) - Table Top Sale Sea Angling Club, Stornoway
21st Sept	Crossroads (Lewis) - Tesco Bag packing
5th Oct	Crossroads (Lewis) - Soup & Pudding Lunch MA Macleod Memorial Hall
27th Nov	Crossroads (Lewis) - Fashion Show in M & Co

CREAT!VE breaks

WICCF has been successful in obtaining funding from Shared Care Scotland's Creative Breaks Fund.

Respite can take many forms - a break away, provision of care for a loved one whilst you take time out from caring, gym membership, purchase of a pet, pampering for a carer, activities eg bowling, horse riding (can be for either carer or cared for).

We are always keen to hear of new ideas. Please call our office on 01859 502588— or email: westernislesccf@virginmedia.com for further information.



Living it Up is a free, digitally enabled service that will promote and support improved health, wellbeing and active lifestyles in Scotland through a range of services, information, products and social activities. It will be available through familiar technology like a TV, computer, mobile phone, games console or tablet/ipad and will be of particular interest to carers, people living with long term health and care conditions or those that just want to make sure they keep happy, healthy and safe.

Living it Up will ensure people who provide care to others are better supported and able to maintain their own health and wellbeing, as well as connect with family, friends and their community.

Getting involved! Carer engagement and involvement in shaping Living it Up as it develops, will help improve the provision of information and advice to carers and the services Living it Up will offer them. If you'd like to get involved and give us some valuable feedback and input on this service, you can find out more by logging on and joining up to: <http://livingitup.org.uk/>

To find out more—and the potential benefit for carers—come along to: Caladh Inn, Stornoway on Tuesday 23rd April 3-4pm or 5-6pm. For more information or to confirm attendance, email marysinclair@nhs.net or call Mary on 01851 708256

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