



New funding secures Red Cross Help in the Home service

The future of a highly successful British Red Cross service that helps vulnerable people on Lewis and Harris live independently in their own homes has been secured for another year.

The news comes after funding for the scheme was agreed through the Scottish Government's Change Fund.

For the past year, specially trained Red Cross volunteers have been helping older people, who live alone and don't have family nearby, to regain their independence and confidence after an injury or a stay in hospital.

Nicholas Hunt, Red Cross services manager for the Western Isles, said: "This service has made a big difference to the lives of many people on Lewis and Harris over the past year and we are delighted that funding has been secured for another year.

"We are looking forward to helping even more people on the islands during the next 12 months and to increasing the number of volunteers we have delivering the service.

"Many people who have used this service have written to us about the difference it has made to them and expressing their thanks to the volunteers. It is really satisfying to know that we are helping make people's lives better."

The volunteers help people with tasks such as shopping, preparing light meals, light housework and collecting prescriptions.

Nicholas Hunt added: "Our Independent Living service is all about helping people maintain choice and control in their lives, enabling them to live independently in their own homes for as long as possible. Older people can lose confidence after a long stay in hospital or after suffering an injury caused by a fall at home.

"Often, they just need a helping hand to restore their confidence but if they have no family in the area who can do that, the Red Cross is here to help them.

"This service also helps ease pressure on the NHS by preventing unnecessary lengthy stays in hospitals or unnecessary admissions to hospitals in cases when all people need is a bit of a helping hand to maintain their independence."

If you would like more information please contact British Red Cross Service Manager Nicholas Hunt on **01851 702897**.

LARGE PRINT NEWSLETTER AVAILABLE—PLEASE CONTACT US

WICCF IS JOINTLY FUNDED BY WIHB AND CNES

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

POWER OF ATTORNEY

Lasting Power of Attorney allows a person to choose someone he/she can trust to make decisions on their behalf when they are no longer able to make decisions themselves. These decisions can relate to property, financial affairs or health and social care.

We have an ageing population in the Islands and many people live alone. There is also a high incidence of incapacity as we get older from eg. Alzheimers and strokes, both of which impair our mental capacity and our ability to make decisions.

Some people wish to plan ahead and to set out in advance what they would like to happen to them, should they become unable to make decisions for themselves in the future. Giving Power of Attorney to someone they trust is one way of ensuring that their wishes are respected.

The Adults with Incapacity Act specifically makes legal allowance for decisions to be made on behalf of those without capacity. There will be a specific person who is able to make decisions for your subject. At the time of the project, the donor must be able to understand what is involved.

Power of Attorney may be special or limited to one specified act, or it may be general. There are two types of Lasting Power of Attorney: A property and financial affairs LPA, is for decisions about finances, such as selling the donor's house or managing their bank account. A health and welfare LPA is for decisions about both health and personal welfare, such as where to live, day-to-day care or having medical treatment. (The Donor or Grantor is the person giving the Power of Attorney.)

If there is no Power of Attorney in place when a person loses capacity to make decisions, relatives may have to go through the Courts to get Guardianship and this can be both distressing and expensive.

If any of our readers wish more information, please contact any solicitor or your local Citizens Advice Bureau. There are offices in Stornoway (01851 705727 or bureau@lewiscab.casonline.or.g.uk); Tarbert (01859502431 or bureau@harriscab.casonline.org.uk); Balivanich (01870602421 or bureau@uistcab.casonline.org.uk) and Castlebay (01871 810608 or bureau@barracab.casonline.org.uk)



Crossroads Lewis would like to encourage carers to come forward for its Short Breaks service. Demand has been strong and as result we have limited funding left for two breaks of 3 nights/ four days. We are particularly keen to support young carers and those with a learning disability, so if you are interested in the service, please contact the office on **705422**. This service is free and allocated on a first-come, first-served basis, and gives priority to those unable to take advantage of statutory residential respite. 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



WICCF are inviting Carers who are in need of a break to apply for the Short Breaks Fund. Awards of £150 are being offered to the successful applicants which can be used for a short break, pampering, gym membership, pursuit of old hobbies etc. Please contact the office for further information or an application form.

We are grateful to Trading Standards Department of Comhairle nan Eilean Siar for the following articles

SCAMS

Scams are schemes to con or cheat people out of their money and this May is Scam Awareness Month. Think scam if the call, letter or text has arrived unexpectedly; you've never heard of the lottery or competition; they ask for money to be sent in advance; they ask you to respond quickly so you don't get time to think about it or talk to family and friends before you decide or they tell you to keep it a secret.

This year's key message is

"Contacted out of the blue? Sounds too good to be true? STOP!"

Every year more than 3 million people in the UK fall victim to scams, and many people suffer Scams in silence, just 5% are reported, and this is because people feel ashamed or embarrassed about being caught out.

Trading Standards want consumers to report scams to give them the opportunity to be more effective in combating scammers.

Please help us by reporting scams to Trading Standards at CNES on 01851 822694 or Consumer Advice Scotland on 08454 040506.

DOORSTEP SELLING

April 2014 saw the launch of a new national joint operation between the Police and Trading Standards designed to rid Scotland of the blight that is rogue traders who prey on the elderly and the vulnerable.

Doorstep crime is a national priority for Trading Standards and Police Scotland and in the Western Isles we operate a No Cold Calling Zone where residents are encouraged to call and report doorstep sellers.

Trading Standards Officer Marina MacSween said "just because we live in the islands does not mean that we are protected from the kind of doorstep crime that goes on elsewhere throughout the country.

Rogue traders often work across different geographical areas, but the people they target are usually the same wherever they operate. Doorstep crime is carried out by cruel, unscrupulous and organised criminal groups who prey on the most vulnerable in society, and predominately the elderly population."

"PC John Murray, Preventions and Interventions Officer with Police Scotland said "Anyone can fall victim to a rogue trader and we need the help of residents in the Western Isles to stop these crimes. I want to encourage residents to keep an eye out for elderly relatives and neighbours, and report any suspicions you have, you will not be wasting anyone's time"

As part of promoting the campaign new series of hard hitting posters will be issued to community halls and other public venues to encourage the reporting of doorstep sellers in the islands.



To report a doorstep seller call Trading Standards on 01851 8822694 (701702 out of hours) or the Police on 101.



SPONSORED STRON ULLADALE WALK IN AID OF BETHESDA HOSPICE SATURDAY 31 MAY 2014

**FOR FURTHER INFORMATION AND TO ARRANGE A PLACE ON THIS
SPONSORED WALK PLEASE CONTACT CATHERINE GOMEZ AT BETHESDA
CARE HOME AND HOSPICE ON 01851 706222**

RETURN TRANSPORT WILL BE ARRANGED FROM STORNOWAY TO HARRIS



Islands' First Parkinson's Nurse appointed.

Debbie Nash (pictured) is now in post as the Western Isles' first Parkinson's Nurse Specialist.

"The first thing any Specialist Nurse has to do when they're appointed to a brand new post is to design their service" explained Debbie. "That's why charities often seed fund the first couple of years; the setting up process can be long and arduous, involving a lot of research and consultation. Health Boards are often

unable to sustain the financial burden of that process." I was lucky. A group of dedicated local people secured two years funding from Parkinson's UK and I continue to have a wonderful amount of professional support both locally and from all over Scotland."

"I will have the service up and running well before that two year period of funding is over – but it does give me time to make sure that we design a service fit for the 21st century and tailored to our own particular island needs."

"The first thing that health professionals need to do is to listen to what people are saying. Parkinson's is a very individual condition – it affects everyone differently and people respond to the same treatments very differently from each other. The only real expert in an individual's experience of Parkinson's is the person themselves. I want to build a holistic service – one that supports the individual and their choices and one that offers support to their carers."

There's some way to go yet before the service is launched but anyone who needs to contact Debbie before then can phone or email on **01851 763301** or **Debbienash1@nhs.net**

EVENTS FOR YOUR DIARIES: CARERS' WEEK

9th to 15th June. Look out for local events.

CROSSROADS HARRIS are holding a soup & sandwich lunch on the 23rd August in the Community Centre, Tarbert.

CROSSROADS LEWIS - Lewis Car Club Charity drag races at Stornoway airport on **May 31st and July 5th** ; Bling 'n' Buy sale, Delights Tea-room on **June 6th (all day)**; M & Co, Fashion Show **September 12th** at 7pm.

BETHESDA— Great Glen Walk on **Tuesday 6th June**; **Sponsored Sky Dive**, Fife Airport on **14th June**; **Ceol agus Orain Ghaidhlig**, Cabarfeidh Hotel on **26th July**.

Please contact the individual organisations for more information.