

Summer 2017



CARERS' NEWSLETTER

F I S *(Newly launched Carers' Breaks)*

Following on from a press release about the generosity of Leona and Norman Mackay in offering their holiday chalet to a carer at no cost, we have been offered some more properties by equally generous owners.

One week's accommodation has already been allocated but below is a list of properties that are still available. Also, there's a possibility that more properties will be added so keep an eye on our website of up to date details.

Application forms are available from our office or on the website.

Property	Website or accommodation details	When available	Closing date for applications
Luskentyre House Annexe Isle of Harris	www.harrisholidaycottage.co.uk/properties/luskentyre-lodge-isle-of-harris 1 double 1 twin	One week between November and February, subject to availability	15th October
Fairy Nook Holiday Apartment, Uig, Isle of Skye	www.fairyglenholidays.co.uk 1 double 1 twin	Any date between October and March, excluding xmas and New Year	15th September
The Old Post Office, Amhuinnsuidhe, Isle of Harris	www.oldpostofficehouse.co.uk 1 king, 1 twin, 1 single	Last week in October	15th September
Seaview Cottage, Stornoway Isle of Lewis	Property can be viewed on airbnb—just search for Seaview Cottage, Stornoway, Isle of Lewis. 2 Doubles and 1 twin	One week between October and March (date subject to availability)	15th September
3 Govig, Isle of Harris	No website 3 Double 1 single (with bunk beds)	2nd to 9th September and beginning of December	15th August 15th October

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
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Do you or someone you care for live with a neurological condition such as MS, Parkinsons, ME, PoTS, MND or Epilepsy, for example? If so, come along to the next meeting of Neuro Hebrides, a new support group for those living with neurological conditions, throughout the Western Isles.

Meetings for 2017

3pm-5pm Lewis Retirement Centre,
Stornoway

2nd August, 3rd October, 6th December

For further information contact:

Anne at n.heb@outlook.com or
Nicky on 0744 351 3761



Carers Event

Wednesday 20th September

Lunch with Guest Speakers

Castlebay Hotel, Barra

12.00pm - 3pm

Enjoy a lunch and informative talks on:
Power of Attorney
Technology

**Places are limited, so please call 01859 502588,
or email : info@wiccf.co.uk
to book your place, or to get further information.
If you require respite for the person you care for,
or transport,
please let us know.**

This event is funded by the Carers Information Strategy Group

Dementia friendly funding boost for Uist and Benbecula

All of Uist is to become dementia friendly thanks to £150,000 funding from the Life Changes Trust and £42,000 from the Robertson Trust.

The money will be used to improve the quality of life for people living with dementia and their carers in the island communities of Berneray, North Uist, Benbecula, South Uist and Eriskay

The project will work in partnership with statutory services, voluntary organisations, communities and people with dementia, their carers and their families. Tagsa Uibhist will also run a dementia resource hub and manage a range of services including:

- ◆ housing advice and support
- ◆ regular meeting group and social activities
- ◆ home respite for carers, and a carers' gathering supported by Western Isles Community Care Forum
- ◆ dementia awareness training across the isles
- ◆ an activity programme for people living with dementia

Autism Conference

Autism Eileanan Siar hosted an autism conference in Stornoway on 21st June. The event was a huge success with an excellent attendance across a broad spectrum. Guest speaker was **Alex Lowery**, who has autism himself, gave the audience a very clear insight into what life is like for people with autism and why they have certain behaviours. Alex has written a book called **Thinking Club** and WICCF purchased two copies as a resource for carers.

If you would like to read this book, you can borrow it from one of our staff - please contact:

Lewis & Harris - Hannah (07554831711)

Uist & Barra – Linda (07881614684)

If you wish to receive further information on Autism Eileanan Siar, please contact:

autism.eilean.siar@gmail.com



All the awards have been made so the fund is now closed for applications.

We have applied for more funding and we'll know in the Autumn whether or not the application is successful.

Eolas was created to allow carers the opportunity to meet each other socially over afternoon tea and more importantly at no cost to them. It's an informal group and meetings are held in each of the four islands.

Funding was provided last year by local Councillors who donated part of their Ward Priority Funding and we very much appreciate their donations. Many carers have already taken part and found the meetings to be both beneficial in giving them a break and informative in their being able to chat and exchange ideas and experiences with others in a similar situation to their own.

The next sessions will be held on the following dates:

Tuesday 22nd August	Commun Eachdraidh Nis	2.30—4.00
	Stepping Stones, Benbecula	2.00—3.30
Wednesday 23rd August	Crown Hotel, Stornoway	2.30—4.00
	Castlebay Hotel, Barra	2.30—4.00
Thursday 24th August	Harris Hotel, Tarbert	2.30—4.00

We would be delighted to see more carers attending.

Fundraising

We have a number of fundraising events coming up in the near future:

- 29th July – A café in the Community Centre in Tarbert
- 2nd August – Cuddly toy tombola stall at the Carloway Show
- 12th August – Bag Packing in Tesco, Stornoway
- 29th September – Fashion Show at M&Co, Stornoway

We're particularly interested in getting help with bag packing on the 12th so if you can spare an hour or two, we'd very much appreciate it. We're also looking for models for the fashion show in September from all age groups and all sizes.

Please contact us if you're able to assist with any of the above activities. Contact details on front page.

Tea Party

There will be a tea party for carers at the Assistive Technology Centre (Grianan Centre, Westview Terrace, Stornoway) on Friday 1st September at 2.30pm. Please come along to view all kinds of technology which can assist with a caring role.

Full details are yet to be finalised, so keep a look out for the fliers, which will be distributed in the next week or two.



Carers' Week 2017

Our sincere thanks to all who attended the Carers' Week events in Lewis, Harris and Uist and also to the venues that provided delicious lunches—Lewis Retirement Centre, Harris Hotel and Stepping Stones. Due to the tragic circumstances in Barra, the event has been re-scheduled to take place in September. Our thanks also to the special guests who attended at the different venues—Elizabeth Anderson and Ed Lowe, Social Work; Liz Fowler and Iain Trayner (NHSWI); Roddy MacDonald, accordionist; Hannah Knight, singer and Libby Learmond, Tagsa Uibhist. At the Lewis event we had a surprise guest appearance by Donnie Dotoman who was filming for DIY le Donnie at the Centre. All the events were funded by the Carers Information Strategy Group.



During the week, display stands in the Co-op and Ospadal nan Eilean were used to highlight the invaluable work done by carers and also to showcase the services which can be made available through WICCF to support carers. 1 in 8 adults in the country are carers and save the economy a staggering £132 billion a year!

