



Christmas Newsletter



In October, we welcomed a new member of staff, Hazel Macleod, who is our new Admin Assistant. Hazel works 2 days per week in the Tarbert office. She is extremely well organized, which probably comes from having 4 young children and a husband to look after! There's a strong possibility you may get a phone call from her at one point or another, so you can now put a face to the name.

TRAINING

We'd like to remind you that **Moving & Handling** training is available to all unpaid carers, any time it is required.

Conditions change and sometimes **refresher training** might be invaluable.

If you wish to receive this training please contact:

Lewis & Harris: Catriona 07554 831711

Uist & Barra: Catherine 07487 540173



Catherine is also available to deliver First Aid Training should any of you be interested

Short
breaks fund

Funded by Scottish
Government

Our Short Breaks Fund is still open for applications but time is running out!

Submit your Application

The purpose of the grant is to give carers a break from their caring duties which could be a **short holiday**, **pursuit of a hobby**, some **pampering** or **meals out**, **driving lessons**, **purchase of magazine subscriptions** or **TV subscriptions**, the list of possibilities is immense.

Contact the office on: 01859 502 588 for an application form or download one from our website: www.wiccf.co.uk

Below are the dates for the Eolas meetings next year.

If you require alternative care to enable you to attend, contact the office as soon as possible and we will endeavour to arrange that for you.

We do hope you will be able to come along and enjoy afternoon tea/morning coffee with us.

If you are interested in joining, please do contact us on 01859 502 588 or info@wiccf.co.uk

Short breaks fund	Woodlands	Borve House	Crown Hotel	Failte Centre	Harris Hotel
	10.30am to 12 Noon	230pm to 4pm.	2.30pm to 4pm	2.30pm to 4pm	2.30pm to 4pm
January 2023		Wed 11th			
February	Mon 6th				Thurs 16th
March				6 th March	Tues 14th
April		Wed 19th			Thurs 20th
May	Mon 15th				Tues 16th
June			Wed 14th		Thurs 15th
July		Wed 5th			Tues 4th
August	Mon 21st				Thurs 24th
September			Wed 13th		Tues 19th

Meetings in Uist and Barra will take place on the following dates:

Short breaks fund	Lochmaddy Hotel	Grimsay Centre	Stepping Stones Restaurant	Borrodale Hotel	Castlebay Hotel	Heathbank Hotel
	2.30pm to 4pm	2.30pm to 4pm	2.30pm to 4pm	2.30pm to 4pm	2.30pm to 4pm	2.30pm to 4pm
January		Tues 17th			Thurs 12th	
February				Wed 22nd		Thurs 9th
March			Wed 15th		Tues 7th	
April	Tues 25th					
May				Wed 24th		Wed 10th
June					Tues 13th	
July			Tues 11th			Tues 11th
August		Wed 23rd			Thurs 17th	
September				Tues 12th		Tues 5th

Christmas Shopping Online??

You can help us to raise funds whilst you do your Christmas shopping online and it won't cost you a penny!



If you're not supporting Western Isles Community Care Forum yet, **please sign up now**. It takes 2 minutes & 5,000+ shops will donate to us for free every time you shop with them!



Shop AmazonSmile at
<https://smile.amazon.co.uk/ch/SC023918>
and Amazon donates to
Western Isles Community Care Forum,
at no cost to you.

Visit::

<http://easyfundraising.org.uk/.../60a28d9c7e101c2d0ded2fe9/>



Looking for a Christmas gift?

How about Care to Cook?



A recipe book packed with easy to make recipes.

On sale in local shops or direct from WICCF at £10 plus £2 P+P.

Lewis: Cross Stores, Bethesda Charity Shop, Baltic Book Shop, Campbell's Filling Station, Gordon Diesel Filling Station, Lochs Filling Station, Buth an Rubha, Uig Community Shop

Uist & Eriskay: Bayhead Shop & FS; Failte, Lochboisdale; Hebridean Jewellery; MacGillivray's, Benbecula; Maclean's Butchers, Balivanich; Post Office, Daliburgh; Puffin Studio Crafts, Eriskay Shop

Barra: Padula's, Castlebay

Harris: Harris Tweed Shop, Ardhasaig FS, An Clachan



We still have a couple of properties available in Harris and Uist between now and February, subject to availability. Contact our office if you would like to take advantage of this generous offer from the proprietors and enjoy a week's free accommodation

'Time for You' initiative

the Winter Essentials Fund

offers £50 grants for families living with dementia



Part of the **'Time for You'** initiative, the Winter Essentials Fund offers £50 grants for families living with dementia, to provide an additional helping hand of support over the coming winter months.

The grant could help buy warm clothing, electric blankets, hot water bottles, or help meet travel costs to attend a local group or visit a loved one if they are in a care home.

The fund will run for 3 months and the application process is via a simple, short online form.

Full details can be found on:
<https://www.alzscot.org/timeforyouwinter>

****If you don't have access to the internet/email, your Alzheimer Scotland contact can print out an application for you to complete and send back to us.**

Further information from:

Ellie Donnelly, Dementia Advisor, EDonnelly@alzscot.org Tel 07500 762 041



The aim of **Respality** is to provide a short vital break from routine for unpaid carers in Scotland when they need it most. This is achieved by connecting carers' organisations with hospitality, tourism and leisure businesses who are willing to donate a break free of charge.

There are breaks available nationally to all carers and there are also some breaks which **WICCF have secured locally for the benefit of carers living in the Western Isles.**

So far, we have available locally:

- ◇ Self catering in South Uist and Lewis (out of season)
- ◇ Tours of the Isle of Harris Distillery
- ◇ Pampering at a hairdresser in Uist

If you would like to discuss **Respality** or take advantage of the local offers, please contact Catherine on 07487 540173

Top Ten Tips for Saving Energy

- ◇ Boil a kettle in the morning and fill a thermos flask. This will save you having to boil the kettle again to make cups of tea during the day.
- ◇ Draught proof doors and windows.
- ◇ Hang heavy curtains to keep draughts out and heat in.
- ◇ Once you have finished cooking with the oven, leave the door open so the residual heat will warm up your kitchen.
- ◇ Don't keep electrical devices on standby. (Some satellite and digital TV recorders may need to be left plugged in so they can keep track of any programmes you want to record.)
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- ◇ Turn off lights when you leave a room
- ◇ Batch cooking and freezing - a full freezer is more economical
- ◇ Switch to energy efficient light bulbs
- ◇ Swap a bath for a shower and limit your shower to 4 mins.
- ◇ A microwave can tackle some tasks just as well as the oven or the hob – and your microwave uses far less energy to do it. Eg. if you're reheating soup, there's no need to use the stove. It's much more efficient to use the microwave – and it gets the job done quicker too.



The WICCF office will be closed over the festive period.

Thank you for all the care you have provided and the sacrifices you have made over the past year.

We hope that you and those you care for will have a very restful and happy Christmas.



WESTERN ISLES COMMUNITY CARE FORUM

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