



Top news of the Month



5th - 12th June 2023

Wednesday 7th June - Dark Island
Hotel, Benbecula

Carers Lunch and talks by

Guest Speakers:

Flora Macdonald,

Community Equipment

Gordy Macdonald,

Police Scotland - Cyber Crime

Thursday 8th June - Castlebay
Hotel

Carers Lunch and talks by

Guest Speakers:

Jeanne Christie, CAB

Gordy Macdonald,

Police Scotland - Cyber Crime

Monday 5th June - Failte
Centre, Bayhead, Stornoway

Carers Lunch and talks by

Guest Speakers:

Gordy Macdonald,

Police Scotland - Cyber Crime

Karen Mackenzie

(NHS/Alzheimer Scotland) -

Communication with Dementia

Tuesday 6th June - Harris Hotel, Tarbert

Carers Lunch and talks by Guest Speakers:

David Nicolson, Community Equipment

Gordy Macdonald, Police Scotland - Cyber Crime

All these events are from 12noon to 3pm.

BOOKING IS ESSENTIAL

Please advice of any special dietary requirements.

If you need alternative care to enable you to attend,
please contact the office and we will endeavour to arrange for you.

We are delighted to announce that we have received another round of Short Breaks funding. Grants of up to £250 can be applied for to get a respite break.

The Short Breaks Fund is to give carers a break from their caring duties which could be a short holiday, pursuit of a hobby, some pampering, meals out, takeaways, driving lessons, purchase of magazine subscriptions, the list of possibilities is immense.



Funded by the Scottish Government

APPLY TODAY

Contact the office on: 01859 502 588

for an application form or download one from our website: info@wiccf.co.uk





Why not take a break from your caring duties?

Come along and join us at Eolas for Tea/Coffee and Cakes (free of charge).

Contact us if you require alternative care

Lewis & Harris	Woodlands 10.30am to 12 Noon	Borve House Hotel 2.30pm to 4pm	Crown Hotel 2.30pm to 4pm	Harris Hotel 2.30pm to 4pm
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



01859 502588



info@wiccf.co.uk

Uist & Barra	Borrodale Hotel 2.30pm to 4pm	Stepping Stones 2.30pm to 4pm	Grimsay Centre 2.30pm to 4pm	Castlebay Hotel 2.30pm to 4pm
May	Wed 24th			Wed 10th
June				Tues 13th
July		Tues 11th		Wed 12th
August			Wed 23rd	Thurs 17th
September	Tues 12th			Tues 5th

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

FIRST AID



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



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!

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

Have you thought of checking if you are eligible for Pension Credit?

Have you thought of checking if you are eligible for Pension Credit?

Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income. Pension Credit can also **help with housing costs** such as ground rent or service charges. **You might get extra help if you're a carer, severely disabled, or responsible for a child or young person.**

You must include your partner on your application.

You'll be eligible if either:

- you and your partner have both reached State Pension age
- one of you is getting Housing Benefit for people over State Pension age

When you apply for Pension Credit your income is calculated. If you have a partner, your income is calculated together.

Pension Credit tops up:

- your weekly income to £201.05 if you're single
- your joint weekly income to £306.85 if you have a partner

If your income is higher, you might still be eligible for Pension Credit if you have a disability, you care for someone, you have savings or you have housing costs.

What counts as income

Your income includes:

- **State Pension**
- **other pensions**
- **earnings from employment and self-employment**
- **most social security benefits, for example Carer's Allowance**

What does not count as income

Not all benefits are counted as income.

For example, the following are not counted:

- Adult Disability Payment
- Attendance Allowance
- Christmas Bonus
- Child Benefit
- Disability Living Allowance
- Personal Independence Payment
- social fund payments like Winter Fuel Allowance
- Housing Benefit
- Council Tax Reduction

If you get **Pension Credit** you can also get **other help, such as:**

• **Housing Benefit** if you rent the property you live in

• **Cost of Living Payments**

• **Support for Mortgage Interest** if you own the property you live in

• a **Council Tax discount**

• a **free TV licence** if you're aged 75 or over

• help with **NHS dental treatment, glasses and transport costs** for hospital appointments, if you get a certain type of Pension Credit

• help with your heating costs through the **Warm Home Discount Scheme**

Ticks and Lyme Disease

During feeding ticks can cause infections that may lead to diseases and cases are increasing in the Western Isles. You could be exposed to ticks whenever you are outdoors and enjoying the countryside, even in your garden or the local park. Take extra care in, or avoid altogether, areas of dense vegetation.

- Ticks attach themselves to animals to feed and sometimes this can include people
- You can prevent tick bites by walking on clearly defined paths, using insect repellent and performing regular tick checks
- Check yourself for ticks in the days after being outdoors.
- Some tick bites can result in infection so it is important to remove ticks as soon as possible
- Ticks can be removed safely with tweezers or a tick removal tool.
- DO NOT squeeze, twist or squash the tick.
- If you have been bitten or recently spent time outdoors and start to feel unwell, contact your GP.

Please note

Following a tick bite, you feel unwell or develop a rash around the site of attachment please consult your GP

Some simple steps to avoid coming into contact with ticks:

- Keep exposed skin to a minimum, wear long sleeves and tuck trousers into socks
- Wear light coloured clothing so ticks are easier to spot and brush off
- Walk on paths, avoid brushing against vegetation
- Avoid/take more care in areas with dense vegetation
- You can use insect repellents, such as DEET



Dementia Awareness Week
Monday 29th May to 4th June

One thing, not everything. People with dementia can learn new things, continue with work/hobbies and live a full, enjoyable life. **Dementia is just one thing about a person – it's not everything.** Each year, Dementia Awareness Week (DAW) is held with the aim of raising awareness of dementia and helping improve the lives of people with dementia, their families and carers.

This year, we will consider the stigma people with dementia continue to face with a particular focus on those facing it earlier in life.

Dementia doesn't discriminate, so why should we? We want you to see the person behind the diagnosis. Dementia does not define someone. This year Dementia Awareness Week will run from **Monday 29 May until Sunday 4 June.**

We will be holding events, sharing stories and information at a range of venues and across our website and our social media channels.

More details of the week will be advertised very shortly



OPEN DAY 10am - 4pm
Saturday 3rd June 2023
Lews Castle College

Neuro Hebrides Open day will be showcasing a range of local support services for people living with or caring for someone with a neurological condition. There will be different activities, treatments and therapies to try; Have a massage, relax in a mindfulness session, meet the therapy dogs from Aroha, complementary therapy, get creative with arts and crafts, take part in gentle exercise, have a go with **FREE ENTRY** Cycling without age and much more. **Lunch provided**

There will be live music with the fantastic Calum Blane and Gaelic song



07385596842



neurohebrides.org-n.help@outlook.com



WED 14 JUNE 2023

BORN TO BE ALIVE: TIMES/PERFORMANCES: 7PM

DEEPNESS DEMENTIA ALBUM LAUNCH

ADMISSION: £3/ £2 DURATION: 90 MINUTES APPROX

BOOK TICKETS ONLINE


<https://lanntair.com/events/event/born-to-be-alive-deepness-dementia-album-launch/>

CALL: 01851 708 480



Join us to celebrate the launch of Born to be Alive, a unique new Album on which stories about living with Dementia are told through original songs inspired by everything from David Bowie and Depeche Mode to Country, Reggae and Traditional Gaelic Song.

Events: Bethesda Nursing Home & Hospice

10th June 2023 10am - 4pm	Summer Garden Open Day 85 Leurbost, Isle of Lewis, HS2 9PA	Donations to Bethesda
5th August 2023	Weekly Walk Treasure Hunt	
6th October 2023	Bethesda Gala Dinner	

WI.BETHESDAHOSPICE@NHS.SCOT

BETHESDAHOSPICE@HOTMAIL.COM



Coffee **MORNING**



Saturday 26th August 2023

Tarbert Community Centre

11am - 3pm

CROSSROADS
Caring
for **Carers**
 HARRIS

DON'T MISS OUT

Thinking of a holiday, before you book please get in touch with Catherine

The aim of **Respitality** 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.

**IF YOU WOULD LIKE TO DISCUSS
RESPITALITY OR TAKE ADVANTAGE OF THE
LOCAL OFFERS**



Catherine



07487 540173



carersupport@gmail.com

We have a large variety of offers available in the Western Isles and further afield, for carers:

Locally

- accommodation of various sizes on various islands
- vouchers for tea and cake
- yoga sessions
- haircuts
- massages
- distillery tours.

Further afield

- lodges
- distillery tours
- paddleboarding or kayaking
- archery
- air rifles or Segway

Spring Covid Vaccination

Unpaid carers will be offered the winter booster (Covid and Flu Vaccinations) towards the end of the year. Criteria for those who can receive the Spring Covid Vaccination is very strict.



Anybody aged 75 years or over on 11th April 2023



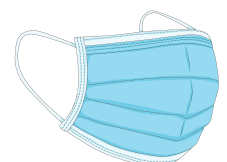
Anybody aged 5-74 with a weakened immune system



Breast Screening Bus

Coming to the Western Isles from August onwards, look out for further information in the coming weeks.

Changes to Face Mask Guidance in Hospitals from 16th May 2023



Patients and visitors attending hospitals in the Western Isles will **no longer** have to **wear face masks (exceptions will apply)** from **Tuesday, May 16 2023**, following a Scottish Government review of guidance.