

MEET SARAH—WICCF TRAINING & ASSESSMENT OFFICER

In August we said 'Goodbye' to Hannah who decided to return to University to take up a course in Social Work. We—and those of you who met her—were sorry to see Hannah go but we're very grateful to have her equally capable replacement, Sarah Mitchell on board. Sarah covers Lewis & Harris and can be contacted on **07554831711** or you can contact the Tarbert office (**01859 502588**) and request a visit .

Sarah works with family carers, providing practical support and training on a one-to-one basis in Moving & Handling and personal foot care. She has a wide knowledge of what's available in the community for carers and can signpost (and make referrals) to other organisations, both voluntary and statutory.



Sarah Mitchell

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
info@wiccfc.co.uk



now has 12 properties (in Lewis, Harris and North Uist) offering 13 weeks respite for carers. All the properties can be seen on our website—www.wiccf.co.uk and if you wish to make a booking, you must in the first instance complete an application form. We then ascertain availability with the host and will, with their permission, pass the contact details to you so that you can finalise arrangements etc between you. Two properties are still available:

The **Kallin** property is a self contained annexe over two floors in a beautiful and peaceful location with easy access to North and South Uist and Benbecula. The property can be seen on:

www.glendale-selfcatering.co.uk

Offer is between January and March subject to availability. The closing date for this period is **15th February** and we apologise for such short notice.

The **Tarbert** property is a ground floor, 1 bedroom flat with easy access to buses, ferry, distillery, restaurants etc. It's available between **1st September 2018 and 31st March 2019 for 1 week**. There is no website but the property can be seen on Tripadviser and Air BnB.

As there are some dates within that period already booked, availability of your chosen dates will have to be confirmed with the host. so it's advisable to check first, before making respite arrangements, for example.

Advocacy Western Isles is providing a specialist advocacy service for Self-Directed Support for any individuals who are cared for or who are carers. This new service will be available from January 7th 2019 and is available throughout the Western Isles.

George Murray is the contact for Lewis & Harris and can be contacted on **01851 701755** or george@advocacywi.co.uk

Mel Groundsell is the contact for Uist & Barra and can be contacted initially by phoning Sandy on 01878 700000 and leaving a message for her. Alternatively, you can email her on mel@advocacywi.co.uk.

We will update Mel's phone number when we have a permanent one for her.

Turn2Us is a benefits programme which is accessible to all who have access to internet . You can input information on your financial, health, housing and caring situations and it will work out if there are any benefits to which you could be entitled and aren't getting. You can also access information on grants for which you may be eligible.

Appeal for Recipes

Western Isles Community Care Forum is looking for contributions to a recipe book we hope to publish this year for raising funds.

With carers in mind, we are looking for quick and easy recipes that are also healthy. We would love to include a section covering food allergies/intolerances eg. gluten or dairy free recipes, dessert and baking recipes for diabetics etc.

What are the favourite dishes in your house? Would you be happy to share a Grandmother or Mother's favourite recipe? Please only submit original recipes, not a recipe copied from a publication.

Please submit your recipes (on a Word document if possible, but not essential) to:

info@wiccf.co.uk

We intend to print the contributor's name and the island they came from. If you would prefer not to have your name included, please indicate Anon, Isle of ? in your submission.

Thank you for your support



The Care Forum's Personal Assistant Directory is available to view on our webpage—www.wiccf.co.uk It includes details of persons available to do private caring/cleaning etc. Anybody wishing to join the register as a personal assistant can also use the link to do so. Further information is available from the office in Tarbert. (Contact details on Page 1.)



Would you like to help us raise funds at no cost to you?

It's quite simple to do:

1. Register with Easy Fundraising at <https://www.easyfundraising.org.uk/>
2. Choose your cause
3. Start shopping!

We were delighted to receive funding to continue **Eolas**, a group which gives carers of all ages an opportunity to meet together socially over afternoon tea or morning coffee. There is no charge and if you wish to have alternative care to enable you to attend, please call the office on 01859 502588 and we will endeavour to arrange this at no charge to you. Below, for you to put in to your diaries, are a list of the dates **Eolas** will be meeting during 2019 :

Castlebay Hotel, Barra	Stepping Stones Restaurant (SS) and Dark Island Hotel (DI) Benbecula	Hamersay House Hotel, North Uist
22nd January 19th March 21st May 25th June 3rd September	8th February (SS) 27th May (DI) 24th September (SS)	29th January 13th August
Borrodale Hotel South Uist	Borve House Hotel	Crown Hotel
26th March 17th September	22nd January 26th March 28th May 6th August 24th September	23rd January 27th March 29th May 7th August 25th September
Woodlands Centre	Harris Hotel	
15th January 19th March 21st May 13th August 17th September	24th January 21st March 23rd May 8th August 19th September	Eolas is funded by: 

Our **Short Breaks** fund for 2019 is now open for applications. We're very grateful to have received another round of funding to enable us to offer breaks to carers. Although we use the term 'break' it doesn't have to be taken in the form of holiday—you can use the award for things like relaxation, pampering, gym membership, driving lessons, gardening, CDs etc—anything that enables you relax and take a break from your caring role. Application forms are available from the office or on our website.

Short
breaks fund