

# Carers Newsletter

SUMMER 2022

## WICCF Welcomes two new members of staff



Romy Benedetti



Catherine MacDougall

We are delighted to welcome two new members of staff –Romy Benedetti, Administrator and Catherine Macdougall, Carer Training & Assessment Officer.

Romy joined us in March, replacing Katie Ann Mackinnon who retired after 21 years of service. Romy's post is part time and she will be working in the office on Monday's and Tuesday's. She will be taking responsibility for our communications as well as our office admin.

Catherine, our newest recruit who started this month, will be covering Uist & Barra replacing Linda Macdonald who moved to pastures new. Catherine comes with a wealth of experience having previously worked with CNES. She will be supporting unpaid carers in Uist and Barra and can be contacted on **07487 540173** or **at carersupport@wiccf.co.uk**.

## Eolas

*Our social group for carers is going very well but we would be delighted to see more carers joining us for afternoon tea. Below are the remaining dates for this funding period.*

Venue	July	August	September
Borve House Hotel	5 <sup>th</sup> (2.30pm to 4pm)		
Harris Hotel	6 <sup>th</sup> (2.30pm-4pm)		
Lochmaddy Hotel	13 <sup>th</sup> (2.30pm to 4pm)		
Crown Hotel		17 <sup>th</sup> (2.30pm to 4pm)	
Borrodale Hotel		18 <sup>th</sup> (2.30pm to 4pm)	
Harris Hotel		24 <sup>th</sup> (2.30pm to 4pm)	
Woodlands Centre			5 <sup>th</sup> (10.30am-12noon)
Stepping Stones			7 <sup>th</sup> (2.30pm to 4pm)
Harris Hotel			14 <sup>th</sup> (2.30pm to 4pm)

**Remember we can pay for alternative as well. Contact the office if required.**

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

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# Short Breaks Fund

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## ***Short Breaks Fund Is Now Open For Applications!***

We were delighted to report that the Scottish Government has allocated an additional £3.5 Million for breaks from caring. As a result, we will this year be able to offer grants of £250 to unpaid carers.

This round of funding is open to carers of all ages, including parent carers.

Applications forms are available from the office (see contact details below) or can be downloaded on our website.

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## **Here are some ideas for what a short breaks award can be used for:**

A break away; meals out; driving lessons; pampering; pursuit of hobbies—fishing, photography, knitting, sewing, sports; purchase of a pet or a musical instrument, garden furniture or pots and plants; mindfulness sessions; iPad or laptop; books or magazine subscriptions

### *Items that cannot be funded:*

*Clothing (unless special clothing for a hobby), general household items (eg vacuum cleaners, diffusers, candles, ornaments, dishes), heating oil, coal, electricity or any form of household bills, furniture*

*(Equipment must be for a specific hobby.)*

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## **Take a Break**

*Take a Break provides grants to unpaid carers of disabled children and young people, who have complex additional support needs, or serious or life threatening health conditions.*



Take a Break aims to ensure that unpaid carers of disabled children and young people, are able to have a life alongside their caring role, and are as physically, mentally and emotionally well as they can be. All grants are discretionary and are subject to available funding at any time.

Take a Break is administered by Family Fund on behalf of the Scottish Government and is now open for applications.

Contact WICCF office or visit [www.familyfund.org.uk](http://www.familyfund.org.uk)

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**take a**  
**Break**

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# Featured articles

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## VoiceAbility

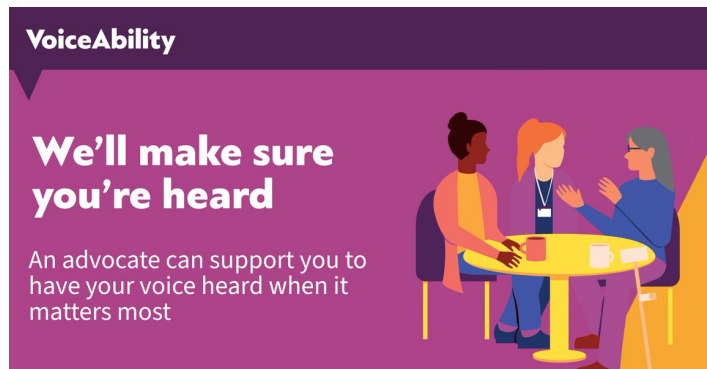
VoiceAbility is a new independent advocacy service available in the Western Isles. If you identify as disabled, you can get support to access benefits from Social Security Scotland. This support is available from the moment you want to start an application and is entirely independent from Social Security Scotland.

An advocate can help you to:

- Understand information about your rights and options
- Ask questions so you can say what you want, have your voice heard and represent yourself
- Be fully involved in decisions about your benefits
- Complete the process from the point of application, including reviews and any appeals you want to make

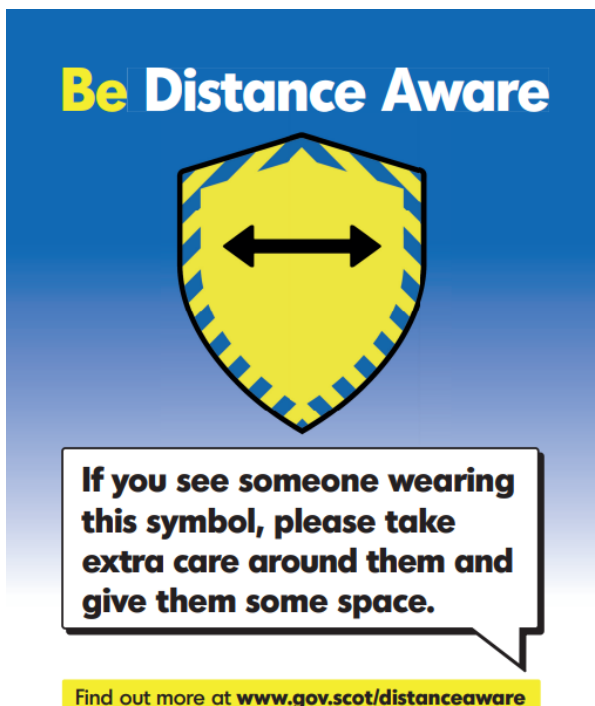
**Lisa Macdonald is your advocate for the Western Isles (Email: [Lisa.MacDonald@voiceability.org](mailto:Lisa.MacDonald@voiceability.org))**

**Freephone: 0300 303 1660 Website: [voiceability.org](http://voiceability.org)**



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## Distance Aware



For those who would feel more comfortable with more room, the Distance Aware scheme offers them the chance to wear an easily recognisable symbol to show others they need space and care.

The polite prompt is designed to support those who are worried about being in public spaces, for whatever reason, to feel more confident—whether they are accessing a short break or simply going for a walk which is particularly important as covid restrictions are easing and there are more people out and about.

Free lanyards and badges featuring the distance aware shield are available from libraries across the country with badges also free to pick up in Asda stores or online from participating charities, free or for a small donation.

To find out more visit **[www.gov.scot/distanceaware](http://www.gov.scot/distanceaware)**

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# Carers Week!

6TH-12TH JUNE

**To celebrate Carers Week and  
acknowledge the sterling work  
undertaken by**

**informal carers, lunches with speakers will  
be**

**hosted on the following dates:**

**TUESDAY 7TH JUNE      HARRIS HOTEL**

**WEDNESDAY 8TH JUNE      CASTLEBAY HOTEL**

**THURSDAY 9TH JUNE      DARK ISLAND HOTEL**

**MONDAY 20TH JUNE      FAILTE CENTRE,  
STORNOWAY**

All from  
12.00pm –to 3pm

If you require respite for the  
person you care for,  
please let us know.

To book your place, or to get  
further information call

**01859 502 588**

or email [info@wiccf.co.uk](mailto:info@wiccf.co.uk)



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