



## Western Isles HS Carer Card



A bit of advance notice for you all – we are in the process of setting up an exciting new project WICCF hope to launch in Spring 2025.

HS Carers Card will provide you with discounts/benefits with Western Isles businesses that sign up. A list of these will appear on our website in due course.



We welcome Lorna Dodd to our Team

Lorna Dodd has joined our team for a period of three months and she is currently busy negotiating with local establishments to secure benefits for unpaid carers. In addition to giving you discounts/benefits, the HS Carers Card can be used in clinical settings to identify you as a carer.

To receive this card, unpaid carers will have to be registered with WICCF and an application form will have to be completed.

Further details will be released as the project progresses.



On 1st October our Musical Memories group were awarded the Patrick Brooks Award for Best Partnership Working at the Age Scotland Awards in Glasgow.

*Well done!*



Peggy, Isabel and Ellie represented the Group and received their awards from TV celebrity, Glen Michael and Katherine Crawford from Age Scotland. Harris House and Mairi Maciver (CLD) will receive certificates at our concert in November.



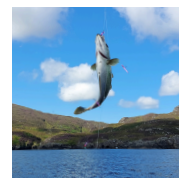
Glen Michael (television presenter and entertainer), Peggy Mackay (WICCF), Isabel Campbell (Leverburgh Care Home), Ellie Donnelly (Alzheimer Scotland), Katherine Crawford (Chief Exec. Age Scotland)

Musical Memories support people in Harris living with dementia or any long term condition and their carers together with people who live alone. Sessions alternate between face to face and Zoom enabling Hearnachs living elsewhere to join in as well.

Lewis & Harris	Woodlands 10.30am to 12 Noon	Borve House Hotel 2.30pm to 4pm	Lewis Castle 2.30pm to 4pm	Faillte Centre 2.30pm to 4pm	Harris Hotel 2.30pm to 4pm
Dec		Wed 11th			Thurs 12th
January	Wed 15th				Thurs 30th
February		Wed 12th			Thurs 20th
March				Thurs 13th	Thurs 20th
April			Wed 16th		Thurs 17th
May		Wed 14th			Thurs 15th



Pottery



Fishing Trip



Owls



Yoga



Candle Making



Clay Pigeon Shooting



Short BREAKS fund  
CREATIVE BREAKS



Uist & Barra	Lochmaddy Hotel 2.30pm to 4pm	Grimsay Centre 2.30pm to 4pm	Stepping Stones 2.30pm to 4pm	Borrodale Hotel 2.30pm to 4pm	Castlebay Hotel 2.30pm to 4pm	An Garadh Cafe 2.30pm to 4pm
Dec		Tues 3rd				Wed 11th
January	Tues 14th				Wed 15th	
February			Wed 12th			Wed 5th
March				Tues 18th	Wed 12th	
April		Tues 22nd				
May	Tues 13th					Wed 7th



01859 502588



info@wiccf.co.uk

We were delighted to receive funding from the **Creative Breaks Fund** to continue **Eolas** for another year. New dates are enclosed. This coming year we will be introducing more activities following on from the success of a few earlier in the year. Fancy trying out line dancing or yoga? Come and join the fun.

## Looking for a Christmas gift?

A recipe book packed with **easy to make recipes**.

On sale in local shops or direct from **WICCF**

at £10 plus £2 P+P



**Barra:** Padula's, Castlebay



**Uist & Eriskay:** Bayhead Shop & FS; Failte, Lochboisdale; Hebridean Jewellery;

MacGillivray's, Benbecula; Maclean's Butchers, Balivanich; Post Office, Daliburgh; Puffin Studio Crafts, Eriskay Shop

**Harris:** Harris Tweed Shop, Ardhasaig FS, Tarbert PO An Clachan



**Lewis:** Cross Stores, Bethesda Charity Shop, Baltic Book Shop, Campbell's Filling Station, Lochs Filling Station, Both an Rubha, Uig Community Shop, Commun Eachdraidh Nis

# CARERS RIGHTS DAY

This year, Carers Rights Day was on **Thursday 21 November 2024** this year's theme was recognising your rights.

Every day, 12,000 people become unpaid carers for a partner, family member or a friend – many of whom don't see themselves as carers, often unaware of their legal rights and what they're entitled to in terms of support and benefits. **The latest Census shows that in the Western Isles over 13% of the population are providing unpaid care.**

This year's theme is '**recognising your rights**' –the aim is to help carers recognise and understand their rights, and to access the support available to them, whenever they need it.

As a carer, knowing your rights empowers you with information about what you're entitled to. This helps you feel confident asking for what you need, as well as challenging things when your rights are not being met – whether that be in the workplace or education, in accessing health or social care, or when interacting with other professionals or at home.

## What are your rights?

- The right to a Carer's Assessment
- The Right to Unpaid Carer's Leave
- The right to request flexible working
- To be able to request a free flu jab
- The right to ask your GP Practice to identify you as a carer
- To be consulted with when the person you are caring for is being discharged from hospital

## REMEMBER TO SUPPORT WICCF FIRST TO AID CARERS

**TESCO**

**STRONGER STARTS**



**Vote in-store for the project  
at Stornoway Tesco until  
12th January 2025**



**PLEASE GIVE YOUR BLUE TOKENS TO WICCF**



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.



It's all available for **FREE!!**



Local businesses have made very generous donations to our Respitality project. Fancy visiting a neighbouring island? Accommodation on offer along with pampering, meals out, afternoon tea, yoga, distillery tours, jewellery making sessions.

If you would like to discuss Respitality or take advantage of the local offers Please contact: Catherine on 07487 540173 or email [carersupport@wiccf.co.uk](mailto:carersupport@wiccf.co.uk)

Terms and conditions apply to offers. Application forms must be completed for the booking to take place.

## 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



## Time Out

**SHARED CARE SCOTLAND** Short BREAKS fund

There's still time to apply for a Short Breaks Award.

Grants of up to £250 available to give you a break from your caring duties. This could be in the form of a wee holiday, pampering, meals out, pursuit of a hobby, driving lessons..... so much you can choose to spend an award on.

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.



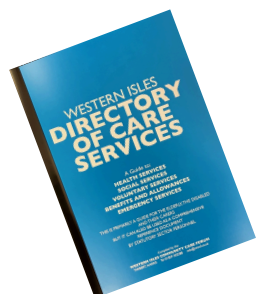
**DON'T MISS OUT** Contact the office on: 01859 502 588  
for an application form or download one from our website: [info@wiccf.co.uk](mailto:info@wiccf.co.uk)



## Western Isles Directory of Care Services

**DID YOU KNOW?**

This is primarily, a guide for the elderly, the disabled and their carers, but it can also be used as a comprehensive reference document by statutory sector personnel.



A guide to: **Health Services** **Social Services** **Emergency Services**  
**Voluntary Services** **Benefits and Allowances**

Online Copy:

[www.wiccf.co.uk/about-us/publications/care-directory-pdf/](http://www.wiccf.co.uk/about-us/publications/care-directory-pdf/)







# WHEELCHAIRS Community Use



If your mobility is slightly impaired, you may wish to borrow a wheelchair, for example, to attend an event, to attend hospital appointments, funerals, or go on holiday. If you are already a wheelchair user and your own breaks down, you can borrow a community wheelchair whilst awaiting repairs.

## Lewis Area Contact:

Crossroads Lewis  
01851 705422  
crossroads.lewis1@btinternet.com

## Harris Area Contact:

Leverburgh Care Home  
01859 520296  
leverburghhome@gmail.com

## Uist Area Contact:

Carer Support, WICCF  
07487 540173  
carersupport@wiccf.co.uk

## Barra Area Contacts:

Cobhair Bharraigh  
01871 810906  
cobhairbharraigh@btconnect.com

Voluntary Action Barra & Vatersay  
01871 810401



## Beach Wheelchairs are also available in Harris and Barra:

### Harris Area Contact:

Beach Wheelchair available at Talla na Mara  
01859 503900



### Barra Area Contacts:

Beach Wheelchair available at Bùth Bharraigh  
01871 817 948  
[info@buthbharraigh.co.uk](mailto:info@buthbharraigh.co.uk)



## Do you have unwanted Community Equipment?

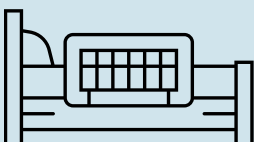
The Community Equipment Service (CES) is appealing to the public to return any unused or unwanted items. The service can collect, sanitise and repair CES supplied equipment in preparation for future use and by returning the equipment, you're not only helping other people in your community, but helping reduce our impact on the planet.

If you have equipment at your that you are not using, you can arrange a free collection by calling the Lewis & Harris CES Store on 01851 703054 or the Uist and Barra CES Store on 01870 603648.



**Lewis & Harris CES Store**  
on 01851 703054

**Uist and Barra CES Store**  
on 01870 603648.



Examples of the equipment they are looking for is shown below:

- Commodes (Wheeled & Static Commodes)
- Household Aids (Wheeled Trolleys, Kitchen Aids, Perching Stool)
- Toilet Aids (Toilet Frames & Raised Toilet Seats)
- Furniture Raisers (for Beds, Chairs and Settees)
- Bathing Aids (Bath lifts, Bath boards, Shower Stools, Shower Chairs)
- Bed Aids (Mattress Elevators, Backrests, Bedrails, Profiling Beds)
- Pressure Aids (Cushions & Mattresses)
- Mobility Aids (Walking Frames, Sticks, Crutches)
- Hoists, Slings, Slide Sheets





Social Security Scotland  
Tèarainteachd Shòisealta Alba

## Carers Support Payment

**Carer's Allowance, paid by the Department for Work and Pensions (DWP), is being replaced by Carer Support Payment paid by Social Security Scotland.**

The transfer from Carer's Allowance to Carer Support Payment will happen gradually with all awards expected to be transferred by Spring 2025.

People do not need to do anything as their award will transfer automatically. The amount they receive will not change. Both the DWP and Social Security Scotland will write to people in advance to let them know that their award will be transferring. **Carers should continue to report any changes in their circumstances to the DWP until they receive a letter from Social Security Scotland telling them their award has transferred.**

Carer Support Payment provides £81.90 a week to eligible carers.  
The benefit is available to new applicants in the Western Isles, as it is one of 4 pilot areas.

## Unpaid carers and young carers are eligible for the flu vaccine

The flu virus spreads more easily during the colder months as we spend more time indoors with others. That's why all unpaid carers and young carers are being offered the flu vaccine this year, to help protect themselves and the people they care for.



Contact: 08081 968 383 or email: [wi.vaccination@nhs.scot](mailto:wi.vaccination@nhs.scot)

## Priority Services



If you have a disability or medical condition or any other reason for additional support, you can register for priority services with the following services on the links below:



<https://www.ssen.co.uk/power-cuts-emergencies/priority-services/>



[www.scottishwater.co.uk/Help-and-Resources/Contact-Us/Additional-Support/Priority-Services-Register](http://www.scottishwater.co.uk/Help-and-Resources/Contact-Us/Additional-Support/Priority-Services-Register)



[www.ovoenergy.com/help/article/priority-services-register](http://www.ovoenergy.com/help/article/priority-services-register)

Ovo Energy's Priority Service Register is for anyone who's vulnerable, or just needs a little extra assistance at a difficult time in their life.

**DONATE** ❤️



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/>

**The WICCF office will be closed over the festive period**

from 5pm on Friday 20th December 2024 to 9am on Monday 6th January 2025.

**All the staff wish you a very happy and restful Christmas.**



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