



Top news of the Month



HS Carers Card

Launching on Carers Week

Western Isles Community Care Forum are delighted to announce that, after months of hard work, their latest project HS Carers Card will be launched during National Carers Week (9th-15th June).

Lorna-Jean Dodd has been employed on a part-time basis to get this project off the ground and we would like to thank her for all her hard work.

What is HS Carers Card? – It is a card which will bring discounts or benefits with certain businesses across the Western Isles. It can also be used in a clinical setting to identify yourself as a carer. Each card will have your name, photograph and expiry date.

Who is it for? – It's for unpaid carers living in the Western Isles and for bereaved carers up to a maximum of one year following the bereavement of the cared for person.



How do I get an HS Carers Card?

– Contact the office, or a member of staff, for an application form or download one from our website (www.wiccf.co.uk). You will need to supply a photograph of yourself as well.

How do I know which businesses I can use it in? – The WICCF website (www.wiccf.co.uk) will have a list of all the businesses that have signed up across the Western Isles. Look out in shop windows for a window sticker as well!



Contact the office on: 01859 502 588

Email: info@wiccf.co.uk

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

9th - 15th June 2025





9th - 15th June 2025

Wednesday 12th June - Dark Island Hotel, Benbecula

Carers Lunch and talk by
Advocacy Western Isles
HS Carers Card - Launch

Thursday 11th June - Castlebay Hotel

Carers Lunch and talks by
Guest Speakers:
Advocacy Western Isles
HS Carers Card - Launch

Tuesday 10th June - Harris Hotel, Tarbert

Carers Lunch and talks by Guest Speakers:
Advocacy Western Isles
HS Carers Card - Launch

Monday 9th June - Failte Centre, Bayhead, Stornoway

Carers Lunch and talk by
Guest Speakers:
Advocacy Western Isles
HS Carers Card - Launch

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.



Funded by the Scottish Government

We are delighted to announce that we have received another round of Short Breaks funding. Grants of up to £350 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.

“ It was just lovely to know people cared enough to give an award and it was nice to feel recognised as you can slide into caring and not realise how much time it takes up and with your thoughts and energy. ”



“ Absolutely amazing, to get away from the situation, from your caring role and have a chance to relax. ”

Contact the office on: 01859 502588

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

Apply Now



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	Harris Hotel 2.30pm to 4pm
May		Wed 14th	Thurs 15th
June			
July	Wed 2nd		Thurs 3rd
August		Wed 13th	Thurs 14th
September	Wed 10th		Thurs 4th



01859 502588



info@wiccf.co.uk

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	Grimsay Centre 2.30pm to 4pm	Castlebay Hotel 2.30pm to 4pm	An Garadh Cafe 2.30pm to 4pm
May	Tue 13th						Wed 7th
June							
July		Tues 1st				Wed 2nd	
August				Tues 12th	Wed 23rd		Wed 13th
September			Wed 10th			Wed 17th	



Why not take a break and enjoy a few days respite?

Most self catering properties are available from
October to March, subject to availability.

Check the Website for details of properties.

To arrange a booking, contact the office.



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/>

A team of S3 students from Sir E Scott School secured a grant of £3000 for the Western Isles Community Care Forum through the Youth and Philanthropy Initiative (YPI Scotland).

WICCF were selected by Lena, Ellie, Leizl and Megan as their chosen charity for this year's competition. The group's presentation displayed their IT skills, professionalism and knowledge of the service.



The group's presentation detailed how WICCF support unpaid carers on our island by giving them the opportunity of getting together in a relaxed atmosphere, taking part in workshops, receiving respite breaks and grants, practical support and training. Musical Memories organise a large concert at the end of the year and some of the girls had already participated in this. They have family who use WICCF in different ways and they can see the huge benefits it has for them.

Pictured are (l to r) Hazel Macleod, WICCF Administrator, Ellie, Lena, Megan, Leizl and Peggy Mackay, WICCF Co-ordinator.

The pupils on the winning team, said they gained confidence, social skills & good teamwork by taking part in this YPI project.

Well done!

Well done girls, you were worthy winners and thanks to your hard work, unpaid carers in Harris will now enjoy a few special treats.

Patients Travelling by Air

If you're a passenger with a disability or reduced mobility you are legally entitled to support, commonly known as 'Special Assistance', when travelling by air.

'Special assistance' is available to passengers who may need help to travel such as the elderly, those people with a physical disability, such as wheelchair users, and those who have difficulty with social interaction and communication, such as those with autism or dementia.

Passengers who want special assistance should aim to give their airline 48 hours notice of the help they require.

Help is available from the moment you arrive at an airport and can cover:

- your journey through your departure airport
- boarding the aircraft and during the flight
- disembarking the aircraft
- transferring between flights
- travelling through your destination airport.





Take a Break

**Closing date for Applications
5:00pm on Monday 30 June 2025**

Take a Break provides cash grants to parent carers (including eligible kinship carers) of disabled and seriously ill children and young people, aged 0 to 17. The grant can be used to contribute towards things like day trips, a short break away, an additional carer, travel costs, gardening and home entertainment equipment, and more.

The programme aims to improve unpaid parent carers' quality of life, health and wellbeing by supporting them to access a break from the day-to-day routine of caring. It is funded by the Scottish Government and administered by the charity Family Fund.

**DON'T
MISS
OUT!**

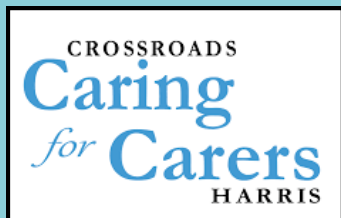
This funding is limited, and priority will be given to carers who have not received a Take a Break grant before, and those who missed out last year.

All applicants will hear from us with an award decision by Friday 11 July 2025. You may hear from us before 11 July, as we aim to make grant awards as soon as possible to support you quickly.

APPLY NOW



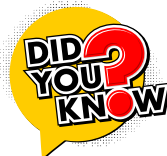
<https://takeabreakscotland.org.uk>



July 2025



Comhairle nan Eilean Siar
Ag Obair Còmhla Airson nan Eilean



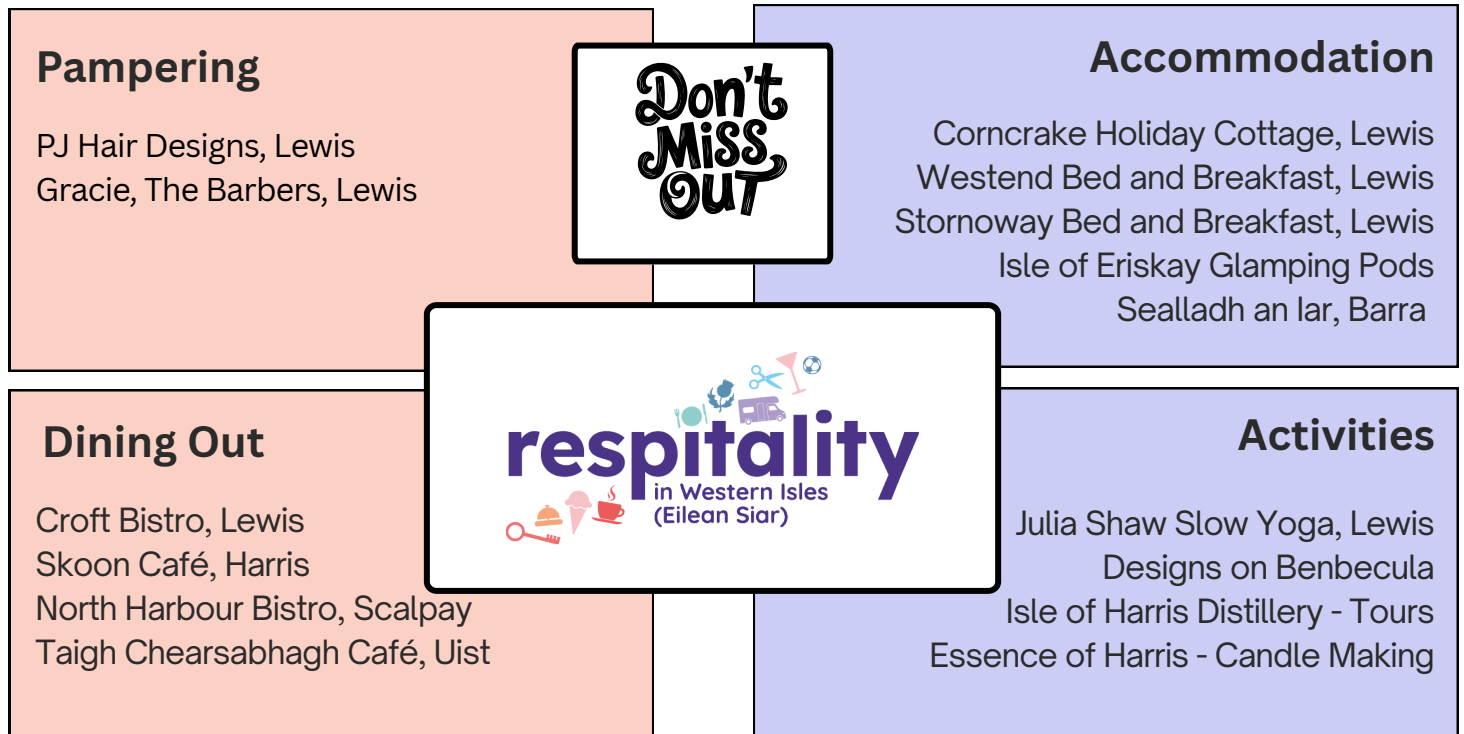
- If you have a disability and are unable to put your wheelie bin out for collection, you can apply to CNES for a back door collection. Contact the cleansing Dept for a 'Back Door Collection Form'.
- If anybody in your household uses incontinence pads you can request a second wheelie bin
- Should anybody in the household have a formal diagnosis of dementia, you can claim a Council Tax discount.

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.

Current Offers of Respitality in the Western Isles



Contact Catherine for more information on offers not listed

CONTACT US

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



07487 540173



carersupport@gmail.com

Thank you

Thanks to a nomination by **MacLennan's Supermarket in Benbecula**, WICCF are receiving a £500 grant from the Making A Difference Locally Fund.

This grant will go towards our Respitality Project to purchase pampering sessions, meals, cinema tickets etc. for unpaid carers in Uist.



RTS Switch Off

URGENT

Householders, businesses and community groups in the Outer Hebrides urgently need to check if their electricity meters will be affected by the Radio Teleswitch Service switch off on 30th June 2025.

You may have an RTS meter if:

- your home has a separate switch box near your meter with a Radio Teleswitch label on it.
- your home is heated using electricity or storage heaters.
- there is no gas supply to your area, including households in rural areas and high-rise flats.

Any users who have not switched from their RTS meter by 30th June may find that their hot water and heating stops working or they will be paying premium rate for the storage heaters.



Email: info@tighean.co.uk
Phone: 01851 70612
Freephone: 0800 888 6040

Local Support



Email: info@tighean.co.uk
Phone: 01851 70612
Freephone: 0800 888 6040

Digital Voice

Digital Voice is BT's new home phone service,
powered by your broadband connection

GET READY

By the end of January 2027, the UK's current phone network will be retired and upgraded from copper analogue lines to a digital service. So, if you want to keep your home phone, you'll have to switch to Digital Voice by then.

If you don't want to switch, or you no longer need a home phone, you can transfer to a broadband only plan instead.

For most customers, the switch to Digital Voice will be as simple as connecting your home phone handset to a router rather than the phone socket on the wall. For most customers, the switch to Digital Voice will be as simple as connecting your home phone handset to a router rather than the phone socket on the wall.

What about customers with additional needs?

BT will take extra time and will provide additional support to customers who are over 70 and are ready to make the switch. If customers want to make the switch to Digital Voice, they can contact BT at any time to do so.

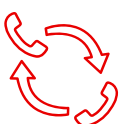
Keeping connected during a power cut

If there's a power cut or your broadband fails, you'll be unable to make any calls using Digital Voice, including 999 calls. You'll still be able to use a mobile phone, just make sure you keep it charged at all times. If you don't have a mobile phone or are in an area with no mobile signal: please contact: 0330 1234 150.

Customers who need extra support may be offered a battery backup unit to make sure you can still make calls. The unit will keep you connected for a short time if there is a power cut. We advise that you limit your usage to essential calls only to preserve battery life during any outage. If you believe you will need a battery backup unit, please contact us.

Contact your telephone provider if you are not with BT

www.bt.com/broadband/digital-voice



UPDATE

FIRST TO AID CARERS

TESCO

STRONGER STARTS

Western Isles Community Care Forum (WICCF) would like to thank all the customers who supported us to achieve this award from 1st October 2024 to 15th January 2025.

Thanks to their support we came second and received £1,000.

This money will be used to provide basic First Aid training events to unpaid carers across the Western Isles. First Aid knowledge is beneficial to have - you never know when you might need it. Our trainer has equipment for you to use, so it will be hands on training, making it very interesting.

Keep an eye out for announcements over the next few months.

Pictured above is Peggy Mackay, Co-ordinator at WICCF receiving a cheque for £1,000 from Claire Macmillan, Community Champion at Tesco Stornoway.



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, Commun Eachdraidh Nis

Harris: Harris Tweed Shop, Ardhasaig FS, An Clachan

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



Diabetic Eye Screening

IMPORTANT

Diabetic Eye Screening (DES) appointments in the Western Isles will now be held at your local hospital.

As of April 18, you will be able to access diabetic eye screening at the same location as some of the other services you may use. The new arrangements also mean that you will be able to arrange hospital transport for your appointment if required.

While NHS Western Isles transitions to this new arrangement, there may be a slight delay in you being invited for your next appointment. We thank you for your patience while the new locations complete their preparations to welcome you.

In the meantime, if you have any questions regarding your DES appointment, please contact the Diabetes Centre on 01851 708331 or wi.drs@nhs.scot.

