a little update

WICCF Christmas NEWSLETTER

November 2026

Recently, Co-op members in the Western Isles were asked to nominate a community group to receive a Fairtrade Hamper. We were delighted to be told Western Isles Community Care Forum were the winners.

WICCF staff decided to hold a raffle for this hamper and all the carers were entered in a Wheel of Names Generator (isn't modern technology great!!!).

We would like to thank the Co-op, most sincerely, for their generosity and for supporting the local community.

THANK YOU!

co op

WINNER



The winner was Julian Lane from North Uist and he is pictured above receiving his prize.

Competition UPDATE



Ross Macleod, pictured with his £50 Amazon Gift Card

Congratulations to Ross Macleod from the Isle of Lewis, who was the winner of the competition in the June issue of Shining Stars, our newsletter for young carers.

★★★★★

SPREAD THE WORD

WELL DONE

Thank you to all WICCF Young Carers who entered our competition

'Guess the Chocolate' Answer: A Double Decker

Ross's name was pulled out of 'the hat' with all the correct entries.

★★★★★

SHINING STARS

Shining Stars will be issued again in November, so look out for our next competition, if you are a young carer. Shining Stars Newsletter has: *factual information *news and updates *puzzles *competitions *a recipe *interesting fun facts.

A YOUNG CARERS STATEMENT

A young carer statement is a written record of a conversation between a young carer and their support workers or other professionals.

The statement helps to find out more about the young carer, their caring role, their goals, and what is important to them. The statement was introduced by the Scottish Government following the Carers (Scotland) Act 2016 and became law in April 2018. Young carers now have the right to have a young carer statement in which they can state what their needs are, set out their personal outcomes and have a say on the support they need to achieve them.

REGISTER NOW

If you know a young carer and they wish to register with WICCF contact:

01859 502588
info@wiccf.co.uk
www.wiccf.co.uk

TIME TO UPDATE

Carers Week 8th - 14th June 2026

Carers enjoyed lovely lunches in Lewis, Harris, Uist and Barra thank you to all who attended and for our guest speakers from the following:

- Citizens Advice Bureau Western Isles
- NHS Western Isles
- Personal Foot Care talk by Catherine @ WICCF
- Advocacy Western Isles









WESTERN ISLES COMMUNITY CARE FORUM

COMHAIRLE NAN EILEAN SIAR

WICCF working in partnership with CnES to provide Free access to CnES Sport Centres during Carers Week 2026

Eolas

Eolas, our social group for unpaid carers in the Western Isles.
We meet up monthly to enjoy a workshop or just a catch up with a cuppa!

Last year we enjoyed: Fishing, Reflexology, Clay Pigeon Shooting, Lewis Historical Talks, Wreath Making, Advocacy Talk, Soap Making, Speakers, Quiz with Tea/Coffee and Cakes.





See below a list of the dates secured with the funding received for 2027:

Lewis & Harris	Borve House Hotel 2.30pm to 4pm	Eleven 12 noon	Newton Centre 2.30pm to 4pm	Harris Hotel 2.30pm to 4pm	Cafe 34 12 noon
Dec		9th Christmas Lunch		11th @ 12 noon Christmas Lunch	
Feb 2027			4th		11th
March				18th	
April	14th				
May					13th

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.

01859 502588
info@wiccf.co.uk

Uist & Barra	Langass Lodge 2.30pm to 4pm	Borrodale Hotel 2.30pm to 4pm	Stepping Stones 12 noon	Grimsay Centre 10.30am - 12 noon	Castlebay Hotel 12 noon	An Garadh Cafe 1.30pm to 3pm	Craigard Hotel 2.30pm to 4pm
Dec			3rd Christmas Lunch				15th @ 12 noon Christmas Lunch
Jan 2027		12th					
Feb			11th			17th	
March		17th					
April	15th				13th		
May				13th			19th

respitality
in Western Isles (Eileen Siar)

DON'T FORGET To TAKE A BREAK



Angus and Kathryn Johnson pictured receiving their Respitality Certificate

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.

"Sincere thanks to Kathryn and Angus Johnson for donating 3 x 2 night stays in their wonderful Uist Forest Retreat. The offer of staying in their stunning accommodation was quickly snapped up by our carers who are now going to enjoy some well deserved time out."

thank you

to all our donors on behalf of all the unpaid carers in the Western Isles

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.

P J's Hair Design Ltd
Wash & Blow Dry

Isle of Harris Distillery – The Social Distillery

North Uist Distillery Co

Tours Uist & Harris

Croft Bistro
Meal for 4

UHI North, West and Hebrides
A Tuath, An Iar is Innse Gall

OFFERS STILL AVAILABLE



4 hrs of Gardening for free!

Uist



Gents Haircuts



Glamping Pod Ness
TAIGH PLÒ
2 ST RONANS DRIVE, PORT OF NEAS, HS2 0XD

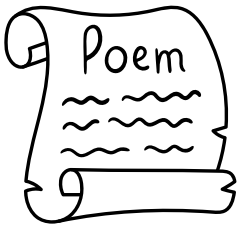


Meal for 2
North Harbour Bistro

LEARN MORE

If you would like to discuss or book a Respitality break please contact Catherine:

01859 502588
carersupport@wiccf.co.uk



Do Not Ask Me to Remember

Do not ask me to remember,
Don't try to make me understand,
Let me rest and know you're with me,
Kiss my cheek and hold my hand.
I'm confused beyond your concept,
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.
Do not lose your patience with me,
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different though I try.
Just remember that I need you,
That the best of me is gone,
Please don't fail to stand beside me,
Love me 'til my life is done.

Owen Darnell



This moving poem was written by caregiver Owen Darnell from the perspective of his wife Esther, who lived with Alzheimer's disease.

Owen penned these words to give voice to what she might say if she could- reminding us all that beneath the confusion, the fundamental need for love, patience and human connection remains unchanged.

Alzheimer Scotland

WHAT SERVICES DO WE OFFER?

- Free, confidential advice, guidance and emotional support from your local Dementia Advisor, in a way that suits you.
- Solas Registered Day Service providing companionship, and meaningful activities in a safe and dementia friendly enviroment.
- Carer Education and Peer Support Groups offering a safe space to share, connect and learn.
- Dementia-friendly therapeutic community groups, open to all, supporting social connection and brain health.

CONTACT INFORMATION

Tel: 01851 702123
Email: westernisles@alzscot.org
Address: Taigh Shiphoirt, Sinclair Avenue, Stornoway, Isle of Lewis
Monday – Friday from 10am – 4pm

24 HOUR Dementia Alzheimer Scotland Helpline
Freephone 0808 808 3000
Email helpline@alzscot.org

Short breaks fund

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.

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

> "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."

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**.



If you have received a Short Breaks Award, please remember to submit your Receipts ASAP!

APPLY NOW

Contact the office on: 01859 502588
for an application form or download one from our website: info@wiccf.co.uk

SafeConnect

SafeConnect are electronic fobs which can be programmed with emergency contact details. The fob can be used to help quickly reunite someone, should they become confused, distressed or disoriented in their community.

Alzheimer Scotland is offering fob set-up packs across Scotland for anyone living with dementia, mild cognitive impairment, memory difficulties or other dementia symptoms.



Order your SafeConnect pack:

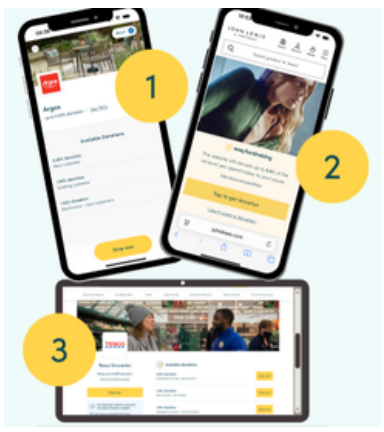
01851 702123
westernisles@alzscot.org

easyfundraising

It takes 2 minutes & 8,000+ shops will donate to us for free every time you shop with them!

When you shop online with participating retailers, they'll donate part of what you spend to your chosen cause. Whether you shop on your phone, laptop or tablet, you can earn free cashback donations for your cause.

If you're not supporting Western Isles Community Care Forum yet, please sign up now!



easyfundraising.org.uk
feel good shopping

3 simple ways to raise

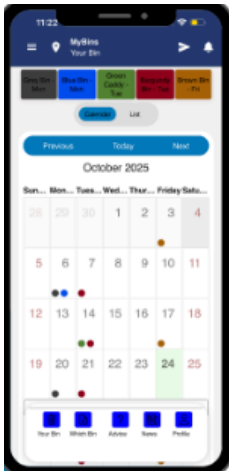
1. **App**
   Download our free app on iOS or Android. Choose a retailer, shop as normal, and your cause gets a free donation.
2. **Donation Reminder**
   Add our browser extension and get a handy pop-up whenever a retailer is offering a donation – just click to activate.
3. **Website**
   Log in, pick your retailer, shop, and raise a free donation when you checkout.

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

MyBins App

Make waste management simpler with bin reminders, recycling guidance, and direct council updates all in one place!

COMHAIRLE NAN EILEAN SIAR



The Comhairle's Zero Waste team is working in partnership with MyBins to provide a free mobile app designed to help householders manage their bin collections and improve recycling across the Western Isles.

As the Comhairle operates two separate waste collection streams, users should select the appropriate area within the app:

- Comhairle nan Eilean Siar – Lewis & Harris
- Comhairle nan Eilean Siar – Uist & Barra

Download the app

The MyBins app is free to download from both the Android and Apple app stores.

MyBins

Users can set up convenient reminders, such as one the day before collection and another on the day itself, to help ensure bins are presented on time. For the best experience, users are encouraged to enable notifications.

Householders experiencing issues with the app or noticing incorrect collection information are encouraged to contact the Zero Waste Western Isles team at: recycling@cne-siar.gov.uk

IMPORTANT INFORMATION!

Did you know?

Customer Services: 01851 600501

- 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.
- If your household is no longer eligible for the 2nd Non-Recyclable Waste bin, you must contact us to arrange for the removal of the bin.
- Should anybody in the household have a formal diagnosis of dementia, you can claim a Council Tax discount.

Blue Badge

A Blue Badge is a card that lets you park closer to where you're going.

If you're a driver or a passenger and you have mobility issues, you may be eligible for a Blue Badge.

Apply or Renew a Blue Badge

https://apply-blue-badge.service.gov.uk/applicant

There are several categories of disability that can make you eligible for a Blue Badge. Depending on the category you apply under, you will be asked a set of questions about your personal circumstances, your conditions and how they affect your mobility. You will also be required to supply supporting evidence.

If you need support with your application you can contact us using the details below:

01851 822 708

bluebadgeteam@cne-siar.gov.uk

Are you caring for someone?

ATTENTION PLEASE!

We Want to Hear From You!

Help shape the Western Isles Carers Strategy 2027-2032

Your experience matters!
Whether you are an unpaid carer,
young carer, former carer, or support someone who is,
your views can help shape future support across the Western Isles.

Tell us:

- **What is working well?**
- **What support is missing?**
- **What would make the biggest difference to carers?**
- **What should be prioritised in the new strategy?**

YOUR OPINION MATTERS

Consultation closes: 30th November 2026

Lead Person: Fiona Knape Service Improvement Officer, CNES
Email: fknape@cne-siar.gov.uk

SCAN THE QR CODE TO TAKE PART

CONTACT US

Having trouble accessing the consultation?
We can send you a direct link or a paper version

01859 502588

info@wiccf.co.uk

Comhairle nan Eilean Siar
Ag Obair Còmhla Airson nan Eilean

NHS Eileanan Siar Western Isles

Western Isles Community Care Forum

Support Extended for Households in fuel hardship

homeheating advice .scot

Scottish Government
Riaghaltas na h-Alba
gov.scot

The Scottish Emergency Heating Oil Scheme is delivered by Advice Direct Scotland.

The scheme aims to support vulnerable households with the increased cost of oil or LPG for heating.

Please note that payments are made to your supplier.

If you get a means-tested benefit or you are in financial hardship and have additional vulnerabilities, you may be able to get support.

APPLY NOW

0800 048 7413 **https://homeheatingadvice.scot/apply/**

Charities Fayre

Saturday 21st November
12 noon - 4pm

EVENT

Cafe

CROSSROADS Caring for Carers HARRIS

Tarbert Community Centre

FEEDBACK

WESTERN ISLES COMMUNITY CARE FORUM

thank you

We would like to thank the Carers who have provided feedback during the year for Short Breaks Awards, Respitality, Eolas, etc

It is appreciated and helps Western Isles Community Care Forum to secure funding, to continue to support carers in the Western Isles.

THANK YOU FOR YOUR SUPPORT



Looking for an idea for a Christmas Present?

How about CARE TO COOK?

WESTERN ISLES COMMUNITY CARE FORUM



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, 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; Hebridean Jewellery; MacGillivray's, Benbecula; Maclean's Butchers, Balivanich; Post Office, Daliburgh; Eriskay Shop

Barra: Padula's, Castlebay

IMPORTANT

Priority Services

POWER CUT? CALL 105

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:

Scottish & Southern Electricity Networks **https://www.ssen.co.uk/power-cuts-emergencies/priority-services/**

Scottish Water **www.scottishwater.co.uk/Help-and-Resources/Contact-Us/Additional-Support/Priority-Services-Register**

ovo energy **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.



The WICCF office will be closed over the festive period

from 5pm on Friday 18th December 2026 to 9am on Tuesday 5th January 2027.

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



WESTERN ISLES COMMUNITY CARE FORUM
Room 14, Council Offices, Tarbert, Isle of Harris, HS3 3BG
Telephone: 01859 502 588 info@wiccf.co.uk