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Welcome to the Spring edition of our Newsletter, the first of 2018. As mentioned in previous Newsletters, the law around Data Protection is changing in May, therefore we are reviewing what we ask for, why we ask for it, how we store it and what we do with it. Over the next few months you might see some changes in our processes and updated information from us explaining why we ask for information and what we do with it.



The Carers Act Legislation – What to Expect ...

The Carers Act will come into force on the 1st April 2018. The Act provides new rights to carers in a number of areas. A set of leaflets for carers that set out what the new rights are summarised below; full versions are on our website

www.renfrewshirecarers.org.uk. The first 3 leaflets look at Emergency Planning, Adult Carer Support Plans and Short Breaks. They can be downloaded via the Coalition of Carers website

<http://www.carersnet.org/carers-act-resources/>

What to expect when you make an Emergency Plan

An Emergency Plan is a written document which lets people know what needs to be done to support the person you care for, if you are unable to carry out your caring role at short notice. For example, if you are being admitted to hospital or you have a personal incident or accident. Please note the Centre can do Emergency Plans.

What to expect when you make an Adult Carer Support Plan

What is an adult carer support plan? An Adult Carer Support Plan (ACSP) is where you discuss your caring role and what is important to you in your life. It helps plan what could help you work towards your goals. Contact us to find out more.

What to expect if you are considering a Short Break

The local authority has a duty to publish a Short Break Services Statement by 31 December 2018. The statement will include information setting out what breaks are

available in your area. This means you can find out what is available locally. Each local authority has local eligibility criteria and thresholds to access different supports.

There will be further “What to Expect...” leaflets available, including, *What to expect when the person you care for is discharged from hospital* and *What to expect when the person you care for is being assessed*.

Renfrewshire Carers Forum

The Forum brings together Carers looking after people with varying illnesses and disabilities. Carers have the opportunity to comment on changes to legislation, local plans for services and to discuss ways that local services can be improved. It is your opportunity to feed into Renfrewshire’s Health and Social Care Partnership’s structures.

The first meeting on Tuesday 6th March was unfortunately cancelled due to the snow, therefore, we have rescheduled this for Monday 23rd April during which we shall focus on the new Carers legislation which comes into play on 1st April 2018.

A presentation shall be shown by Christine Melville entitled What the Carers Act Means to Me. Please let us know if you are attending the Forum.

Parent Support Groups

Thank you to EVERYONE who helped by volunteering their time and donating to the Race Night in Abercorn Bowling Club Friday 9th March. An amazing **£3908.70** was raised which shall go towards a trip to Blackpool and summer outings for families.

2018 Forum Dates

10.30am-12.30pm Venue Embroidery Mill

Monday 23rd April

Tuesday 26th June

Friday 24th August

Dance and Reminisce



Our dance and tea gathering for people living with dementia and their loved ones launched on Tuesday 27th February and will be running for 12 weeks. This Project is funded by **Shared Care Scotland Creative Breaks Fund**.

Our participants enjoyed a taste of swing and jazz dancing before getting together to reminisce about 'going to the dancing!' The sessions are held at the Wynd Centre on Tuesdays between 1.30-3.30pm and support options (e.g., respite, travel, etc.) are available. Please contact Lorna on 0141 847 1934 for further information.

Young Carers

Provost Community Awards 2018

CONGRATULATIONS to our Young Carer Ruairidh Clark who won the Carers Award on Friday 9th March at the Provost's Community Awards.

Ruairidh's award was kindly sponsored by former Provost Nancy Allison.

(left to right)

Provost Lorraine Cameron, Ruairidh Clark and Former Provost Nancy Allison



Young Carers Awareness Day

Thursday 25th January 2018

Renfrewshire Carers Young Carers Project

celebrated "Young Carers Awareness Day" in a variety of different ways:

outings to **The Experience, Joint work in our pilot High Schools,**

Renfrewshire Young Carers stories highlighted in the Paisley Daily Express, Social media updates

We were also able to capture the thoughts and feelings of Renfrewshire Young Carers through the medium of photographs.

Have a look at what some of our Renfrewshire Young Carers have to say



Thanks to the Carers Trust for providing funding for our camera and the cost to develop our creative campaign through the image!



700,000
reasons to
support
Young Carers
Awareness Day



Young Carers Outings to the Experience



In January four groups of Young Carers were given a night out at The Experience at Hillington. Each group enjoyed sessions of Electric Go-Karting and Laser-Tag, followed by an American Buffet at the Academy Restaurant.

The Gryffe Rotary Club Members present were delighted to see the young people aged 8 to 18 having a great time. Special thanks to Mike Farley, Information Officer (right), Rotary Club of Gryffe Valley for arranging this special treat!

"Renfrewshire Young Carers continue to amaze me!"
(Mike Farley)



Care at Home and Respite Services

Our Care at Home and Respite service provides high quality, personalised support within Renfrewshire. Our dedicated, security checked and trained staff are available to assist you and your loved ones with: respite, personal care, shopping support, community escorting, meal



support, housework, etc. Please contact us to discuss your requirements on 0141 847 1934.

Respite and Care at Home Recruitment

We are currently recruiting for Sessional Care and Respite Workers to work with our clients and carers in their homes. Successful candidates will be required to undertake all duties involved in care and will work with a diverse client group. You must have a caring and flexible attitude, an experience of working in a caring role and have the ability to work to strict health and safety guidelines. A full job description and person specification can be found on our website. We have flexible hours available, including part-time, weekend, evenings and night shifts. Please call 0141 847 1934 to discuss your application.

FUNDRAISING-WE NEED YOU

We have a few events coming up this year to help raise funds for the Centre.



The Centre has registered for the Kilt Walk. There are three options for participants:

23 Mile Mighty Stride - 15 Mile Big Stroll - 6 Mile Wee Wander.

It takes place on Sunday 29th April.



We are also looking for volunteers to take part in the **Paisley 10K** which is on

Sunday 19th August.

We are also planning a family fun day and Balloon Race on **Saturday 1st September 2018**. Donations for raffle prizes and tombola stall are welcome, i.e. any bottles, tins or unwanted gifts that could be used as prizes for raffles and tombola. Please mark this date in your diary.

Looking to make a donation to the Centre?

Please remember we now have the facility to make a donation online via our website – if you scroll to the bottom of the home page you will see a **DONATE NOW** button or click the paypal button below.

All donations will be greatly appreciated and the Centre will be able to claim gift aid on all donations.



INFORMATION DAYS 2018

**Looking After Yourself (re-scheduled)
Monday 21st May - 10.30am-1.30pm**

We had to reschedule this day due to the weather – nurses will be here to check blood pressure etc; Dietitians to advise about healthy eating; College Students to give you a manicure. In addition to the workshops below we shall have eye and hearing care information as well as the Men's Shed which helps males Mental Health and Wellbeing.

Workshops:

10.30am Stress Management

11.30am Buddie Beat

12.30pm Fit in 15 minutes

Energy Advice TBC

Monday 17th Sept - 10.30am-1.30pm

We are thinking of hosting this information day and invite along Advice Works and the Energy Saving Trust Scotland to provide advice in time for the cold winter months. Would this benefit you in your caring role or would you prefer other condition specific topics? Suggestions are welcome.


[View our upcoming Training Schedule here](#)

Support Group Update

Mental Health Carers Support Group

If you are caring for someone with a Mental Health illness and are free during the daytime, we would be delighted to welcome you along to our Mental Health Carers Support Group. The Group is run by the Renfrewshire Carers Centre in partnership with RAMH.

The daytime group runs from 1.00pm – 3.00pm in Renfrewshire Carers Centre on the 4th Tuesday of every month. Please contact Margaret Campbell on 0141 887 3643 or Reuben Millward on 0141 404 7788.

NEW Head Injury Support Group for Carers

We are running a **NEW** joint support group with Quarrier's Renfrewshire Head Injury Service. The Group will meet in Renfrewshire Carers Centre on the **3rd Wednesday of every month from 1.00pm – 3.00pm.**

Contact Christine on 0141 887 3643 for more info.

Monthly Drop In for NEW Carers

For Carers who are **new** to the Centre – Second Friday of every month between 11 am and 1 pm in the Centre. Pop along and meet with the Adult Support Team. Contact Maureen for more information 0141 887 3643

Tannahill Carers Support Group is the first Tuesday of every month at the Tannahill Centre 10am-11.30am ([check the website](#)).

[View all our upcoming Support Groups meetings here](#)

Creative Breaks 2017/18

Time to Live Fund

Have you applied for your grant yet?

Carers (who are caring for someone over the age of 21 and who have not had a respite break for at least two years) can apply by completing the application form.

You can be awarded a Grant up to £250 for a respite break of your choice. Please ask a member of staff or see the website for an application pack.

If any Carers were successful with their Grant Application and awarded money – we would love to hear your stories!

APPLICATION DEADLINES FOR 2017/18

ROUND 4 WED 4TH APRIL

ROUND 5 WED 30TH MAY

The logo for 'Short breaks fund' features the word 'Short' in a large, blue, sans-serif font. The letter 'o' is replaced by a grey circle containing two vertical bars, resembling a play button. Below 'Short' is the phrase 'breaks fund' in a smaller, blue, sans-serif font.

ASeRT

The phone number for the Renfrewshire HSCP Adult Services Referral/Single Point of Access Team (ASeRT) will change from 20 March 2018. If you are making a referral for services for adults in Renfrewshire you should use the new number.

The new **direct dial** number is 0300 300 1380.

Local Services with Self-Referral Options

Did you know that you can self-refer to some services without making a GP appointment?

Renfrewshire Drug Service 0141 618 2585	Weight Management 0141 211 3379
Male Carers Support Group Primary Care Mental Health Team For help with mild to moderate mental health issues e.g. depression, anxiety, adjustment disorder, post-traumatic stress disorder (PTSD), and obsessive compulsive disorder (OCD) call 0141 849 22	Out of Hours Psychiatric Service For anyone experiencing a mental health crisis during the out of hours (OOH) period contact the OOH Community Psychiatric Nurse service on 0845 650 1730 or via NHS 24 on 111
Podiatry Appointment Hotline Number For specialist podiatry service contact 0141 347 8909 or email AHP.Appointments@ggc.scot.nhs.uk	Adult Social Care Access For social care services including adult protection, care@home, community care and occupational therapy. Call 0141 207 7878 or email adultservicesreferral.sw@renfrewshire.gcsx.gov.uk
Pharmacy Get expert advice on treating minor ailments such as coughs, colds and sore throats or help with your medicines.	Optometrists Help with eye problems contact NHS 24 on 111 in an emergency
Dentist Your local dentist or call the NHS Inform helpline on 0800 22 44 88	Integrated Alcohol Team (IAT) Support for people who want help to change their drinking behaviour call 0141 207 7878 or via ASERT on 0300 300 1199 and choose option 2

USEFUL TELEPHONE NUMBERS

Social Work Area Teams: 0300 3001199

Social Work Out of Hours: 0300 343 1505

FIRST Crisis: 0800 221 8929

Samaritans: 116 123

Police Emergency: 999

Police non-emergency: 101

Royal Alexandra Hospital: 0141 887 9111

NHS 24: 111

Renfrewshire Wardens and Antisocial Behaviour: 0300 3000 380

Emergency Council Housing Repairs: 0300 300 0300 (24 hours)

UTILITIES EMERGENCY NUMBERS:

Electricity: 105 Scottish Gas: 0800 111 999

Scottish Water: 0800 0778 778

Please remember the centre is closed every Wednesday AM for staff training.

We reopen at 12.45pm

