



carerstrust

Orkney
carers centre
action · help · advice



september

Newsletter 2017

FUNDRAISING

Thank you to all who sent in bottles for the bottle stall and who supported the stall on the day, we raised £281. We also sold £180 of raffle tickets.



Our Christmas Tea Afternoon will be held in the King Street Halls from 2 – 4pm on Saturday the 9th of December when our annual raffle will be drawn. Top prize this year is an overnight stay in the Sands Hotel with an evening meal and breakfast for 2 people. 2nd prize is an Ortak Pendant from the Elements Range, 3rd prize is a beautiful Patchwork Quilt. Any bric a brac or baking will be gratefully recieved. As usual we will be selling Christmas cards in the office and they will also be on sale at the tea afternoon.

EMERGENCY PLANNING

Enable Scotland recently visited Orkney to discuss Emergency Planning with Young Carers, they would have liked to have met with adult Carers too but due to our commitments here at the Orkney Carers Centre we were unable to host a meeting. They however did drop in and leave some packs to dish out. The pack is basically about what would happen if there was a crisis and you were unable to look after the person you care for. There is an Emergency Planning Toolkit in it. Please get in touch if you would like a pack.

TIME TO LIVE FUND



Caring for someone can be very demanding work. Carers need to have a break to do something relaxing and pleasurable. We can give a small grant towards this from our Time to Live Fund. We can give up to £200 per person. With this money you can access the break of your choice. Breaks can be lots of things it might be a trip to Aberdeen to do some shopping, or you can put the money towards a longer holiday. Maybe a gym membership, riding lessons, massage, aromatherapy, reflexology, cinema ticket, (the list is endless) would be more appealing. If you are a Young Carer or a Carer for an adult and you are doing a significant amount of caring get in touch to discuss.

CARERS ASSESSMENTS

As you may be aware with the introduction of the Carers Act, unpaid Carers have the right to have an assessment done and possible a Carers Support Plan put in place, this applies to Young Carers too only theirs will be called a Young Carers Statement. Orkney Health and Care will be carrying out these assessments and putting together the plans. Below is the 'Eligibility Criteria' for paid support. Could you please have a look at it and if you have any comments to make let me know as OHAC are looking for feedback before the 22nd September. Do you feel it is clear, is there anything missing, is it simple enough? Please remember we also do Carers Assessments which look at the amount caring you do and what things can be accessed to help you in your caring role. You can ask us for an assessment at any time.

Risk relating to carers: Low is not eligible for paid support. Moderate must evidence re-ablement or prospect of averting additional care in future.

Critical	Substantial	Moderate	Low
Carer has major physical/mental health difficulties due to the impact of their role as a carer causing life threatening harm or danger to themselves or others.	Carer has significant physical / mental health difficulties due to the impact of their role as a carer causing significant risk of harm or danger to themselves or others.	Carer able to manage some aspects of the caring / family / domestic / social roles. Potential risk to breakdown of their own health identified.	Carer able to manage most aspects; has difficulty undertaking one or two aspects of their caring / domestic role but with low risk.
There is a complete breakdown in the relationship between client and carer and carer is unable to continue caring or has difficulty sustaining vital or most aspects of their caring role.	There is a significant risk of breakdown in the relationship between client and carer and carer is unable to sustain many aspects of their caring role.	Relationship maintained although at times under strain between client and carer/ limiting some aspects of the caring role.	Relationship maintained between client and carer by limiting aspects of the caring role.
Carer is unable to manage vital or most aspects of their caring / family / work / domestic / social roles and responsibilities.	Carer is unable to manage many aspects of their caring / family / work / domestic / social roles and responsibilities.	Carer is able to manage some aspects of their caring / family / work / domestic / social roles and responsibilities	Carer is able to manage most aspects of their caring / family / work / domestic / social roles and responsibilities

WINTER

Yes winter is approaching again, we can't grumble though as we have had quite a good summer. Carers please remember you will be entitled to a Flu jab and there are Winter Fuel Payments, Cold Weather Payments and Warm Home Discounts that you may be eligible for. You can either google these or ring in and we can give you some advice.



CARERS ALLOWANCE

The Carers Allowance is set to increase from April 2018 from £62.70 to £73.10. This is an interim measure until a new Scottish Social Security system is put in place to manage the welfare benefits now devolved to Scotland which include Carer's Allowance, Attendance Allowance (AA), Disability Living Allowance (DLA), and Personal Independence Payments (PIP). Carers can continue to apply for Carer's Allowance online - see www.gov.uk/carers-allowance for details of eligibility and the online application form. CAB can also help there number is 875266.

MOVING ON

Our long standing Board Member Giffie Leslie has resigned from the Board after 17 years, he has moved to Buckie.

Sadly Kirsty our Administrator has decided to move on too. Kirsty has been with us since 2009 and will be greatly missed.

We currently have space on the Board for new members. If you or someone you know would be interested in applying get in touch.

If you no longer wish to receive our newsletter please call the office on 87 0500 or email carers@crossroadsorkney.co.uk.