

Dates for your Diary!

Carers Monthly Lunch Meetings

These meetings take place in Fife Carers Centre on the last Friday of the month (except December) between 12 noon and 2pm. They are open to carers to come along without booking. Each meeting includes a guest speaker, a fun quiz and the chance to enjoy some like minded company over a few sarnies and a cuppa. The forthcoming Meeting dates and speakers are:

- Friday 27th July - Fiona Mackay of Age Concern Scotland about their "New Horizons" project.
- Friday 31st August - Daniel Rous of Furniture Plus about their work and their new "Maintenance Plus" project.
- Friday 28th September - Speaker to be confirmed.
- Friday 26th October - Speaker to be confirmed.
- Friday 30th November - Ronnie Mackie of the Ecology Centre about "The Tool Shed" project.

If you have an idea for a speaker for next year's programme please email lesley@fifecarers.co.uk or call Lesley on 01592 642999.

ITEMS FOR SALE

These items are all offered for sale by carers who no longer need them. In all cases please phone Fife Carers Centre on 01592 642999 for contact details of the seller.

WHEELCHAIRS AND WHEELCHAIR ACCESSORIES	BEDS	STAIRLIFTS	WALKING AIDS
Melamine wheelchair Tray New - £29.	Single (disability) bed £200 o.n.o	Minivator 13 Tread right hand mount stairlift in excellent condition. Only used for 3 months. £550 o.n.o.	4 WHEELED ROLLATOR EXCELLENT CONDITION Offers when viewed.
Blue Nylon Wheelchair cover to cover users legs. Free.	Electrical Adjustable Bed. Bradshaw Nursing Care Bed used for less than 2 years. Good condition. Was £1200 when new - looking for £500 now.	Acorn 13 stair left hand mount stairlift. Nearly new £1000 o.n.o.	2 WHEELER ZIMMER FRAME Free to a good home!
Folding Lightweight Wheelchair Nearly New - Excellent condition £70.	SCOOTERS etc	Brooks Lincoln straight 13 stair lift. New. £1500 o.n.o.	MISCELLANEOUS
Dash Lite Wheelchair. Lightweight small wheeler in excellent condition. Includes handbrake levers for pusher, foot rests. £70 o.n.o.	Aqua Soothe Travel Lite collapsible electric scooter. With spare battery and travel cloak (used twice). £400 o.n.o	15 Step stairlift (can be shortened). 16 months old but rarely used. Free as long as uplifted.	4 wheeled Commode - Free Commode - Free
Heavy Duty Wheelchair with 2 chargers (1new, still in box). £300 for quick sale	Folding Electric Scooter. Leite Traveller Plus. New - Never been used. £500	2 Acorn left hand side stairlifts - 7 stairs + 7 stairs. Offers when viewed.	Oxford Advance Hoist - £700 Milford Person Lift: to lift someone from wheelchair into a vehicle . complete with 2 slings and a carry bag. £750 o.n.o.
Wheelchair with powerpack. Pusher operated - lightly used £350 o.n.o.	Pashley Adult Trike Good condition £250		Bellavita portable bath seat: 3 years old - price negotiable

Fife Carers Centre Newsletter



CARERS WEEK 2012

Carers Week 2012 saw some significant events taking place in Fife and we were very pleased to be taking part in these. You may have seen these in the local press - they included

- The launch in Buckhaven of the "Getting it Right for Young Carers" in Fife - Fife's Young Carers Strategy for recognising and supporting young carers, giving them information and help in dealing with their current caring and planning for a future beyond their caring role.
- "Dementia Touches Everyone" - Dementia Learning Forum entirely focused on the experiences of carers of people living with dementia - sharing their experiences with a mix of health and social care workers from the statutory and voluntary sector as well as other carers and people living with dementia.
- The opening of a new Carers and Patients Information Point in the vestibule of the Victoria Hospital. This is a significant development and a major commitment from the NHS locally. It demonstrates an understanding that carers are a vital part in the care and treatment of patients and that timely useful information can make life easier for them and enhance their experience of caring.

In the past there has been funding available for a large scale Carers Week get together, usually in Dunfermline. However for the past couple of years with the financial situation as it is that funding is no longer available. With that lack of money in mind we have taken the decision that we will hold several smaller scale afternoon tea events around Fife during the coming months. These will be in lower cost venues, such as church or community halls in Cowdenbeath, Dunfermline, Glenrothes Leven, North East Fife and Kirkcaldy. If you live in any of these areas and are interested in coming along please give us a call on 01592 642999 and we'll put your name on the list of invitees. These afternoon teas will give carers a chance to get together and enjoy sharing a little light refreshment, taking part in themed conversations and a light hearted fun quiz.

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Carers - Improve your knowledge and social life all in one go!

Sign up now for Information Workshops for carers today!

See page 3 for details!

What people have said about the session they attended:

"I felt comfortable and it was easy to talk about things" "I enjoyed this session - it was very informative" "It was good to meet other carers and to share our stories - I'm not alone!" "I learned so much that was helpful and it was lovely to meet everyone"

Moving and Handling training now available for family carers.

Lots of families care for someone who has limited mobility and so find they have to help them move around. Learning how to do this safely and without injury to either the carer or the person being cared for is essential.



Family carers often help someone with their walking

The Moving and Handling Training and Information for Family Carers project has recently received funding to provide information and /or training on the safest way to carry out moving and handling tasks and how to take care of your back.

So if your caring role includes activities like helping someone on and off a chair, in or out of bed, helping them to walk, pushing a wheelchair, or helping them in or out of the car and you would like to learn more about doing these safely there is a booklet and DVD available as well as workshops giving more guidance and for a limited number of families there is also home-based training available.

For more information contact and to book a place Cindy Souter at Fife Carers Centre on 01592 642999.

Fife Carers Centre

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Tele: (01592) 642999

Fax: (01592) 263910

Text: 07881 691391

e-mail: centre@fifecarers.co.uk

Scottish Charity No SC029466

How do we help carers?

We offer carers in Fife the following services:

Up to date information & support.

Benefit Checks

Training Workshops &

Information Seminars.

Carer Support Groups.

Complementary Therapies.

... as well as a warm welcome, listening ear and a delicious cup of tea!

Fife Carer Centre staff are:

Kevin Flett

Centre Manager

Mhairi Lochhead

Deputy Manager

Cindy Souter

Carer Support Worker

Grant Kidd

Carer Support Worker

Irene Jones

Receptionist & Administration

Assistant

Julie Sinclair

Finance & Administration Officer

Susan Measures

Receptionist & Administration

Assistant

Lesley Childs

Training and Information Officer

Our drop in Opening times are:

Monday 9.30 - 1.00

Tuesday 9.30 - 4.30

Wednesday 9.30 - 1.00

Thursday 9.30 - 4.30

Friday 9.30 - 4.00

This Newsletter is published quarterly

by Fife Carers Centre, 157

Commercial Street, Kirkcaldy, KY1

2NS. Please contact the editor, Lesley

Childs, if you have any articles you

would like to contribute

Fife Carers Centre Relaxing and Pampering Day

In the last Newsletter carers were invited along to have a taster session of either an Indian Head Massage or Hand Reflexology. Irene Jones, who works at Fife Carers Centre, organised the session with the therapists volunteering their time. Light refreshments were available all morning and the carers were invited to stay for the morning and enjoy some time chatting and comparing notes with other carers. Pamper Prizes could be won and included candles, bath goodies, chocolate etc. so the carers could continue their pampering at home. The lucky prize winners were Marion Thompson, Grace Peggie and Fiona Knight. Everyone who came had a lovely morning and thought that "Everything about today has been so relaxing and interesting" and "A lovely morning. Lovely to meet other carers and enjoyed the therapy. The therapist was very friendly, professional and informative. Thank you" one carer told us she felt "very relaxed after hand reflexology. I felt more bright and alive". If you're a carer and you'd like to try out one of the relaxation therapies on offer through the centre please call Irene on 01592 642999 for more details.



Pamper day 2011

Health & Social Care Partnership Service Delivery Plan

Fife Health & Social Care Partnership (HSCP) has just published its Service Delivery Plan for 2012/15.

A key piece of strategic partnership working between health and the local authority, the plan sets out how the Partnership will deliver services, over the next 3 years for:

- older people,
- people with learning disabilities or autism spectrum disorder,
- people with and affected by mental ill health,
- people with physical disabilities or sensory impairments,
- people with and affected by drug and alcohol dependency.

The Service Delivery Plan is the outcome of a major consultation on services such as Social Care, Housing and Health Care. The Partnership (a joint NHS Fife and Council Group) looked at the issues facing these services with the people who use them, their carers and the public to agree the priorities laid out in the plan. Liz Mitchell, HSCP Co-ordinator led the consultation which informed the Service Delivery Plan.

"Our community health and social care services are vital for many people", said Liz. "We want to ensure the best health and social care for them and their families, now and in the future. The Service Delivery Plan shapes the way we and our partners are going to provide better outcomes for people as we continue to work more closely".

The Partnership is committed to:

- providing better outcomes for service users
- providing appropriate services, i.e. Social, Housing and Health Care, which are delivered through Fife Council and NHS Fife to meet the needs of individuals and communities
- building and strengthening existing joint working relationships across Council, Health, Voluntary and Independent Sectors to deliver unified services
- re-designing services to be people-centred, inclusive, accessible and to provide best value within the agreed financial framework

Find the plan and its summary at www.fifedirect.org/hscp or contact Liz Mitchell on 08451 555555 extension 446908, e-mail liz.mitchell@fife.gov.uk.

Copies have also been sent to libraries and GP surgeries.

Just Checking...

Have we got your details right? If not please tell us your title/name/address as it's currently shown on the envelope here:

Title: _____ Name: _____

Address: _____

Postcode: _____

And now let us know what changes we need to make!

Please change my mailing details to read:

Title: _____ Name: _____

Address: _____

Postcode: _____

I'd like to get my newsletter by email instead of by standard mail so please email me at this email address (don't forget to tell us your standard mail address so we can take you off that mailing list)

Name: _____ Email Address: _____

If you don't want to receive the Fife Carers Centre Newsletter any more and would like to come off the mailing list completely - Please tick this box.

Once you've completed this update just cut it out and mail it to us at FREEPOST RRLT TZHJ RTTB, Fife Carers Centre, 157 Commercial Street, Kirkcaldy, KY1 2NS - you won't need a stamp.



People First in Fife

People First (Scotland) started in 1989. It is the independent self-advocacy organisation in Scotland. We are run by and for people with learning difficulties.

What We Do

- Help local groups get off the ground;
- Train professionals;
- Talk to Government, Councils, Health Boards and Services;
- Run conferences and workshops;
- Write booklets and make DVD's;
- Produce a newsletter and other publicity;
- Support each other to speak up;
- Take part in the wider People First Movement.

What We Want



To those where we live and who to live with;
To live without fear of being punished or made fun of;

- To be respected as people with thoughts and feelings;
- To be protected by law against discrimination and hate crime;
- To have friends and relationships like other people;
- To be fully included in schools and all parts of community life.

- To have enough money to live on;
- To have proper jobs with decent wages;



People First (Scotland) in Fife has 12 groups across the region. Groups are supported by a Development Worker but it is members who decide what topics to discuss. Members treat each other with respect and dignity and support each other to learn and understand about rights and the meaning of advocacy as well as speaking up about issues that are important to them.

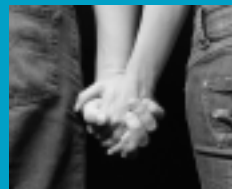
Members represent the organisation by sitting on Fife Council and NHS Fife strategic planning groups. Working Groups deliver training and produce easy read information.

New members will be made very welcome. If you would like to find out more about People First (Scotland) in Fife, please contact: peoplefirstfife@hotmail.co.uk

6 Telephone 01592 223871

Calling all carers of adults with a learning disability!!

NHS Fife and partner agencies are developing a sexual health and relationships policy for adults with a learning disability. If you're a carer of an adult with a learning disability, then we would like to hear your viewpoints to help inform future policy developments. If you would like to be involved in this development or require further information please contact Beverley Collins, Health Promotion Officer on 01383 565497 or email beverleycollins@nhs.net



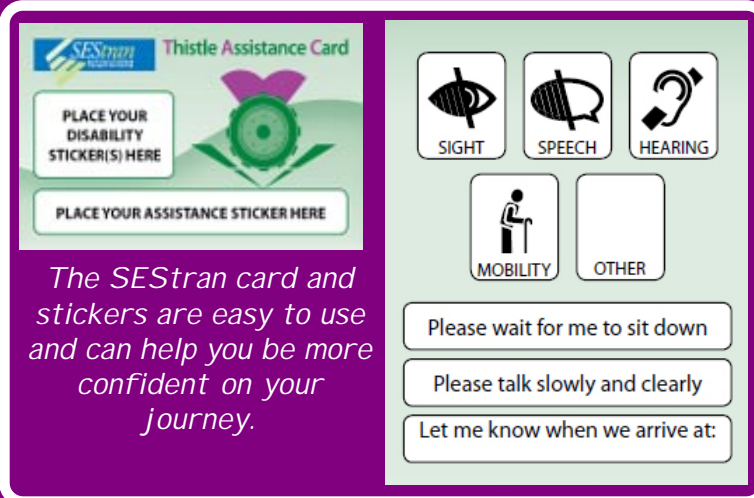
Carers Week Campaign

The theme for Carers Week 2012 was "In sickness and in health" and was highlighting the way in which many carers carry on their caring role at a high cost to their own health. In a survey carried out for Carers Week 83 per cent of Carers polled stated that caring had a negative impact on their physical health and 87 per cent said it had affected their mental health. Carers identified a number of reasons for their increasing ill health - 39 per cent told the survey they had put off medical treatment because of caring, 26 per cent of carers that responded to the survey reported that they had already experienced cuts to their services. 40 per cent of carers also reported that the stress of waiting for financial and practical support had an impact on their physical and mental health. One of the purposes of Carers Week is to highlight carers concerns to government and so the Carers Week charities are calling for the following in order to take action on carers' health and well-being:

1. Sustainable funding of social care: social care is chronically underfunded. Carers and their families are being pushed to breaking point by a lack of support, seeing their services cut or unable to use poor quality or unreliable services. It is also vital that we have a skilled and trained workforce to support people. We need the government of the four nations and local government to work together to deliver sustainable funding for social care to meet unmet need and growing demand.
2. Ongoing support and breaks from caring: carers already struggling to care are concerned that funding for carers services, and particularly short breaks, is not always spent on carers or may be cut. With evidence of a growing number of carers, and that carers are caring for longer hours it is essential that funding is maintained, or increased.
3. Support from their GP: GPs are often the first people who families speak to when they are dealing with ill health and disability. GPs have a key role to play in identifying and registering carers, monitoring their health and signposting them to advice, information and support, including ensuring they know they are entitled to a carer's assessment. You can find out more about the progress of this campaign on the Carers Week website carersweek.org

SESTRAN THISTLE ASSISTANCE CARD

SEStran (South East Scotland transport partnership) is launching a new initiative to help people who need a little more time, or help when using public transport. The SEStran Thistle Assistance Card is designed to help anyone who has difficulty in using public transport because of age, disability or illness. It will quickly and easily tell the bus driver about extra help you may need during your journey.



The SEStran card and stickers are easy to use and can help you be more confident on your journey.

The credit-card sized card comes with a selection of peel off stickers, showing different types of disabilities, or the type of help that a passenger may need. These are then stuck on to the card, which can then be shown to the bus driver, when getting on the bus. The driver should then be able to help the passenger to travel safely to their destination. The card does not entitle the holder to any travel discounts. To get one of the Thistle Cards call Fife Carers Centre on 01592 642999 and we will post one out to you. Or you can contact Fife Council Transportation and Environmental Services on 08451 550000 or Stagecoach Buses on 01592 642394.

Information Workshops for carers

One of the ways that we have found to be a fun and effective way to help carers to find out more about things that can help them with their caring role is to invite them to join us for an information workshop. We have an interesting programme of sessions planned for the year ahead and you'll see some of the topics listed below. If you are interested and want to know more or would like to book a place please give us a call on 01592 642999.

- Generally useful Things for Carers to know and do
Thursday 12 July 10 am – 1pm in Leven.
- Saturday 15 September – 10.30am – 1.30pm in Glenrothes.
- Thursday 15th November 12 noon – 3pm in Dunfermline.
- With more dates to come.

- Take a walk in their shoes – understanding and caring for someone living with dementia.
Monday 9th July 10am – 1pm in St Andrews
- Wednesday 8 August – 11am – 2.30pm FOR TEENS ONLY in Kirkcaldy
- Monday 15th October 10am – 1pm in Glenrothes.
- With more dates to come.

- Caring for someone living with the effects of Stroke.
Thursday 30th August 12.30pm – 3.30pm in Cameron Hospital.
- Wednesday 20th February 10am – 1pm in Dunfermline.

- Understanding diabetes for Carers
Thursday 25th October 1pm – 4pm in Kirkcaldy.
- Healthy Hearts for carers
Wednesday 12 September 10am – 1pm in Leven

Other workshops planned include

- Caring for someone with Breathing Problems.
- Confidence Tricks! Learn easy and effective ways to feel and appear more confident.
- Take action on stress! Learn about stress and how you can do something to reduce yours.
- Stress reducing therapies for you and the person you care for.
- Stress reducing activities for you and the person you care for.
- Looking after the legal aspects of caring for someone.
- Negotiating for a positive outcome.
- Crafty ways to relax – release your inner artist!
- The dates and locations for these are yet to be decided but if you're interested in one of the topics please give us a call and we'll add your name to the register of interest and contact you when further details are available

If you'd like us to send you a copy of our programme of planned workshops and events please give us a call and we'll pop one in the post to you!

Focus on Learning Difficulties

It's not all that unusual for a person to find it hard to concentrate. Lots of us get bored easily or find ourselves daydreaming away in a world of our own but for someone with a learning disability these occasional interludes can be a regular aspect of life. Someone with a learning difficulty may also have noticeable problems with things like trying to understand and make sense of information they're given, holding onto things they've just learned and putting the knowledge to use, having a sense of time, understanding what is appropriate behaviour and fitting in with other people. When several of these behaviours are seen frequently and together, forming a regular part of someone's way of being, it is likely to indicate that the individual has a learning difficulty. It's not unusual - statistics would suggest that around five children in every school class have some form of learning difficulty.

People often seem to use the terms Learning Difficulties and Learning Disabilities interchangeably - so are they the same thing?

Looking through the information from many organisations it becomes apparent that most of them agree that they are different and that whilst there is no single definition the gist seems to be that:

- A learning disability is a lifelong condition that is evident both in childhood and adulthood. It affects intellectual development and means a person is likely to always need help with understanding information, learning skills and coping independently. A learning disability is also associated with a low IQ - 70 or less.
- A learning difficulty can be any learning or emotional problem that affects a person's ability to learn, to understand social "rules" and get along with other people. A person with a learning difficulty may have a normal or above normal IQ.

For someone affected by a learning difficulty life will often be confusing and frustrating. For those living with them, family, friends, teachers and so on, it will also be confusing and frustrating - it can be difficult to determine whether or not someone's behaviour is as a result of a learning disability

or not. It's not unusual for someone with a learning difficulty to have 'a good day' where they seem fine and which can lead those around them to think that on the not such good days that they're just not trying. This lack of understanding about the learning difficulties and how they are affecting an individual can lead to frustration for everyone.

Over time individual learning difficulties have been identified and include

- Attention Deficit Hyperactivity Disorder. (ADHD)
- Attention Deficit Disorder.
- Autistic Spectrum Disorders (ASD) including Asperger Syndrome.
- Deficits in Attention, Motor control and Perception (DAMP).
- Dyslexia
- Developmental Coordination Disorder/Dyspraxia.
- Tourette syndrome

Each of these conditions displays a different set of behaviours that affect an individual's ability to learn and to fit in socially.

Caring for someone with a learning difficulty can be hard work - it's often difficult to make sense of their behaviour and to identify that there is a problem in the first place. The good news is that there is an increasing awareness in schools and amongst health and social care workers that these conditions exist; the bad news is that there is not always an immediate answer about how to help that individual with their schooling or life skills.

Many people affected by a learning difficulty learn to adapt and incorporate their difficulties into a successful adult life - we probably all know someone who is socially awkward, single-minded about their work but perhaps a bit lacking in 'common sense'. However it is important that wherever possible early signs of learning difficulties are acknowledged and investigated - only then can there be appropriate support and where necessary interventions. Some of this will come from professionals and experts by a great deal of support and practical information can be offered by parents groups or voluntary organisations, helping families to understand better the problems they might be offering.

You are NOT ALONE!

There are some really helpful organisations available to carers of all kinds - here are some that are particularly helpful if you are caring for someone with a learning difficulty.



Kindred work with families of children and young people with additional support needs. They provide advocacy and information on areas such as -

- Help to find the right school.
- Answer questions about Additional Support for Learning.
- Getting the right support in your child's school.

They can also help with

- Access to counselling.
- Workshops for parent carers about your caring role.
- Coping with a difficult medical decision for your child.

... but you don't always have to have a specific question for them, as they also provide a 'listening ear'.

Kindred in Fife can be contacted on 01592 780708 or by email at kindred.enquiries@gmail.com and you can find out more about the services www.kindred-scotland.org



Fife Action on Autism

Fife Action on Autism is a Fife wide organisation that aims to

- to meet with and offer mutual support to families with children or adults with autistic spectrum conditions.
- to raise awareness of these conditions among all professionals concerned with diagnosis, education, and post-school support.
- to encourage the development of appropriate provision to support children and adults with ASC.
- to have a voice wherever required to achieve the above.

You can learn more about how they can help family carers on their website www.fifeactiononautism.org.uk/ or by contacting Ann James on 01592 620997.

mindroom

Mindroom, offer one-to-one help and support from experienced professionals by phone, email and in person. They also recognise that reassurance can come in many ways. Sometimes, good clear information is all that's required. That's why they've also put together a 'knowledge base' of downloadable resources, website links and answers to the most common questions. You can find this at www.mindroom.org or you can call them on 0131 475 2330.



NetBuddy is an excellent award winning website filled with practical tips, ideas and information on all sorts topics to do with aspects of supporting people with special needs. There are ideas about everything from food & eating, health & hygiene, brushing teeth, toilet issues, tantrums, repetitive & obsessive behaviour and much more. All the ideas are posted by parents and carers who have found a practical solution that worked for them and want to share it! You can read the ideas and post ones of your own as well as join in chat on the forums. You'll find NetBuddy at www.netbuddy.org.uk

Options in Life Supporting extraordinary people.

OPTIONS IN LIFE is a relatively new organisation based in Fife. Their aim is to bring people, organisations and information together and to support people whose needs are not being fully served. They seek to provide advocacy and support, promote education, training, healthy living, personal and life-skills development for individuals and supporters of those who have complex additional needs.

You can find them at optionsinlife.org

If you know of any organisations or websites you think it would be useful to share please let us know!