

**Issue date – 7 October 2021**



Carers of Dundee is a website where you can find free advice and learning for unpaid carers, families, and the workforce.

Visit [www.carersofdundee.org](http://www.carersofdundee.org) to explore and learn more.

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## National Care Service - Carer Sessions

The Scottish Government is currently consulting on plans for the National Care Service and Dundee Carers Centre will be submitting a response to this.

Our CEO will be hosting two discussion sessions on the following dates:

**Wednesday 13 October at 10.30am – 12pm or  
Thursday 14 October 1.30 – 3pm**

To sign up please contact the Centre on 01382 200422 or email [centre@dundeecarerscentre.org.uk](mailto:centre@dundeecarerscentre.org.uk)

To find out more about the consultation visit <https://consult.gov.scot>

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## Dundee Carers Centre Annual General Meeting

### Notice Of Annual General Meeting

The 2021 Annual General Meeting of Disabled and Carers Information Centre Association (Dundee Carers Centre) will be held virtually this year due to COVID-19 on **Tuesday 19 October 2021 at 1pm.**

We will update you on the activities over the year and our response during Covid-19. We will also outline our plans to develop our next strategic plan as well as hear any ideas that you have for developing this work.

To book your place please call us on 01382 200422 or email [centre@dundeecarerscentre.org.uk](mailto:centre@dundeecarerscentre.org.uk)

An electronic link on how to join the meeting will then be sent to you.



## Young Carers Funding Applications

Following the announcement of additional funding allocated from the Scottish Government to support the ongoing implementation of the Carers Act (Scotland) 2016, schools, children's services teams, community organisations or groups working with young carers in Dundee can apply for funding to help improve early intervention and collaborative approaches to identifying and supporting young carers in the City.

For an application form and full guidance please email [sarah.boath@dundeecarerscentre.org.uk](mailto:sarah.boath@dundeecarerscentre.org.uk)

The application should be able to demonstrate that it contributes to one of the four key priorities established by the Young Carers Subgroup to implement the duties in the Carers Act locally.

This is an ongoing programme and applications will be considered by the Young Carers Subgroup throughout the year. The next meetings of the Subgroup are shown below, and applications should be received one week prior to the meeting for consideration. Completed applications should be emailed to [sarah.boath@dundeecarerscentre.org.uk](mailto:sarah.boath@dundeecarerscentre.org.uk)

### **Young Carers Subgroup Meeting Dates:**

- Tuesday 26 October 2021
- Tuesday 7 December 2021



## Asda Kirkton School Clothing Donations

Dundee Carers Centre would like to say a special thank you to Sam, Community Champion for Asda Kirkton, who has been collecting donations at the store for school uniforms.

Sam is keen to make sure that no child in the city goes without school uniform and believes families shouldn't have to suffer in order to clothe their child/children.

**Thank you Sam, staff at Asda Kirkton and to those who have donated to such a worthy cause.**

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## Carers Learning Week

### **Unpaid Carers celebrate their achievements**

Dundee Carers Centre hosted an event at the Baptist Church, Ward Road, Dundee on Thursday 23 September 2021 from 4-6pm. More than 30 young and adult carers came together to receive the recognition they deserve.

The event celebrated the achievements of carers in a range of ways including personal development, learning, gaining skills and qualifications, all through one of the toughest years for unpaid carers.

Sarah Boath, Carers Support Team Manager, Dundee Carers Centre Said:

*“Carers are at the heart of what we do, we want to celebrate their hard work and recognise their achievements”.*

Unpaid carers and their families enjoyed refreshments and nibbles followed by an awards ceremony hosted by Alan Baird, Board Chair of Dundee Carers Centre.

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## Dundee Carers Centre Locality Action Plans

Dundee Carers Centre have recently published new Action Plans to support carers for the 8 Localities in Dundee. Working closely with carers and partner agencies we reviewed last year’s action plans, culminating in our consultation events in the localities throughout Carers Week in June 2021. Listening to you each action plan is tailored to meet the needs of carers in the different localities and communities.

As well as the Action Plan you will find information about the staff and volunteers available to support you in your local area, link workers supporting young carers in all the local schools and up to date information on groups, opportunities, and activities for carers in your local community. If you want to find out more or get involved your Locality Page is the place to start.

[Why not visit the Locality pages to find out more?](https://dundecarerscentre.org.uk/services/locality-work) Visit [dundecarerscentre.org.uk/services/locality-work](https://dundecarerscentre.org.uk/services/locality-work)



## Information sessions for carers

The Groupwork and Carers Support teams at Dundee Carers Centre are running some new sessions for carers in October and November:

### **LOCHEE AREA CARERS SESSION**

**Are you a carer living in Lochee, Menzieshill or Charleston? This is for you.**

Join Morgan, Karin and Adele to find out what we are doing to support carers in your area. Tell us if something is missing, let's find out how we can help change that together.

- **Thursday 28th October, 1pm - 2pm**

### **STRATHMARTINE CARERS SESSION**

**Are you a carer living in Strathmartine? This is for you.**

Join us at one of our sessions to find out what we are doing to support carers in your area. Tell us if something is missing, let's find out how we can help change that together.

- **Wednesday 3rd November, 10am - 11.30am (Face to face - venue to be confirmed)**
- **Thursday 4th November, 6pm - 7pm (Online)**

### **CARERS RIGHTS SESSION**

**Are you an unpaid carer living in Dundee? This is for you.**

Join Adele and the Coalition of Carers to find out your rights as an unpaid carer.

- **Thursday 25th November, 1pm - 2pm**

If you are interested in any of these sessions email [groupwork@dundeecarerscentre.org.uk](mailto:groupwork@dundeecarerscentre.org.uk) or call 01382 200422 for more information or to book a place. Full, friendly support is provided to ensure you can join this online session.



## Boosting Family Wellbeing Campaign

Boosting Family Wellbeing is a partnership between Parent Club and the Scottish Government in response to parents' concerns about the impact of the COVID-19 pandemic on their children.

The past 18 months have been extremely difficult for families and have caused serious disruption to family life. Different households face different challenges - but one thing everyone has in common is their mental health, and the importance of looking after it. Now it's time to get back on track and look after your and your children's mental health.

“Boosting Family Wellbeing” will familiarise parents with principles that build children's happiness, confidence and independence - things like empowerment, safety, choice, working together and trustworthiness. The campaign will also give parents guidance and tips for weaving these principles into everyday moments, helping them to foster confidence and sense of responsibility in their children.

### **Tips like:**

- Before your mealtime, be it breakfast, lunch or dinner, give your child a clear instruction on how to set up the plates and cutlery at the table. They can be responsible for the table layout and where the family sit.
- Or even try uninterrupted time! Try sitting down with your child each day for a little uninterrupted time together. Watch them, notice what they are doing and let them know you are interested. This will help them see that their interests and needs are important.

For more tips on simple ways to help boost your family's wellbeing, visit [ParentClub.scot](https://parentclub.scot).



## Dundee Carers Centre announce new Convener

Dundee Carers Centre are delighted to announce the appointment of Professor Alan Baird as their new Convenor, taking over the role from Isabel Shearer.

Alan brings extensive experience in local and national government and voluntary sector Boards. Having qualified in social work in 1980, he spent 13 years working in the North East of Glasgow. In 1993, he then moved to a promoted Children's Services post in Tayside, before becoming Head of Criminal Justice Services in both Angus and Dundee Councils. In 2011, he was appointed Director of Social Work with Dundee City, before being appointed as Chief Social Work Adviser to Scottish Government.

Retiring from that role in 2017, Alan then became President of

Scottish Care and was appointed an Honorary Professor of Social Work by the University of Dundee. Having previously served on the Board for SACRO and Children's Hospices Across Scotland, in 2018, he was appointed to the Council of the Scottish Social Services Council. Between 2018 and 2020 he was also part of the Independent Care Review which reported to the First Minister in early 2020.



## Dundee Carers Centre Job Vacancy

Dundee Carers Centre are currently recruiting for the following position: Team Leader (Short Breaks)

### **Job Description Team Leader (Short Breaks)**

- 30 hours p/w
- Salary: £29,778 – £32,402 (pro-rata)
- Funded through Dundee Health & Social Care Partnership

You will work as part of the Short Breaks Team to provide leadership and support to a multi-disciplinary team of staff and volunteers. Ensure the effective development and delivery of the Short Breaks Service. Creating and developing partnerships in localities with carers, voluntary and statutory partners, sharing learning and providing leadership and line management for front line staff.

For further information please contact Morag Duncan, Team Manager on 01382 200422.

**The closing date for applications is noon on Monday 25 October 2021.**

**For shortlisted candidates interviews will take place on Thursday 4 November 2021.**

**For more information and to apply please visit**

**<https://dundeecarerscentre.org.uk/team-leader-short-breaks/>**

Please complete the application and monitoring form and email both to [Doreen.Melville@dundeecarerscentre.org.uk](mailto:Doreen.Melville@dundeecarerscentre.org.uk) by the closing date.

**Postholders will be required to join the PVG Scheme**



## Funding available for organisations supporting carers

### **Are you an organisation in Dundee that is planning upcoming activities involving local carers and their families?**

We have money available to fund activities, that was raised during the Carers of Dundee Christmas Tree Festival in 2019. Carers of Dundee, in conjunction with DD-One, launched the inaugural Dundee Christmas Tree Festival – “Caring about Christmas”.

Local businesses and charities purchased and decorated their trees in a fun and creative way to reflect their various brands and the trees went on display to the public in the Wellgate shopping centre.

Proceeds from the sale of trees and from donations and raffles during the event were designed to support the work of organisations in Dundee, supporting the City’s unpaid carers.

In total, £2,560 was raised from the sale of trees and £757 from raffle ticket sales and donations during the event which gives us £3,317 available.

COVID 19 has delayed us making this funding available however, we are now in a position to distribute these funds.

As the funds were specifically raised to improve Carers Wellbeing, we are inviting bids from organisations for small projects or activity costs which can demonstrate they will meet this aim.

Whilst it is hoped a number of partners can benefit in a small way from these funds rather than all funds going to one organisation, we are not putting a maximum limit on the funds you can apply for.

In the event we are over-subscribed, a small panel will review the bids and prioritise those which most closely meet the funding aims. The funds will be administered by Dundee Carers Centre.

**You can find out how to apply at**

**<https://carersofdunee.org/workforce/funding-available/>**



## Upcoming Events

### How to stay safe on Facebook

- **Sunday 24 October 2021, 11am**
- **Sunday 31 October 2021, 11am**

We hear all the time about people being hacked or scammed on Facebook, sometimes even losing information or money. In this event we'll share our top tips so you can protect yourself and feel more confident that you're using Facebook safely.

Find out more and book at [carersofdundee.org/events/](http://carersofdundee.org/events/)

### **Dundee Carers Centre Online Information Session Thursday, 11 November 2021, 10am - 11.30am**

Find out about the work Dundee Carers Centre and how you can help them support unpaid carers and disabled people.

Please note that this is an online event.

Email [centre@dundecarerscentre.org.uk](mailto:centre@dundecarerscentre.org.uk) or call 01382 200422 for more information and to book a place.