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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 to explore and learn more.

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National Care Service - Briefing Papers

The National Carer Organisations have produced a set of briefing papers for carers in relation to the Scottish Government consultation on the development of a National Care Service. They can be downloaded at www.sharedcarescotland.org.uk/national-carer-organisations

There are 4 papers:

- An overview briefing
- Briefing on the Right to Respite
- Briefing on the National Care Service
- Young carers briefing

These briefing papers provide a summary of the key government proposals in relation to unpaid carers.

If you are interested in giving your views on these proposals, you can attend one of the National Carer Organisation's engagement events - details can be found at www.sharedcarescotland.org.uk/national-carer-organisations We will also be starting a social media campaign from next week, enabling carers to submit their views using short surveys, which will only take 5mins or less to complete.

Funding available for organisations who support 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 able 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

www.carersofdundee.org/workforce/funding-available

Family Recovery College - Training Available

The Family Recovery College offers a free informal 12-week online course, Understanding Substance Use and Holding on to Hope, for anyone living in Scotland concerned about someone else's alcohol or drug use.

We will support you to build knowledge, skills, and confidence to support yourself and your loved one.

Students on the course will:

- Increase their positive connection with others
- Develop communication strategies to improve relationships
- Improve self-care and emotional wellbeing
- Improve understanding of substance use through new knowledge and skills
- Feel empowered to influence change in their lives and the lives of their loved one

For more information visit www.sfad.org.uk/communities/the-family-recovery-college

You can also contact:

Debra Nelson: 07379 830357 or debra@sfad.org.uk

Tich Watson: 07775 252380 or richard@sfad.org.uk

Independent Advocacy for Young People

Independent advocacy for you and the people you care for

Whether you are a young carer or care for somebody under the age of 21, Partners in Advocacy can provide independent advocacy in a number of areas including education, housing, and benefits.

We can help you or the person you care for share views with Social Work, CAMHS and other agencies as well as help you or them to make informed decisions.

Partners in Advocacy can also provide non-instructed advocacy for people who do not have the capacity to instruct an advocacy worker.

Partners in Advocacy are available to provide advocacy workshops and presentations to groups.

Find out more by emailing dundee@partnersinadvocacy.org.uk or calling 01382 217186.

Barnardos - Tell us what you want from groups and clubs

Barnardos along with other services in Dundee have created an alliance who are committed to providing families, children and young people affected by disabilities and Additional Support Needs an opportunity to engage in activities within their local area. To do this we need to know what it is you would like from us when providing a group/club for your child to attend and how they would like the groups to run.

By completing these feedback forms it will ensure that the groups are providing a support/service that has been designed around the needs of the families using them.

There are two questionnaires; one for young people and one for parents/carers:

Young person's questionnaire:

<https://forms.gle/qMeESzbnkLHusCVUv5>

Parent/carers questionnaire:

<https://forms.gle/wS251gjXceTjsE4t7>

Virtual Hub Episode 10 - Adult Learners Week

Mon, 20 September 2021, 11:00 am - 12:00 pm

Streaming to Carers of Dundee [Facebook](#) & [Twitter](#) pages

We kick off Adult learners week with a special Virtual Hub.

We will be joined by Dundee & Angus College, Abertay University, Dundee University, LEAD Scotland and Dundee City Council Literacy Team who will speak about the learning opportunities they have on offer.

Penumbra Wellbeing Workshops

Penumbra workshops focus on wellbeing and offer an opportunity for a group of people with a shared interest to come together to share knowledge and experience and explore tips, ideas and practical steps that can be taken and used to empower us to improve our wellbeing and aid us in our recovery.

Workshops are FREE and are facilitated by Peer Workers, who have their own lived experience of mental health recovery.

Managing Anxiety

Explore the impact of anxiety on our bodies and minds, identify the thoughts that make us anxious and discuss techniques that we can use to help reduce anxiety.

Tuesday 21/09/21, 10.30am - 12pm

Coping with Covid – The new normal

Open discussion to allow each other to share ideas and tools that we can use to enable us to cope with the new times ahead so that we can maintain good mental health and well-being.

Tuesday 28/09/21, 10.30am - 12pm

Self-Care and Personal Well-Being

Open discussion to allow us to share ideas and tools that we can use to enable us to maintain positive mental health and well-being.

Start working on your personal wellbeing plan that you can use moving forward.

Tuesday 05/10/21, 10.30am - 12pm

Coffee & Catch Up

We will meet up either on zoom or in the community to explore what tips and tools we gained from the workshops and how we have utilised these in our daily lives.

Tuesday 12/10/21, 10.30am - 12pm

All workshops are held on Zoom. You do not need to attend them all or go on screen. If you have any questions or want to book a place, please e-mail Anne & Louise at the address below and we will get back to you.

For more information contact the Dundee office on 01382 223487 or email dundee.powwows@penumbra.org.uk

Alzheimer Scotland National Counselling Service

Alzheimer Scotland are pleased to announce that they have launched a newly established, Scottish Government Funded, National Counselling Service for people with dementia, their families and unpaid carers throughout Scotland.

They have produced a leaflet which explains what counselling is, how it can help, what to expect and how to access the service.

For more information visit www.alzscot.org or call 0131 243 1453.

Groupwork Bitesize Session - Information for carers of someone with dementia

Thursday 30 September, 2pm - 3pm

The Dundee Carers Centre Groupwork team have a new Bitesize session coming up for carers of people with dementia. The session takes place online and full, friendly support is provided to make sure you can join the session.

Find out what to expect after a diagnosis of dementia. Join staff from Kingsway Care Centre and Alzheimer Scotland for information on the support available to you and the person you care for.

For more information and to book a place email groupwork@dundecarerscentre.org.uk

Carers Parliament 2021

The Carers Parliament will take place on 4, 5 and 7 October and will focus on ensuring that carers' views are front and centre in the consultation on a proposed National Care Service for Scotland. We'll also have an update and discussions on developing a new Scottish Carer's Assistance which will replace Carer's Allowance in the coming years. The event will be held virtually.

On 4 and 5 October, there will be hour-long discussion groups covering the consultation, with specific workshops for parent carers, carers in paid employment, older carers and young carers alongside discussions on mental health support, integrated health and care services, rights and redress when things go wrong.

The main event will take place on 7 October, with carer and young carer speakers, Ministers in attendance and a Q&A panel that will include the Minister for Social Care, COSLA spokesperson and a carer from the Social Covenant Group (a group of carers and disabled people advising on the development of the National Care Service). There will also be a virtual marketplace and much more.

We know there are many demands on carers' time – particularly now – so you can book as many or as few sessions as you would like to attend.

Find out more and book a place by visiting www.carersuk.org



Upcoming Events

Managing Stress & Anxiety

Thursday, 23 September 2021, 10am - 12pm

Do you experience stress or anxiety?

You're not alone – everyone does at some point, but there are always things you can do to help you manage.

We can't always control when difficult feelings come up, but we can improve our wellbeing by learning healthy ways to respond when they do. Join us in a non-judgemental and supportive environment to explore tips and techniques to manage stress or anxious thoughts and feelings.

Visit www.carersofdundee.org/events/managing-stress-and-anxiety-2

Dementia Carers Rights: Benefits

Thursday 23 September 2021, 10am - 11.30am

This interactive workshop is an introduction to disability benefits, carer's allowance, and other forms of income maximisation for carers and people living with dementia.

Visit <https://carersofdundee.org/events/dementia-carers-rights-benefits-2/>

Dementia Carers Rights: Power of Attorney

Monday 27 September 2021, 10am - 11.30am

This interactive workshop for unpaid carers of people with dementia introduces power of attorney, with a particular focus on the role of the attorney, and other forms of advance decision-making.

Visit <https://carersofdundee.org/events/dementia-carers-rights-power-of-attorney/>

Dundee Carers Centre Online Information Session

Thursday, 11 November 2021, 10.30am - 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 or call 01382 200422 for more information and to book a place.