



Carers
of
Dundee

NEWS

Summer/Autumn 2022

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NEWS & UPDATES

Dundee Carers Charter

The Dundee Carers Charter is continuing to grow. Lots of businesses and organisations have chosen to sign up and support unpaid carers in the workplace and communities.

Signing up to the Carers Charter can help carers get the support and information they need to continue in their caring role. For more information contact Gemma on 07467 827420 or gemma.stewart@dundeecarerscentre.org.uk or visit carersofdundee.org/workforce/carers-charter/



Here are some of the most recent organisations to sign up to the Carers Charter:

-  The MAXwell centre
-  We Are With You
-  Spectrum
-  DEAP Dundee
-  Overgate Shopping Centre
-  Dundee United Community Trust

New CANDU Specialist counsellor for young adults

CANDU are a group of patients and survivors who are passionate about placing the patient at the heart of service design and delivery in cancer care and treatment. They are pleased to announce that they now have a specialist counsellor providing counselling for any young adults with cancer, or caring for a family member with cancer.



Appointments are available at 31 South Tay Street, Between 2pm and 4pm on a Thursday afternoon. Call **07427 607380** or e-mail info@cancerdundee.org to **enquire about these sessions.**



Dundee Carers Centre
Because We Care

Let's Reconnect...Because We Care!

Join us for our first in-person Annual General Meeting since 2019 followed by an information event. You can pop along to visit the different stalls from other organisations, and you can also book to attend our AGM or one of the workshops listed below.

When: Tuesday 20th September 2022 @ V&A Dundee

Come along to find out about all the fantastic work that has been happening at the Centre over the past year, and hear from our new Convenor, Professor Alan Baird.

The AGM will start at 10am but you will be able to arrive from 9.30am.

The workshop information is detailed below but also needs to be booked in advance.

To book your place at the AGM or at one of the workshops please phone the Centre on 01382 200422 or email centre@dundecarerscentre.org.uk

From 11am-3pm you can visit the information stalls at the event with no booking required.

If you are part of an organisation which would like to have an information stall at the event, please use this form: <https://forms.office.com/r/UzAJq7ZubP>

Please get your application in by 5pm on Friday 9 September 2022.

Here are the fantastic workshops that will be taking place:

Money Matters (11am - 12 noon)

Social Security Scotland - A look back at the last 12 months and what the near future has in store for Social Security Scotland: It's been a busy year for Social Security Scotland with the launch of our Local Delivery service, Child Disability Payment, and Adult Disability Payment. Find out what we are doing to transfer existing cases from the equivalent Department of Work and Pensions benefits onto our devolved benefits and what we will be doing in the months and years ahead, for example, with the extension of Scottish Child Payment to children up to and including the age of 15.

Citizens Advice Bureau

This presentation will cover energy efficiency in the home, including ways to cut down on your usage and lower your bills, as well as discussing grants and home improvements. It will also cover what help is available from the energy companies and what the government will be doing to help during this crisis. Finally, there will be some information about the benefits of smart meters; carbon monoxide awareness; and briefly what other services Citizens Advice Bureau can offer.

Trust Funds (11.15am -12.15pm)

Join Lorna Christine, a Partner in Thorntons Private Client Team to discuss how trusts can protect assets for more vulnerable beneficiaries. This informal workshop will answer any queries you may have and provide practical steps you can take to protect and care for your loved ones when you are no longer here.

Carers' Rights (12.30pm -1.30pm)

Do you know what your legal rights as a carer in Scotland are? Shubhanna Hussain-Ahmed from the Coalition of Carers will be delivering a session on Carers' Rights. The Coalition of Carers have played a fundamental role in advancing carer recognition, support and in establishing a Carers Rights agenda in Scotland.

Access to Food Support Across the City (12:45pm – 13:45pm)

Dundee Community Food Network is a network of 30 independent community food projects across Dundee, providing food support through community cafes, community larders and drop-ins. During this workshop you will find out what support is available, where it is and what else can be accessed through these projects. We'd also like to hear what you think would help people in Dundee over the next few months.

Your Wellbeing (2pm - 3pm)

Chair Yoga

This is a form of exercise which is effective and accessible for everyone. It helps you to feel a sense of ease and relaxation to release tension in your muscles. It also helps to increase your circulation; give you a sense of wellbeing and decreases blood pressure and anxiety. Over time, it can increase flexibility, improve strength and self-awareness, reduce stress and enable a better sleep.

To participate, you will need to bring a scarf or a yoga strap.

Keep Well

The second part of the workshop will be delivered by the Keep Well Nursing Team. They will be able to give information on local community health resources and answer your questions.

Creative Writing (2.15pm - 3.15pm)

Do you have a creative side or the urge to share your story?

This informal workshop will be a friendly space to get your creativity flowing and grow your confidence to get words on paper. No experience is necessary, but you must be 18+. The session will be led by members of Clype, a Creative Writing collective made up of graduates of the MLitt Writing Practice & Study at Dundee University.

New Penumbra Dundee Branding



Penumbra have recently gone through a re-branding exercise and we are pleased to introduce our new branding. At the heart of our new brand is our Penumbra Mental Health infinity loop which represents the simple message that everyone's journey is different and we'll always be there for those who need our support. Our new tagline: **'Your journey. Your way'** reflects the support you'll receive through accessing our Dundee Carers Support Service. You will be supported to create your own personal plan which may include support for your own wellbeing; accessing social groups, volunteering or work; information and sign-posting to other services. In addition, we've recently welcomed Harvey and Sophie to our small Carers team in Dundee and they are here to support you in your caring role.

If you care for someone experiencing mental health challenges, live in Dundee, and you're both over the age of 16 then you can contact us on 01382 223487 or by emailing dundee.carers@penumbra.org.uk

GROUPS & SUPPORT

Community Companions - Friendship Matters



Community Companions is aimed at adults in Dundee who are either experiencing or have the potential to experience social isolation. Each person is matched up to a Community Companion based on personality, hobbies and interests, and general living experiences and can involve things such as visiting them in their own home, accompanying them to social activities or shopping trips, or even a visit to a local café. The person receiving the companionship can choose how often they require support and what type of support they require.

For more info email communitycompanions@dvva.scot or call 01382 305736.

DIAL-OP



Dial-OP is a community project which offers a lifeline to many lonely and isolated adults in Dundee. With the help of volunteers, Dial-OP provides information, connectivity and reassurance through:

- Morning Call - A regular call to check how you are and keep you informed
- Blether Buddies - A weekly catch up call to chat with one of our volunteers
- Information Line - Local information helpline for adults in Dundee

For more information call 01382 305751. If you'd like to volunteer with us please get in touch on 01382 305757.

Perth Autism Support

Practical Understanding of Autism – 3-part workshops for Parents & Carers of children with Autism



Perth Autism Support were awarded funding from Dundee City Council to run a number of workshops in Dundee to support parents & carers of children with Autism. As this is a 3-part workshop, please make sure that you can attend all 3 dates before signing up.

Face-to-face workshop dates:

6, 13 & 20 September 2022, 6.30-8.30pm at Dundee Carers Centre

To sign up please go to: <http://ow.ly/48uG50K5ahk>

Online workshop dates:

8, 15, 22 November 2022, 6.30-8.30pm

To sign up please go to: <http://ow.ly/bUnv50K5apo>

Alzheimer Scotland Younger Person/Early Stage Social Group



The team here in Dundee are looking to support younger people with a diagnosis and those in the early stages of the condition within a social group and, most importantly, peer support.

Each month we are looking to meet within different social settings – hospitality venues and places of interest in order to create an easy going atmosphere. Participants will be supported by a Dementia Advisor and they will be on hand to assist with any queries in relation to the individuals diagnosis. Ultimately, its purpose is for those coming along to make connections and social interaction.

To find out more, please get in touch with Jeni Sinclair:
email jenisinclair@Alzscot.org or call **07917 241024**.

Carer Support Groups - Autumn dates:

Consisting of 4 weekly sessions and aimed at individuals supporting someone with a diagnosis of dementia, these groups provide information and support. Groups take place at the Dundee Dementia Resource Centre, 9 Morgan Street, Dundee, DD4 6QE. Timings are 2.00pm – 3.30pm.

We aim to provide an activity group running alongside these sessions for the Cared for person – please advise if this is of interest to you.

Dates:

- Monday 5th September
- Monday 12th September
- Monday 26th September
- Monday 3rd October

To book your place email jenisinclair@Alzscot.org or call 07917 241024.

Royal Voluntary Service



The Royal Voluntary Service helps thousands of older people to live the life they want. We provide practical services in homes, in hospitals and in communities all across Scotland, so people can be independent and active. We provide practical solutions to the everyday problems of loneliness and isolation.

Move It or Lose It! Group

Worried about falling? Why not try:

- Seated exercise to music
- Healthy Walk - led by a trained Walk Leader
- Boccia - seated carpet bowls!
- Line Dancing and Sequence Dancing



All our activities are run by a qualified RVS Activity Co-ordinator and trained RVS volunteers! All over 50s Welcome! **Move It or Lose It!** runs every Monday at Douglas Community Centre and Library, 1-3pm (contact Jennifer on 07814 857803) and every Wednesday at Corso Street Sheltered Housing Complex, Blackness Avenue, 10am-12pm. (Lorraine on 07815 461450)

Warm and Well Winter Campaign

Do you knit or crochet? RVS Dundee is looking for donations of knitted items for their Warm and Well Winter Campaign 2022. We are looking for:

- Hats
- Scarves
- Gloves/mittens/arm or leg warmers
- Twiddle muffs for those living with Dementia
- Lap blankets

We can provide wool, patterns and needles if needed. Collection points at Blackness Library, Coldside Library, Douglas Community Centre and Library, Morrisons, Afton Way, Dundee. For more information call Jennifer on 07814 857803 or email dundeeHFH@royalvoluntaryservice.org.uk

TRAINING & LEARNING



Free Online Training for Personal Assistants

Personal Assistants Network Scotland are offering accredited, certificated online training to PAs throughout Scotland! This training is free to Personal Assistants working in a Self-Directed Support role. There is an online enrolment form to be completed for each course and you can register for two courses at any one time. Once you have done those two you can register for two more and so on.

For a full list of courses please visit www.panetworkscotland.org.uk/courses

To apply for online training, please email palearning@wea.org.uk telling us which courses you want to do and we will send you the link to the enrolment forms.

Anna's experience of Self-directed Support

Anna is a single parent with two children who have neurological medical conditions and additional support needs, one of the children also has behavioural challenges. Anna made enquiries about Self-directed Support and was awarded 3 hours each week for her child and was able to employ a family member with considerable experience in supporting young people with additional support needs, to be their Personal Assistant.

What helped make the difference?

- Employing someone who was familiar with the child's complex medical condition and has the knowledge and experience to manage behavioural challenges
- The person having an existing relationship with the child, based on trust
- Support is provided at a pace that is manageable for the child, and is very flexible
- Activities are dependent upon the child's mood and range from going to the cinema or shopping, to reading a book or watching a movie.

Anna describes the support she receives as being like a 'juggling act' that allows her to spend time with her other child.

There have been some challenges along the way:

- It takes time to set up the bank account in the child's name
- Initially, the financial requirements and monitoring of the budget were new and challenging, but Anna is now managing well

Anna describes their SDS journey as being "really good" ... her child has grown in confidence and can now hold a conversation and communicate their needs effectively with the Personal Assistant. Anna can see that her child enjoys a break from mum!

Anna says that without the support of Dundee Carers Centre she may have given up ... The support of DCC has been "**invaluable**".

(Individual names have been changed to maintain confidentiality)



UPCOMING EVENTS

● Connecting Carers Cafés

These groups run in various locations across Dundee and give carers the chance to meet, relax, find out about services and support, and try out new things.

Cafés currently run in the following localities:

- Broughty Ferry (Mondays, 10am-12pm, St James Church, Broughty Ferry)
- West End (Mondays, 10.30am - 12.30pm at Blackness Library)
- Maryfield (Tuesdays, 1-3pm, Location varies. Please get in touch for details)
- Lochee (Wednesdays, 1-3pm, Menzieshill Community Centre)
- Strathmartine (Wednesdays, 1-3pm, Ardler Complex)
- Coldside (Thursdays, 1.30-2.30pm. Location varies. Get in touch for details)
- East End (Fridays, 10am-12pm, Brooksbank Centre)
- **NEW** North East Connecting Carers Café (Finmill Centre, 10am –12pm). This will initially run for 4 sessions on the following dates:
Tuesday 30th August, Tuesday 27th September, Tuesday 25th October & Tuesday 29th November. Contact Alison on 07919 904714 or Jaimie on 07720 824834.

Please note: These are NOT drop-ins. Carers must call or 01382 200422 to book their place. Places are limited so please book early!

● West End Dementia Café

Logie & St Johns & Parish Church, Shaftesbury Terrace, Dundee DD2 1HJ

Come along and enjoy refreshments in a relaxed and informal setting. The Café is for people living with dementia and their carers to meet others, socialise, and gain information and Support. There will be a Dementia Advisor, and staff from Dundee Carers Centre on hand to support with queries and offer support.

The Café will run monthly on the following dates:

- Thursday 8th September - 2pm to 3.30pm
- Thursday 6th October - 2pm to 3.30pm
- Thursday 3rd November - 2pm to 3.30pm
- Thursday 1st December - 2pm to 3.30pm

For more information please contact:

Jeni Sinclair: 07917 241024 / jenisinclair@Alzscot.org or

Vickie Carnegie: 07770891425 / vickie.carnegie@dundeecarerscentre.org.uk

You can find Carers Of Dundee online at www.carersofdundee.org and also on Facebook and Twitter ([@carersofdundee](https://twitter.com/carersofdundee)). If you'd rather receive your newsletter electronically, or, if you no longer wish to receive Carers Of Dundee news, just let us know by calling 01382 200422 or email us at support@carersofdundee.org