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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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New Adult Learning Hub

The new Adult Carers learning Hub is a chance for carers to meet in a shared and supportive space and focus on the experiences, skills and learning they have developed while caring.

Many adult carers have told us that the role of an unpaid carer can lead to a feeling of isolation and that they can often find it difficult to focus on their own goals and outcomes. This group invites carers to share experiences and learning, while working through nationally registered accreditation and training opportunities.

The sessions are perfect for carers looking to build a CV, get back into education, volunteering, and employment or to work with other carers to focus on the knowledge and skills they have developed while caring. By the end of the sessions each carer will have had the opportunity to gain an SCQF accredited qualification, training certificates and a sense of peer-support from other carers who live in their community. The hub will run fortnightly until the spring of 2022 and takes place at the Brooksbank Centre, every 2nd Wednesday from 11am to 1.30pm

If you are interested in finding out more about learning opportunities through Dundee Carers Centre please contact Kev on 07712 856090 or email kevin.smith@dundecarerscentre.org.uk



Nature Days Out

Backbone and Dundee Carers Centre are excited to announce the next series of Nature Days Out.

- Ranger led conservation activities
- Relaxing walks
- Learn about nature and get a John Muir Award as well as an Adult Achievement Award

Upcoming trips

- Wed 23rd Feb 2022 - Cambo Estate & Gardens with Judy Drew
- Wed 23rd March 2022 - Loch Leven National Nature Reserve
- Wed 25th May 2022 - Corrie Fee mountain trail with Andrew Ferguson

Times

Departure: 10am, Return: 3.30pm

Location: Groups will depart from, and return to Dundee Carers Centre, 134 Seagate, Dundee, DD1 2HB

Please wear warm / waterproof clothes and suitable footwear.

Please bring a packed lunch.

Booking is essential and there are limited spaces.

For more information and to book your place please contact Sofia on 07776379631 or email sofia.rizwan@dundeecarerscentre.org.uk



West End Carers Group

Are you an unpaid carer? Not sure if you are an unpaid carer? Come along and have a chat with some of the West End Locality Carers Support Team. Group sessions will focus on well-being and listening to carers' needs.

Days and times to be confirmed - please get in touch with your Dundee Carers Centre West End Carers Support Team for more information:

Vickie Carnegie: 07770891425 /

vickie.carnegie@dundeecarerscentre.org.uk

Keren Tait: 07768348194 / keren.tait@dundeecarerscentre.org.uk

Virginia Kerr: 07515067075 / virginia.kerr@dundeecarerscentre.org.uk

Places are limited, please book a space.



Vaccine Information for Unpaid Carers

The Joint Committee on Vaccination and Immunisation (JCVI) recommends that unpaid carers should be offered a coronavirus (COVID-19) booster vaccine to help increase their immunity level. Unpaid carers are also eligible for the free flu vaccine.

Who can register for the vaccinations?

Unpaid carers aged 16 and over providing face-to-face care can book online for coronavirus booster and flu vaccinations. Providing face-to-face care can be anything from preparing meals and helping with other household tasks to giving personal and practical support.

When can I receive my coronavirus booster?

Boosters can be given six months (24 weeks) after your second coronavirus vaccine dose. The flu vaccine can be given at any time. This means some people will be able to have their coronavirus booster and flu vaccine in one appointment and others will need two appointments. Only those who have had their first two doses of the coronavirus vaccine will be able to receive a booster. If you've not yet had your first or second dose, you should find out how to get it.

How do I book my vaccination?

You can book your vaccination online at <https://vacs.nhs.scot/csp>
You can also book over the phone by calling the National Vaccination Helpline on 0800 030 8013.



Learning Opportunities & Vocational Training

Are you a carer aged 16 – 25?*

About to leave school or college with nothing lined up for after?

Didn't get the grades you were hoping for or finding it hard to find work?

Dundee Carers Centre has funding to offer vocational training sessions to help young carers gain skills, boost their CVs and get into work or education. If those options don't fit your goals, or you're not sure what you want to do, we can help you find something that fits. Courses will be run in a covid secure way as local or national guidance allows. *If you're over 25 and want to get back into employment or education, we might still be able to help.

Contact Ellie or Vickie to find out more:

ellie.julings@dundeecarerscentre.org.uk / 07713 993431

vickie.carnegie@dundeecarerscentre.org.uk / 07770 891425

Here is some information on courses we are already able to provide:

Faith Elder Beauty Academy:

- Gel polish - Fingers & toes course with free starter kit
- Weekend lashes - Course with free starter kit
- Eye treatments - Course with free starter kit
- Mini facial treatments - Course Cost with free starter kit

All courses are Babcac Certificates – this company is a world leading insurer and highly recognised.

Alexander's: Transition to Trade

Bespoke and flexible introduction to working in the construction industry from experienced industry specialists. This is a 6 week course for two days a week and is open to anyone who wants to join. There is an application process, which we would ask the referring service to help fill out if necessary.

First Aid Perthshire: Emergency First Aid at Work

This course provides the training to deal with all emergency situations in the workplace. Areas covered include: Legislation, Responsibilities, Resuscitation for Adult, Child and Infant, AED (Defibrillator) Wounds & Bleeding, Epilepsy, Burns and Scalds & Foreign Objects.



Support Contacts For Carers Over Christmas

Some carer support services will be closed for the Christmas period. If carers do require support, we have collated a list of numbers that may be able to help.

Carer Support

If you or the person you care for need advice and support you should try to contact the professionals who normally work with you. This may be someone from Education, Health, Social Work or Social Care. If you are not sure who this person is or how to contact them or if you cannot speak to them, you can seek further information and advice from the Dundee Health and Social Care First Contact Team on 01382 434019 or email firstcontact.teamadmin@dundeecity.gov.uk

If offices are closed and the matter cannot wait until office hours you should get in touch with Dundee & Angus Out-of-hours Social Work Service on 01382 307964.

If you, or any adult or child you know is at risk of harm, violence or domestic abuse: For all adults phone the First Contact Team on 01382 434019 or at night and weekends phone 01382 307964. For children phone 01382 307999.

Phone emergency services on 999 if there is immediate risk of danger or medical emergency.

Carers of Dundee Covid19 information page has useful information and contacts from trusted organisations that carers might also find useful. www.carersofdundee.org/carers/coronavirus-covid-19-information-for-carers/

SDS Support

We would advise that people requiring support contact their Care Manager or the First Contact team (Dundee) or Accessline (Angus).

Dundee: email:

firstcontact.teamadmin@dundeecity.gov.uk firstcontact.teamadmin@dundeecity.gov.uk Tel: 01382 434019

Angus: email: firstcontact@angus.gov.uk ACCESSLine: 03452 777 778

Medical Emergencies

NHS 24 – Call 111 for non-urgent medical emergencies.

For all emergencies please call 999. If you are unsure of the medical service you require you can visit www.nhsinform/rightcare to ensure you get the right care at the right place.

Further Contacts

Dundee City Council has an extensive list of crisis contacts covering a range of services:

www.dundee.gov.uk/sites/default/files/publications/crisis_contacts_july_2020.pdf



Young Carers Action Day 2022

Wednesday 16th March 2022

Young Carers Taking Action in Dundee

Young Carers Action Day is a national event which raises awareness of young carers and the incredible contribution young carers make to their families and their local communities. This year we would like to take this theme and focus on highlighting Dundee as a City where its young carers are identified, valued and celebrated and where the voices of young carers are heard.

In Dundee young carers have driven substantial change in their schools, colleges, communities and across the country, influencing how the Carers Act has been implemented locally and raising awareness of young carers and young carers rights – and reducing the potential social isolation experienced by young carers.

This year we would like to invite your organisation, school, business or community group to celebrate the achievements of young carers you work with or support in the City and share with us how your group or organisation contributed to the increasing awareness of young carers and their rights.

Each group who registers is invited to take part in a project which contributes to the aims of the Action Day and should work with young people to do at least one of the following:

- Raise awareness of young carers in Dundee

- Highlight young carers rights – in particular in your school or organisation
- Share and celebrate your achievements as a group or organisation or school in raising awareness of and supporting carers

Your project can take whatever form you like: A piece of art, a presentation, a song, a short play or film...it really is up to you. All of the entries will be showcased in a City Centre Event (venue to be confirmed) on Young Carers Action Day itself. For more information and to download an application form visit

www.carersofdundee.org/carers/young-carers-action-day-2022

Closing date for applications is Monday 13 December 2021.



Dundee Carers Centre Annual Report 2021/22

The Dundee Carers Centre Annual Report for 2020-21 illustrates the success of the organisation by providing data on completed strategic aims, ways that they adapted services to face the challenges created by Covid-19, and the subsequent lockdown, plus their business and financial breakdown.

In this breakthrough edition Dundee Carers Centre have created a fully integrated online digital experience, that is interactive and optimised with an audio narration throughout. There are also hyperlinks within the report that will allow the reader to move to sections of interest to them. To view the report visit: <https://dundeecarerscentre.org.uk/annual-report-2020-21/>

If you would like a printed copy, please call Dundee Carers Centre on 01382 200422 or email centre@dundeecarerscentre.org.uk



Volunteering Opportunities

Would you like to support Dundee Carers Centre as a volunteer? We have lots of different roles available with a variety of flexible time commitments, such as:

Fundraising volunteer

Help out behind the scenes, developing and supporting new ideas for raising funds to support the centre or come along and take part in events and awareness raising.

Friends Offering Carers Understanding and Support (FOCUS)

Want to give back, share your experiences, be a listening ear or encourage others to access what the carers centre has to offer? Become one of our FOCUS mentors. Time commitment can be as little as 1 hour every two weeks, full training and support will be given.

To find out more about these opportunities call our volunteer coordinator Amy on 07714594607, email centre@dundecarerscentre.org.uk or visit www.dundecarerscentre.org.uk/get-involved



NHS Tayside CAMHS New Neurodevelopment Portal

Due to increased demand for Neurodevelopmental assessment there are now long waiting times.

We know this is frustrating and stressful for families and as a team we share that frustration and stress. We are working hard to improve our service to ensure that children are seen as quickly as we can.

We know that there is a need to provide immediate information and support, so funding has been sourced from the Community Wellbeing Fund across Tayside, to create an online Neurodevelopmental Portal for those families currently waiting to be seen by CAMHS Outpatient Service. The portal will be an interactive / self-directed resource of information, inclusive of support and guidance for families. The content will be delivered by local CAMHS Clinicians. Whilst diagnosis can be helpful, initial support does not need to wait for diagnosis.

Watch our Carers Of Dundee Virtual Hub, where we talked to Keren Hadden, Mental Health Education Officer, and Diane Caldwell, Clinical Care Group Manager. www.carersofdundee.org/carers/virtual-hubs



Carers Decide Groupwork Programme

Meet other carers - Share & Learn from your caring experience

Whether you're new to caring or have been caring for a while, your experiences are probably vast and varied. The Groupwork Programme was created by carers who found that by coming together with other carers in a confidential and relaxed environment, experiences and knowledge could be shared to help each other.

Each series of sessions last up to 8 weeks.

Upcoming Dates:

Monday 10th January, 6.30pm – 8pm (Online via google meet)

Tuesday 11th January, 10am - 12pm (Face to face)

Wednesday 12th January, 1pm - 2pm (Online via google meet)

Friday 14th January, 10am - 12pm (Face to Face)

For more information call 01382 200422, visit

www.dundecarerscentre.org.uk/services/group-work or email
groupwork@dundecarerscentre.org.uk



Carers Partnership New Strategy - A Caring Dundee 2 **A plan for supporting carers in Dundee 2021 - 2024**

The Carers (Scotland) Act (2016) says every local area must have a Local Carers Strategy which is reviewed every 3 years.

A Local Carers Strategy is a plan made with Carers for Carers. In Dundee our new plan is 'A Caring Dundee 2'. This plan was written by the Dundee Carers Partnership and agreed by the Dundee Integration Joint Board (IJB) and Dundee City Council. The plan builds on the last plan 'A Caring Dundee 2017'.

The plan is for unpaid Carers who help someone of any age who needs help because of long term illness, disability, frailty or older age, mental health or alcohol or drug use. The person they help might be a partner or someone in their family or a friend. The Carers Strategy is not about people who care for others as part of their job or as a volunteer. A Carer may look after one person or more and a Carer can be an adult or a child. When a Carer is under 18, they are known as a Young Carer.

A 'Caring Dundee 2' has 4 Strategic Outcomes that will be used to organise the work. They are:

1. I am heard, recognised, respected and I am able to be involved.
2. I am supported to have the best possible caring experience.
3. I can live a full and healthy life
4. I can have a life of my own and I can balance the caring role in my life

Find out more about support for Carers at carersofdundee.org.uk or phone Dundee Carers Centre on 01382 200244.



Changes in Fire Alarm Legislation

The law on fire alarms is changing from February 2022 which means all Scottish homes will need to have interlinked alarms. Interlinked means if one goes off, they all go off, so you will always hear an alarm wherever you are in your home. The new law has come about because of the Grenfell fire in London in 2017, and it applies to all Scottish homes. It is the property owner's responsibility for meeting the new standard.

By February 2022 every home must have:

- one smoke alarm in the living room or the room you use most
- one smoke alarm in every hallway or landing
- one heat alarm in the kitchen

All smoke and heat alarms should be mounted on the ceiling and be interlinked. If you have a carbon-fuelled appliance – like a boiler, fire, heater, or flue – in any room, you must also have a carbon monoxide detector in that room, but this does not need to be linked to the fire alarms.

Help with costs

Older and disabled homeowners on low incomes can get help with costs and should contact Dundee Care and Repair on 01382 436895 for advice and help. If you are a private tenant, your landlord is responsible. If you are a council or housing association tenant, work is ongoing to make sure your home meets the new standards.

Information from the Scottish Fire Service:

<https://www.firescotland.gov.uk/your-safety/at-home/alarms/>

Information on the Scottish Government website:

<https://www.gov.scot/publications/fire-and-smoke-alarms-in-scottish-homes/>



Upcoming Events

Ferry Locality Carers Group
Every Monday, 10am - 12pm
St James Church, Fort Street, Broughty Ferry

Are you an unpaid carer in The Ferry? Maybe you are not sure if you are an unpaid carer? Come along to find out more information, get some peer support, learning opportunities and a break away from your caring role.

For further information and to book your place contact Theodora on 07733070391 or email theodora.adoqu@dundeecarerscentre.org.uk or Gillian on 07701009577 or gillian.mcfarlane@dundeecarerscentre.org.uk
Due to Covid-19 this is not a drop-in so booking is essential.

Penumbra Dundee Carers Group
Every 2nd Wednesday

Penumbra Dundee supports carers of someone with a mental health challenge.

They are currently running their carers group outdoors, every 2nd Wednesday with a view to bringing this indoors during the winter months.

For more information call 01382 223487 or email dundee.carers@penumbra.org.uk