



Carers^{of}
Dundee

NEWS

Spring / Summer 2022

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NEWS & UPDATES

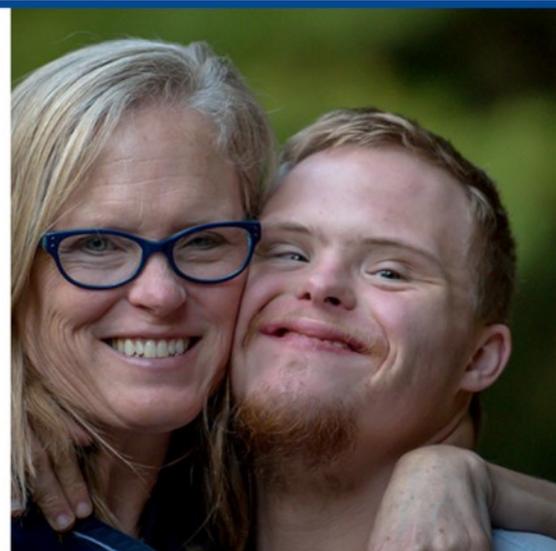


6 – 12 June 2022

Make caring
Visible, Valued
and Supported

Carers Week (6th-13th June) is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.



carersweek.org/info-for-carers

Carers Week 2022!

The COVID-19 pandemic had a monumental impact on unpaid carers lives – not only because of the increased amount of care that many provided, but because of the far-reaching effect that providing this level of care has had on unpaid carers. Many people also took on new caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

Carers need to be recognised for the difficulties they are experiencing, respected for all they are doing, provided with information and given the support they need to care safely. So during Carers Week, we are coming together to **make caring Visible, Valued and Supported.**

Carers Week – Live Virtual Hub on Facebook and Twitter



We will launch Carers Week with a Live Virtual hub, where we will hear from local organisations who offer support to unpaid carers and their families.

Social Media

We are counting down to the launch of Carers Week 2022 and we will keep you updated across our social media platforms on what activities and events are happening across Dundee. Follow us to find out more!

And finally – **we will be on the Telly!**

Working with the STV Growth Fund, we have produced an advert which will be shown on STV throughout June and July.



This will hopefully allow us to reach a new and larger audience, letting carers know that help and support is available if they need it, through Carers of Dundee.



Volunteers' Week is an annual celebration of the contribution millions of people make across the UK, through volunteering. It takes place on 1-7 June every year. It's a chance to recognise the fantastic contribution volunteers make to our communities and say to thank you.

Volunteers' Week is supported and celebrated by small grassroots organisations as well as larger, household-name charities, who together run hundreds of activities across the UK to showcase and celebrate volunteers and the contribution volunteering makes in our communities. Volunteers have played a key role in the pandemic response. During a difficult couple of years, people from all walks of life around the UK have taken the time to volunteer and make a huge difference to their communities – just as they do every year. This is a time for us to come together and thank all volunteers for their invaluable contribution.

If you are looking to become a volunteer, there are a number of organisations in Dundee that can help you find the best fit for you.

Dundee Carers Centre has a range of volunteering opportunities, including: **FOCUS - Friends Offering Carers Understanding and Support**. 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 and full training and support will be given. For more information contact Amy O'Reilly on 07714 594607, email Amy.Oreilly@dundecarerscentre.org.uk or visit www.dundecarerscentre.org.uk/get-involved. You can also view more volunteering roles at Dundee Carers Centre on page 11.

Dundee Volunteer and Voluntary Action (DVVA) has access to over 300 volunteering opportunities. Visit <https://dvva.scot/> or call 01382 305700 for more information.

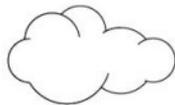
Community Companions is aimed at adults in Dundee who are either experiencing or have the potential to experience social isolation. To find out more contact communitycompanions@dvva.scot or telephone 01382 305736.



Mental Health Awareness Week

9 - 15 May 2022

#IveBeenThere



Mental Health Awareness Week 2022

Mental Health Week 2022 took place from 9-15 May. This year we encouraged carers to "Get Active and Reduce Loneliness" with a "Message in a Bottle Challenge". We hid bottles containing positive messages in each of the 8 localities in Dundee for carers to find. Clues were posted on our social media channels and carers who found the bottles were entered into a prize draw. Well done to our winners!



We also recorded a Virtual Hub with David Millar, Team Leader for Carer Support Services. David was joined by Sarah Herd and Claire Blackburn who are part of the counselling service at Dundee Carers Centre. They provided an update on the new look counselling service, plus what the wider team would be up to as part of the Mental Health Awareness Week celebrations. David was also joined by Ellie Julings, Learning & Development Officer, to talk about what workshops the centre offers to unpaid carers to support mental wellbeing.

To view the hub visit:

[www.carersofdunee.org/
carers/virtual-hubs/#mhaw](http://www.carersofdunee.org/carers/virtual-hubs/#mhaw)



Dundee Carers Charter Valuing, supporting and involving carers.



Meet our new Carers Charter Marketing Officer, Gemma. Gemma joined Dundee Carers Centre in March 2022 and immediately set to work developing and promoting the Dundee Carers Charter. Part of Gemma's role is to try to encourage organisations and businesses to sign up to the Carers Charter, to help support carers.

When you sign up to the Carers Charter, we ask you to make a pledge. Making a promise to Support, Value and Involve Carers. Your pledge can be as big or as small as you wish. For example, some organisations offer to display leaflets that provide information for carers, complete our learning modules on our website or signpost carers to our service.

About Dundee Carers Charter



Value Carers



Support Carers



Involve Carers

The charter has been developed through the Dundee Carers Partnership, working with carers living in Dundee. The three pledges have been accepted by a range of organisations in Dundee. These organisations are giving carers in Dundee a commitment that the best possible service and support will be available to ensure that carers continue in their caring role for as long as they wish. In doing so, the Charter sets out what carers can expect from services, the type of support they can access and the opportunities for involvement in decisions affecting the people they care for.

Why Employer Support Matters

Support from an employer can help employees to effectively juggle work with caring responsibilities and achieve a healthier work/life balance.

There are several options for employers to consider how to support carers in the workplace. It is important to create a culture in which every employee understands that carers may be present within the organisation, and those who are caring feel able to talk about their responsibilities.

Sign up

If you are interested in signing up, visit our website:

<https://carersofdundee.org/workforce/carers-charter/>

If you would like more information, feel free to contact Gemma on 07467827420 or email gemma.stewart@dundecarerscentre.org.uk.

Food Train Malnutrition Advice Line



Many older adults in Scotland can struggle to eat enough to meet their nutritional needs. This can lead to malnutrition which can significantly affect their quality of life. Some common signs and symptoms of malnutrition include:

- Weight loss
- Recued energy
- Muscle weakness
- Getting sick more often
- Falls
- Poor appetite and feeling full quickly

The Malnutrition Advice Line is a free phone advice line managed by Eat Well Age Well (part of the Scottish charity Food Train). It is available to over 65s and those who work with/care for anyone over the age of 65 and can provide advice from trained staff around improving your diet and staying well-nourished.

Get in touch at 0800 13 88 220. The line is open Mondays, Wednesdays, and Thursdays 9am – 4pm.

Keep Well Checks

Dundee Keep Well Community Team are working to provide free health checks. These health checks are for anyone aged 18 years and over who has unpaid caring responsibilities. Taking on a caring role can impact on your own health and we know that carers often find it difficult to make time to focus on their health needs.

What does the health check involve?

It includes checking:

- Blood pressure
- Blood sugar/Diabetes Check
- Cholesterol
- Height, weight and BMI

There is also an opportunity to discuss wellbeing and social issues that may be impacting on your health, as well as lifestyle issues such as smoking, diet and alcohol. The results of the tests will be explained to you and support offered to prevent or reduce health risks. The nurse can also refer you on to other services for ongoing support if required.

How can I get a health check?

Arrange an appointment by contacting Dundee Carers Centre on 01382 200422. We have slots every Wednesday morning 9.30, 10.30 and 11.30am. If these slots don't suit, it may be possible to arrange other times to suit you.



Alzheimer Scotland - Carer Support Groups



Carer Support Groups offer advice, information, and support. Each block consists of 4 sessions and attendees, where possible are encouraged to attend all 4 sessions as each contains various material and information. Carers can self-refer as can organisations, support workers and healthcare professionals.

June Carer Support Group

Dementia Resource Centre, Morgan Street, Dundee, 2-3pm

- Monday 6th June
- Monday 13th June
- Monday 20th June
- Monday 27th June

Early On-set/Younger Persons Carer Support Group

Dementia Resource Centre, Morgan Street, Dundee

This group is for those supporting an individual with a diagnosis of dementia who is under 65 years of age. **This group will be rescheduled (originally planned for April/May 2022)**

For more information, please contact Jeni Sinclair, Dementia Advisor:

jenisinclair@alzscot.org / 07917 241024.



Groupwork

Bitesize

Social Security Benefits

- **Monday 23rd May, 2022, 2pm**
- **Online via Google Meet (friendly IT support is available if required)**

We will be joined by guest speaker Tamsin F. Olejnik who is the local Delivery Relationship Lead – Dundee City Social Security Scotland to discuss Social Security Benefits and answer any questions that people may have.

To book your place at the session, please get in touch with Tom Barclay by calling 07712 856092 or emailing thomas.barclay@dundecarerscentre.org.uk

Care Inspectorate – Unpaid Carer Inquiry

It is estimated that before the Covid-19 pandemic there were around 700,000 to 800,000 unpaid carers in Scotland. Recent polls suggest this may now have risen to over a million. Unpaid carers are a vital part of the health and social care system, however caring responsibilities affect many carers' mental and physical health. The Care Inspectorate is carrying out a national inquiry into adult unpaid carers experiences of social work and social care.

We will talk to unpaid carers directly about how social work and social care services support them to maintain or improve their quality of life and support their ability to continue to care. From this work we will learn lessons about how the future support of carers can be developed and improved. As part of the inquiry, our national unpaid carer survey is open until Friday 3 June. We are keen to hear from unpaid carers from all across Scotland. The survey covers all adults who care and need care but not children and young carers, and take no more than 15 minutes to complete. Visit www.smartsurvey.co.uk/s/Carer_Survey/

By completing the survey, you are contributing valuable insight into your experience of being an unpaid carer in Scotland. Your survey response will be completely anonymous and contribute towards the findings and learning that the inquiry will highlight. We intend to publish the inquiry report in August 2022.

Dundee Health & Social Care Partnership Survey - Tell us what you think



We want to hear views about what is important to you and the people you care for. The plan for Supporting Adults with a Learning Disability and Adults with a Learning Disability and Autism in Dundee is will be completed in August 2022. Members of the Engagement Group for the plan would like to visit your group to hear your views. We can do this on-line, or in person, if your group are already meeting. We have developed an on-line survey for people with a Learning Disability and people a Learning Disability and Autism in Dundee.

You can find it at www.bit.ly/TUWYTDundee

We expect that some people may need help to discuss this survey and we hope carers and the workforce will support and encourage people to share their views. A survey for stakeholders and carers is also available.

Please get in touch if you have any questions or want to invite us to your meeting. Email joyce.barclay@dundeecity.gov.uk If you are unable to get in touch by email you can phone Joyce Barclay on 07960389827 and leave a voice message.

Young Carers Easter Holiday Fun

Wow! Another school holidays has come and gone and we have had a fantastic time! We held six activities for young carers including, Young Carer Ambassadors, over the fortnight with over sixty young people taking part.

Young people enjoyed mountain biking, tried their hand at survival skills like bushcraft and archery, hit the (dry) slopes then tackled the heights of the climbing wall. An action-packed two weeks!



We would like to say a massive thank you to **Ancrum Outdoors Team, Forthill Sports Club** and **Scotkart Dundee** who helped us have such a wonderful two weeks! We can't wait to do it all again in the summer!

Need help with digital technologies?

We'll support you with new digital skills

When?

Tuesdays from 10am - 1pm

Where?

Anywhere! We can meet you face-to-face at Dundee Carers Centre, but if you'd prefer we can also chat over the phone or online.

How?

Just give us a call on 01382 200422 or email centre@dundeecarerscentre.org.uk

If there's something specific you want to find out about, just let us know when you get in touch.



Charity no. SC024115.



Charity no. SC003949

Carers Of Dundee Learning Portal

The Carers Of Dundee Learning Portal is a collection of e-modules, learning opportunities



and upcoming training events for carers as well as the workforce who support them. **Find out more at www.carersofdundee.org/learning**

Current opportunities include:

- Flexible Learning for School Leavers - help for young carers to gain skills, boost their CVs and get into work or education.
- Dundee Green Health Partnership - a range of outdoor and online activities to help you connect with others, improve your fitness and get into nature.
- Financial Capability Webinars - Webinars on a variety of topics to help you manage financially.
- Online Sessions for Bereaved Children - Child Bereavement UK offer regular online training sessions for people supporting bereaved children.
- Harm Reduction Training - Scottish Drugs Forum offer regular online training sessions on harm reduction and support for people who use drugs.
- Dementia Training - Regular online training sessions about Dementia Carers Rights, including the Carers Act, hospital discharge, power of attorney, self-directed support and welfare benefits.

Volunteering Opportunities with Dundee Carers Centre

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.

Community Carer Ambassadors

We are committed to providing information, advice and support locally – and in order to make sure we are reaching the right people in the right places we need your help! We're currently looking for individuals to get involved with us by becoming a Volunteer Community Carer Ambassador.

The role of the Community Ambassador is to work with Dundee Carers Centre staff to raise awareness of unpaid carers and the Dundee Carers Centre. You will help identify carers, assist staff in running support for carers in their locality, contribute to how the service is shaped and be a part of a team focused on trying to better Dundee for its carers. The role is varied, interesting and rewarding. If you know your community well and you think you could help us make sure we reach all the carers in your area, then get in touch.

How to get involved

These roles are voluntary and flexible to suit your life and time commitments. You can take on as much or as little as you would like. Whatever skills and experience you have to offer, you can help make a difference!

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



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 Connecting Carers Cafe (Mondays, 10am-12pm, St James Church, Broughty Ferry)
- West End - It's Time For You West End Carers (Mondays, 10.30am - 12.30pm at Blackness Library)
- Maryfield Connecting Carers Cafe (Tuesdays, 1-3pm, Location varies. Please get in touch for details)
- Lochee Connecting Carers Cafe (Wednesdays, 1-3pm, Menzieshill Community Centre)
- Strathmartine Connecting Carers Cafe (Wednesdays, 1-3pm, Ardler Complex)
- Coldside Connecting Carers Cafe (Thursdays, 1.30-2.30pm. Location varies. Please get in touch for details)
- East End and North East Connecting Carers Cafe (Fridays, 10am-12pm, Brooksbank Centre)

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

• Wednesday 29th June 2022

Nature Days Out! For Maryfield Carers

10am - 3pm. Departs from Dundee Carers Centre, 132 - 134 Seagate, Dundee. Cairngorms National Park with Judy Baxter

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

Please wear warm / waterproof clothes and suitable footwear and 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

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