



In This Issue

- News & Updates
- Groups & Support
- Stories Make a Difference
- Upcoming Events

NEWS & UPDATES

Autumn COVID-19 Booster

Personal Assistants are now eligible to book on for their Autumn COVID-19 booster and can book appointments through the national online portal at:

<https://vacs.nhs.scot/csp>



- Please do not attend clinics without an appointment - there is no drop-in available
- If you cannot attend your appointment, please cancel it in time to allow it to be rebooked for someone else
- Please bring your ID badge (if you have one)
- In order to ensure safe physical distancing, please do not attend at the clinic more than five minutes before your appointment time
- Please observe physical distancing and direction signage within the clinic
- Do not come for your vaccine if you are experiencing symptoms of flu or COVID-19, please follow the guidance for testing and isolation

If you are not a PA but think you may be eligible for a booster, please visit <https://www.nhsinform.scot/wintervaccines>

Carers Rights Day 2022

This Carers Rights Day, we want to empower carers with information and support, so they can feel confident asking for what they need.

We also want carers to know how to challenge things when their rights are not being met.

Each year, Carers Rights Day helps us:

- Ensure carers are aware of their rights
- Let carers know where to get help and support
- Raise awareness of the needs of carers

Dundee Carers Centre have two events for carers this year:

Carers Rights with Shubhanna from Coalition of Carers

Wednesday 23rd November, C Gate, Dundee Carers Centre,

Light refreshments from 5pm with session starting at 6pm.

To mark Carers Rights Day 2022, Shubhanna from The Coalition of Carers will be updating you on what rights unpaid carers have and how you can access this advice and support. There will be an opportunity for Q&A after the session.

This is an in-person event that will be held at the CGate, Dundee; but also giving people who cannot attend in person, the opportunity to join us online.

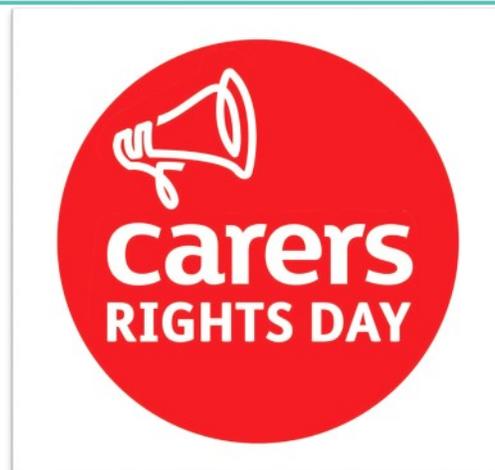
If you would like to join us either in person or online, please contact claire.monaghan@dundeecarerscentre.org.uk or call 01382 200422 to book your place, stating in person or online.

Carers Information drop-ins at Overgate Shopping Centre

Thursday 24th November, Overgate Shopping Centre, First Floor

(opposite Argos), 10am—4pm

Come along to the Overgate Shopping Centre where we will be joined by a number of organisations who can provide information and support, and find out more about your rights as a carer.



NHS Right Care, Right Place



To protect us and the NHS, it's important you know how to get the right care, in the right place.

Phone NHS 24 on 111 for urgent care

If you think you need to visit A&E but it's not life threatening, or are too ill to wait for your GP practice to open, you can phone NHS 24 on 111, day or night.

NHS 24 will help you get the right care in the right place, often closer to home and without the need to go to A&E. This may include a phone or video consultation.

Or, you can still contact your GP practice during opening hours.

If it's a life threatening emergency, you should phone 999 or go directly to A&E.

Minor Injuries Unit (MIU)

If you think you need to visit a MIU, you should call NHS 24 on 111. NHS 24 will direct you to the best care for your needs. A MIU can help if you:

- have a cut
- have a minor burn
- have a sprain or strain
- think you have broken or fractured a bone

Visiting a MIU can often be quicker than going to A&E.. Find your local MIU at www.nhsinform.scot/scotlands-service-directory/aes-and-minor-injuries-units

Community health care services

Community health care services include pharmacies, GP practices, dentists and optometrists (opticians).

Do:

- ✓ speak to your local pharmacy for advice about minor illnesses, treatments and medication
- ✓ contact your local optician if you have an eye problem
- ✓ use our self-help guides for everyday illnesses
- ✓ contact your GP practice, optician or dentist by phone or online first
- ✓ follow physical distancing measures if you're attending in person

Don't

- ✗ do not visit your GP practice, optician or dentist without an appointment
- ✗ do not arrive too early or too late for your appointment
- ✗ do not attend in person if you, or someone you live with, have symptoms of coronavirus

For more information visit www.nhsinform.scot/campaigns/right-care-right-place

Young Carers Subgroup Report

The Young Carers Subgroup four year action plan ended in 2022 and the group are pleased to highlight a report outlining our key achievements over the period of the plan for your information. During that time the group led on the implementation of the Carers (Scotland) Act 2016 and supported the development of the positive partnerships between Dundee Carers Centre, schools and other key partners – with young carers at the heart – which has seen such a significant increase in the numbers of young carers identified and supported in the City.

Despite these significant achievements the subgroup recognises that there are many areas of improvement and development required and so have developed an ambitious new multi-year action plan to ensure that young carers are identified and supported by all of our agencies and communities.

You can view the report at: <https://bit.ly/yc-subgroup-report>

Make a pledge

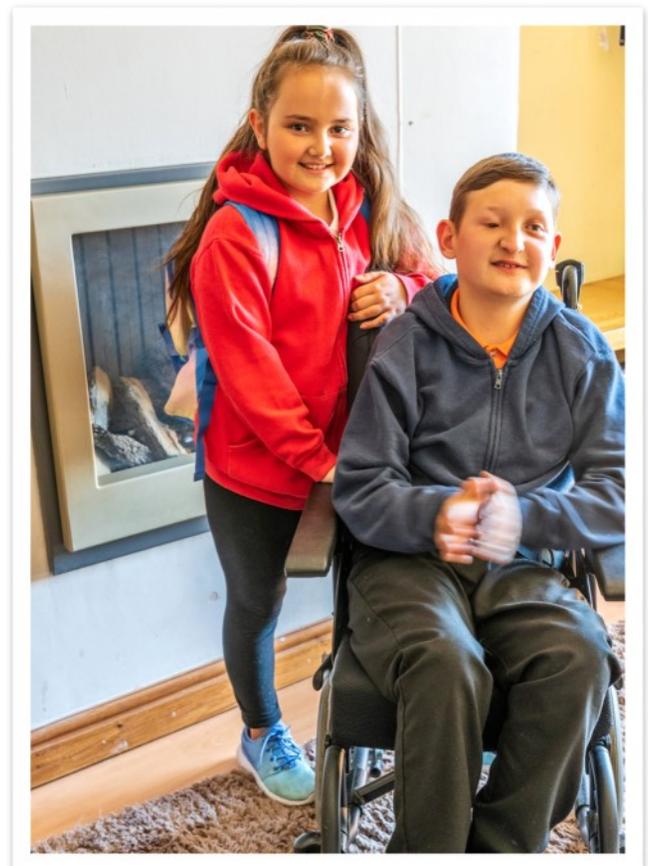
In 2022 40+ individuals made a pledge to young carers in the City. If you or your organisation can help support the subgroup achieve our aim that every young carer in the city is identified, and is able to receive the right information, advice or support from the right person at the right time, please get in touch with sarah.boath@dundecarerscentre.org.uk or fiona.low@dundeecity.gov.uk

Young Carers Action Day 2023

Save the Date - 15 March 2023

The theme for Young Carers Action Day 2023 is **Make Time for Young Carers**.

We will keep you up to date with our plans for YCAD 2023. Keep an eye on our social media channels and webpages.



Wishtree 2022

Gift a book to a Young Carer this Christmas

Thursday 10th November - Sunday 11th December



Due to the financial pressures of caring, young carers are less likely to receive gifts at Christmas. Books are a fantastic way for young carers to escape their caring role for a while.

Just pick a tag from the tree and buy a book suitable for the recipient, then hand to a member of staff.

Do you live in Linlathen or Stobswell West?

Do you support a family member or friend – or know somebody who does? Funding is available for projects or activities for carers in your community. We want to make sure the money is used for the things you know are important for your community. Dundee Carers Centre is pleased to be offering two Community Budget pilots on behalf of the Dundee Carers Partnership (sometimes known as Participatory Budgeting – PB) in Linlathen and Stobswell West.



Community/Participatory budgeting sees local people decide the priorities and final awards for some of the budget. The Carers Partnership has allocated £30,000 for each area to spend on improving carer quality of life. Any community group with a constitution, educational establishment, or registered charity will be able to make a bid during the process, which we hope to run from January – March 2023. During February and March, we will ask the community to vote to decide which projects are funded. Between now and Christmas, we're hoping to speak to as many local people and organisations as possible to design the process with us, so we can have a Carers Community Budget process that works for everyone.

If you, or anyone you know or work with, would be interested in getting involved, please share this information and encourage them to get in touch with Daisy. Call 01382 919285 / 07436 244666 or email daisy.field@dundecarerscentre.org.uk

Dundee Carers Charter



If you or any of your colleagues are juggling caring with paid work then you are not alone – 1 in 7 people in any UK workplace is a carer, and we know that managing that balancing act can have an impact on your wellbeing if you are not supported. Signing up to the Carers Charter can help support unpaid carers to continue in their working role.

Here are some of the recent businesses/organisations who have signed up to the Carers Charter:

-  **Shaper/Caper**
-  **Lead Scotland Dundee**
-  **Wellbeing Works**
-  **Dundee & Angus Chambers of Commerce**
-  **Peoplehood (Blackwood Homes & Care project)**
-  **Barnardos Works Tayside**

For more information go to, www.carersofdundee.org/workforce/carers-charter

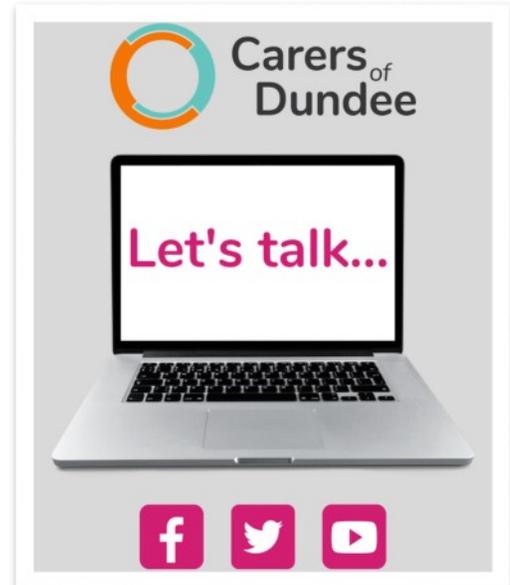
Our Virtual Hubs are now ... Let's Talk!

As we move to a “new normal” and many organisations across the city are returning to pre-covid services and opening hours, we thought now was the time to give the Carers of Dundee Virtual Hubs a rebrand.

“Let’s Talk” moves away from our original covid response to keep in contact with our followers while face-to-face services were unavailable while continuing to provide carers with information on services, latest strategic/policy developments, and help available to those affected by current issues.

Recent episodes have included; Self-directed Support, Dial-OP and Community Champions, Alzheimer Scotland and Women’s Wellbeing Club.

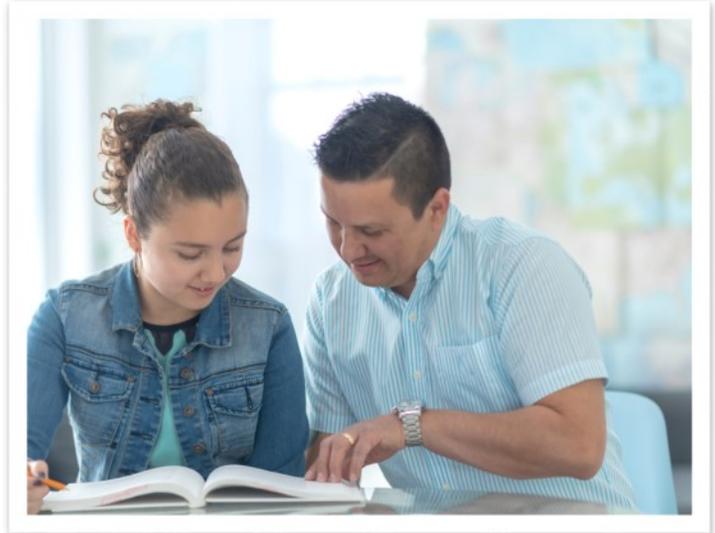
We are always looking for new topics and guests to interview. If you know of a topic, or are an organisation that would like to share your services with carers please get in touch by emailing communications@dundecarerscentre.org.uk



Dan's experience of Self-directed Support

Dan is a single parent who works full time and supports his 14-year-old daughter who has additional support needs and physical disabilities.

Previously the family were supported by a care agency but Dan found that they could not provide the complex care needed and would often, he felt, dictate their availability, rather than provide the flexible care that was needed.



Dan did not feel in control so chose to pursue Self-directed Support (SDS) in the hope that it would provide the choice and control over the care his daughter needs.

Four Agency staff transferred to support his daughter, who knew her well and two new Personal Assistants (PAs) were recruited, providing a staff of 6 PAs which is a challenge to manage and organise. Personal care is provided in the morning and evening and every second weekend carers move into the family home to provide a short break for Dan. On the one hand this provides a much-needed support but requires Dan to regularly move out of the family home. This leaves no time for routine maintenance or decoration which he finds frustrating.

Significant problems arose at the outset of moving to SDS and Dan becoming an employer; the very tight timescales the care agency put on their withdrawal, setting up a bank account, and paying the PA wages were all a challenge and stressful. Without an emergency payment of wages from the Social Work Department, the family's SDS journey would have ended before it began.

Despite it all, Dan's advice to anyone wishing to pursue SDS would be to "give it a shot ". Dan was very apprehensive initially, but things are now in a routine and working well. Dundee Carers Centre have been very helpful in keeping in touch.

(Individual names have been changed and images are illustrative only to maintain confidentiality)



GROUPS & SUPPORT

Faith in Community have collaborated with other support services across the city, to create an information leaflet aimed at providing help available to those that find themselves in a financial crisis. For more information visit

www.carersofdundee.org/news/crisis-money-advice

How to contact and access services

All of the services on this leaflet will provide free and confidential advice and support and will refer to other support services, including energy advice. The council advice services (Connect Team and Welfare Rights) use the same telephone number.

CT Connect Team

The Connect Team can help you with benefit, tax credit and money problems. We can help you to complete benefit claim forms and challenge decisions as well as identify what benefits you may be entitled to. We work alongside the Welfare Rights Team to ensure you can get help with longer term problems and at the moment can see you face to face to discuss issues, but only by appointment and where we cannot solve them over the telephone.

Tel: 01382 431188 (select option 2)
Mon-Fri 9.30am – 4.30pm

WR Welfare Rights

The Welfare Rights Team can help sort out a wide range of benefit, tax credit and debt problems.

We can identify what benefits you may be entitled to, assess the merits of your case if you want to challenge a decision, and represent you at an appeal tribunal if you have a case. We also offer a full debt counselling service.

Tel: 01382 431188 (select option 2)
Mon-Fri 9.30am – 4.30pm

CAB Citizens Advice Bureau

CAB give advice and assistance to help with a wide range of issues, including; benefits, debt, housing, and financial health checks through our Money Talks service. This helps to reduce outgoings, save money on essential spending, and maximize income, including making sure you're receiving any benefits to which you are entitled. We also provide energy advice appointments to assist with grants, discounts, meter issues, resolving disputes, and ensuring housing conditions are improved. Our EU Citizens Advice project can also offer help to EU and Swiss citizens to remain in the UK. We can provide support via phone, email, Zoom and face to face (by appointment)

Tel: 01382 214633
(if no answer, leave message with your contact number, you will usually be called back within 24hrs)
CAB, Central Library, Wellgate Centre

BC Brooksbank Centre

Brooksbank's Debt & Benefits Advice team can help you with a range of issues, incl. a benefit check and debt. Our appointments are currently being held at Brooksbank Centre (Midcraigie). Appointments are held between 9am and 5pm; however, if you're in work, and need an evening appointment (whether digital or in person) we can arrange this.

Where you need to attend your first appointment in person, and have no transport of your own, we may be able to book a return taxi for you and meet the cost. Please tell us when booking the appointment if you require us to arrange this for you. If your child/children are attending, let us know and we can provide a tablet at the appointment pre-loaded with educational games.

Tel: 01382 432450
Mon to Fri 9.00am to 5.00pm
Brooksbank Centre, Pitairlie Rd, Mid Craigie Rd

Other Support

Energy Advice

Dundee Energy Efficiency Advice Project

DEEAP provides advice on fuel tariffs, how to reduce bills, energy efficiency measures, benefit checks, advocacy work resolving debts with energy suppliers, and other advice and referral work.

Scarf (Home Energy Scotland)

Scarf delivers the Home Energy Scotland (HES) service, which offers free and impartial advice on a variety of energy saving matters, including help with accessing financial assistance, lowering fuel bills, and making your home more energy efficient.

DEEAP Tel: 01382 434840

Scarf (HES) Tel: 0808 808 2282

Shelter Scotland's Dundee Hub

We provide free, specialist advice on a wide range of housing issues including homelessness, rent and mortgage arrears, evictions, repairs, landlords/tenants disputes and housing benefit. We provide personal support to people over the phone and for fast advice you can use our online chat: www.shelterscotland.org/getadvice

For step-by-step guides to common housing problems or to find out what your rights are, visit;

www.shelterscotland.org/Dundee

Tel Helpline (national, not based in Dundee):

0808 800 4444 (Mon-Fri 9am-5pm)

Funeral Link

We are here to help the bereaved save money on all things funeral. If you are planning a funeral and struggling to meet the costs, our friendly team provide one-to-one support and independent advice. Tel: 01382 458800 [f /funeralinkdundee](https://www.facebook.com/funeralinkdundee)

Breathing Space

We are a free, confidential, phone service for anyone in Scotland experiencing low mood, depression or anxiety

Tel: 0800 83 85 87 (free)

Weekdays:

Mon - Thur 6pm - 2am

Weekend:

Fri 6pm - Mon 6am

What
Do I Do
If...?

£

I have debt

I suddenly have no money

£

My money doesn't stretch far enough

£

I'm waiting on a payment

Free &
Confidential

Crisis Money Advice

i

About this leaflet

£

Crisis Money Advice

No one should be left in a crisis or without enough money to feed their families. This leaflet has been designed to support someone through a financial crisis to help identify the options available to them and who can help.

Designed by Faith in Community Dundee and A Menu for Change with many thanks to everyone who contributed to its development, particularly Dundee Carers Centre, members of the Financial Inclusion Strategy Group and the DDI network.



For more information and resources provided by Faith in Community visit www.faithincommunitydundee.org/resources

Stepping Stones Drop In Cafe

What's next
for me?

Gardening

Support

Volunteer

Sports

- Free soup & bread & a friendly chat
- Helping people join community groups & organisations
- Supporting people to maintain positive life changes
- Welcoming new people into the local area
- Recovery-friendly approach towards support

Mondays 12.30pm-2.30pm

Maxwell Centre, Carnegie St, Dundee

Soup and hot drinks provided.

For more details contact Jennifer on 07342080566

Dundee City Council's Kinship Care Team

We are a new team within Dundee City Council as from May 2022. Our role is to assess and support kinship carers (family or friends who have the full-time care of a child), particularly kinship carers who are looking after a child who is or has been in the care of Dundee City Council. We can be contacted by any kinship carer looking for help and advice. We send out regular newsletters with what we hope is useful information for kinship carers. We also have a kinship carer support group who meet on a Thursday morning at Arthurstone library 9:30am to 11:00am.

This is a group where you can pop in to get some advice from a worker or just have a coffee and chat with other kinship carers. No appointment needed and you will receive a very friendly welcome from the workers and other people at the group!

To contact us: kinshipcare@dundeecity.gov.uk or (01382) 433646.

Ready Steady Work



Penumbra Dundee's Carers Support team can offer you practical and emotional support if you support someone with a mental health issue. Our support is offered on a one-to-one basis for a fixed period of time. There are also opportunities to participate in group workshops and other activities. Our team will work with you using recovery tools to discover what matters to you, to develop skills and strategies to help you maintain good wellbeing, and to connect into meaningful community resources. Many of team members have lived experience of recovery in mental health and bring their own insight to support you on your journey.

If you are anxious or worried about moving into employment, further education or a volunteer opportunity, why not ask about our **Ready Steady Work** programme which will explore how work is good for our mental health and recovery. We will look at what keeps us mentally well in the workplace and what does not. We will find ways to overcome the challenges of entering and staying in work and consider our work options.

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



DUNDEE

Dementia Resource Centre
9 Morgan Street, Dundee, DD4 6QE

Day Sessions: Wednesday, Thursday & Friday
Taster sessions and day session spaces available

- November 9th – Christmas Advent Calendars
- November 16th – Christmas Laser Cut Shapes
- November 23rd – Making a Calendar
- November 30th – Christmas Decorations
- December 7th – Christmas Sing-A-Longs
- December 14th – Christmas Cards
- December 21st – Christmas Film Week



— Making sure nobody faces dementia alone.

For further information contact:

Carol Houston on 01382 210200 or email chouston@alzscot.org or
Patty Stockman on 01382 210200 or email pstockman@alzscot.org

Making a real
difference every day

UPCOMING EVENTS

- **Practical Understanding of Autism – for Parents & Carers**

Tuesday 8th November, 6.30pm - 8.30pm, ONLINE WORKSHOP

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. The session will provide information and theory into the diagnosis and how this can be applied to your Young Person.

As this is a 3-part workshop please make sure that you can attend all 3 dates before signing up. The workshop dates are 8th, 15th and 22nd November.

To book your place visit:

<https://www.eventbrite.co.uk/e/practical-understanding-of-autism-funded-by-dundee-city-council-tickets-314483056287?aff=ebsoporgprofile>

- **Carers Parliament 2022**

Wednesday 9th November, 10.30am - 3pm

Dynamic Earth, Holyrood Rd, Edinburgh EH8 8AS (opportunity to join virtually)

Carers Scotland will be hosting their first hybrid Carers Parliament at Dynamic Earth in Edinburgh.

This will be a smaller physical event than previous Carers Parliaments to enable greater space and COVID precautions. The event will be chaired by Annie Gunnar Logan and speakers and a Q & A panel which will include the Minister for Mental Wellbeing and Social Care, Kevin Stewart MSPs, carers and young carers and carers services.

On the day they will also host in-person workshops on key strategies affecting carers – the Carers Strategy, Right to a Break from Caring, Dementia Strategy and Scottish Carer's Assistance: next steps. These will also be offered virtually to ensure that any carers who wish to be involved can take part.

For more information visit www.carersofdundee.org/events/carers-parliament-2022/

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