



Carers  
of  
Dundee

NEWS

Spring 2024

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## NEWS & UPDATES

### National Youth Work Awards – Participation & Youth Voice

On behalf of Young Carers Voice and Young Carer Ambassadors, we are delighted to hear that Young Carers Voice has been selected as a finalist for the National Youthlink Awards.

This is a fantastic achievement and a testament to the hard work and dedication of Young Carers Voice and Ambassadors, who are supported by Dundee Carers Centre. We look forward to celebrating with other finalists and excited to find out the results!

Young Carers Voice is entirely driven by young carers aged 14-to-18, giving them the platform to advocate for themselves and their peers.

Their initiatives, decisions, and actions are all youth-led, ensuring that the voices of young carers are to the forefront.

*“YCV isn’t just a support group; it’s a safe space where young carers can express themselves freely, talk about their worries, and seek guidance without fear of judgment. Through shared experiences and mutual support, they create a sense of belonging and camaraderie among young carers, making them feel valued, heard, and understood.”* -

**Helen Reid - Team Manager (Carers Support)**

As one young person explained: *“The staff (at Dundee Carers Centre) will always take each issue seriously, and I’ve never felt anxious talking to them. The group has done a whole load of good, from spreading awareness, to fighting for our rights, I am honoured to be a part of that.”* **Keep following our website and social media platforms for further announcements.**



## SAMH - Achieving Active Lives

# SAMH

Achieving Active Lives is a 16-week programme, funded by Movember, which is designed primarily to help men aged 18 and over live a more active lifestyle and better manage their overall health. Through tailored sessions, SAMH practitioners will work with you on a one-to-one basis to help you achieve your goals, build a routine and support your mental health. We are here to support you if you are currently inactive and experiencing mild to moderate mental health problems. Some examples include having difficulty with things like:

- Low mood
- Anxiety
- Low self-esteem and/or confidence
- Managing emotions
- Diet/nutrition
- Navigating changes
- Maintaining healthy habits
- Sleep issues and fatigue
- Low motivation and/or focus
- Stressors at home and/or at work

Achieving Active Lives is not intended to be a crisis service. If you need to speak to someone urgently, please seek support here or contact your GP.

Our sessions will focus on building your motivation, confidence and resilience to help you feel ready to start living a more active lifestyle. If you would like more information, please contact us at [AALDundee@samh.org.uk](mailto:AALDundee@samh.org.uk)

## Dundee Carers Centre Launches New Strategy

We are thrilled to announce the launch of the Dundee Carers Centre Strategy 2024-28.

Our new strategy sets out an ambitious future for our charity, as we build on our existing strengths as a launchpad for confronting challenges and exploring new opportunities.

**Neil Campbell, Chief Executive Office of Dundee Carers Centre said:**

*"I'm delighted to launch and share Dundee Carers Centre new strategy for 2024-2028. Unpaid carers of all ages, disabled people and their families will remain at the heart of everything we do."*

Visit <https://dundeecarerscentre.org.uk/cms/uploads/dundee-carers-centre-strategy-2024-2028-web.pdf> to read the Strategy.

If you would like a copy of the strategy to be mailed to you, please call 01382 200422 or email [centre@dundeecarerscentre.org.uk](mailto:centre@dundeecarerscentre.org.uk)



## Unpaid Carers Leave

### Employment Rights Extended to Unpaid Carers

Workers with unpaid caring responsibilities are now entitled to take up to five days unpaid leave.

Carers Scotland says this milestone enshrining the right to a week's unpaid leave marks a vital step forward in employment rights, highlighting the importance of support for those juggling caring responsibilities.



Employees are entitled to unpaid leave to give or arrange care for a 'dependant' who has:

- a physical or mental illness or injury that means they're expected to need care for more than 3 months
- a disability (as defined in the Equality Act 2010)
- care needs because of their old age

The dependant does not have to be a family member. It can be anyone who relies on them for care.

Employees are entitled to carer's leave from their first day of work for their employer. Their employment rights (like holidays and returning to their job) are protected during carer's leave.

### How long employees can take

Employees can take up to one week of leave every 12 months. A 'week' means the length of time they usually work over 7 days. For example, if someone usually works 3 days a week, they can take 3 days of carer's leave. They can either take a whole week off or take individual days or half days throughout the year.

If an employee needs to care for more than one person, they cannot take a week of carer's leave for each dependant. They can only take one week every 12 months. They can use the week of leave on more than one dependant.

For more information please visit <https://www.gov.uk/carers-leave>

## NHS Inform - Waiting Well

NHS Inform have launched a new webpage created to support people who may be waiting to see a healthcare specialist or to get health and social care services.

It may seem strange to say you could be 'waiting well' as you may not be feeling your best. You may also be unsure what to do while you wait. But, it's really important to use this time to support your health and wellbeing.

You can access the Hub and find out more at: <https://www.nhsinform.scot/waiting-well/>



## Alzheimer Scotland Carer Coffee & Catch up

The Carer Coffee & Catch up is for carers supporting an individual with a dementia diagnosis or going through the process of a Dementia diagnosis. Carers can be spouses, partners, family, friends or other carers.

It is an opportunity to meet with other carers in a similar situation for cuppa, chat and to come together to access information and support.

This is a drop-in, so feel free to pop in between 10:30 and 12noon.

**Where:** Alzheimer Scotland Dementia Resource Centre, Morgan Street, Dundee. DD4 6QE (on-site Car Park available - accessible via Baldovan Terrace)

**When:** Monday – 27th May, Monday 10th June & Monday 24th June. You can drop in any time between **10.30am – 12.00noon.** **Contact:** Jeni Sinclair (Dementia Advisor)- [JeniSinclair@alzscot.org](mailto:JeniSinclair@alzscot.org), Tel: 07917 241024



## Penumbra Wellbeing Workshops

What's Happening at Penumbra - Well-being Workshops



We offer the opportunity for a group of like-minded people to come together who have a shared experience of mental health to share knowledge, experience and to explore tips, tools and practical steps that can assist in maintaining wellbeing. You can attend all workshops or just the ones that interest you. Workshops are FREE, last 2 – 2.5 hrs, are relaxed, informative, and fun, with a maximum of 8 attendees.

### Topics, Venues, Dates & Times

TOPIC	VENUE	DATE	TIME
Assertiveness	9 Tay Square, Dundee	Wed 29 May	10am - 12pm
Anxiety	9 Tay Square, Dundee	Wed 5 June	10am - 12pm
Goals Setting 1	9 Tay Square, Dundee	Tue 13 Jun	10am - 12pm
Goals Setting 2	9 Tay Square, Dundee	Tue 20 Jun	10am - 12pm
Loss & Bereavement	9 Tay Square, Dundee	Wed 26 Jun	6pm – 8 pm
Self-Care	9 Tay Square, Dundee	Thu 27 Jun	10am - 12pm
Goals Setting 3	9 Tay Square, Dundee	Thu 11 Jul	10am - 12pm

If you would like to come along or wish more information, please make contact via: E-mail [dundee.powwows@penumbra.org.uk](mailto:dundee.powwows@penumbra.org.uk), Call or text Anne: 07717 618 722 or Louise: 07717 541 969.

## Self-directed Support and Continuous Improvement 2024



In 2023 we ran 5 Continuous Improvement Groups; three in Angus, and two in Dundee. These were aimed at gaining the views of people who have used SDS and, in particular, finding out their thoughts and feelings on how the centre and centre staff have supported them in their SDS journey, and how this may be improved.

45 people were invited to take part, with 16 attending. Not only did we capture a wide range of feedback, which was hugely helpful to our team]# and the Centre as a whole, but we also learned a great deal about the barriers that people face when becoming employers, and the day to day difficulties and challenges they face, which are often part of providing social care support to loved ones. Surprisingly, we also learned that the majority of our Dundee attendees had never heard of the Carers of Dundee Newsletter, which we quickly rectified!

In the year ahead we hope to run four SDS Continuous Improvement Groups, with two planned for Dundee. This year we are broadening the aim of our groups and not only want to hear from recent current employers, but people who decided not to pursue SDS and why this may be the case? Seeking the views of the individuals and families who use, or have used, the services of Dundee Carers Centre has always been at the heart of what we do, and this will continue both now and in the future. Your views really do matter. and your thoughts and opinions do make a difference.

If you would be interested in hearing more, please do get in touch- we would be delighted to hear from you. Please contact Dave Anderson or Janet Rodger: [dave.anderson@dundeecarerscentre.org.uk](mailto:dave.anderson@dundeecarerscentre.org.uk), [janet.rodger@dundeecarerscentre.org.uk](mailto:janet.rodger@dundeecarerscentre.org.uk)

Below maps out the various stages a carer may go through in their journey to receiving SDS. We would love to hear your thoughts and do hope if commitments allow, you are able to join us.



## Carer survey about experiences with Scottish Ambulance Service

The Scottish Ambulance Service (SAS) is working in partnership with Macmillan Cancer Support to improve the quality of care delivered by SAS to people with palliative care needs or reaching the end of their lives, regardless of their diagnosis. This includes managing

people in their own homes, where appropriate, and involves the development of different pathways working with many teams in Health and Social Care and Third Sector.

To incorporate the views of people with palliative care needs and their carers to inform this work, we invite carers to complete this survey. The short survey is designed to understand carers experiences when phoning an ambulance for those people who have a life shortening condition, terminal illness or approaching the end of life.

The survey can be accessed at: the QR code below. You can also access the survey from <https://carersofdundee.org/news/scottish-ambulance-service-survey-for-carers/>



**Scottish Ambulance Service**  
*Taking Care to the Patient*

## Self-directed Support Service Receives Funding from Inspiring Scotland

Dundee Carers Centre's Self-Directed Support Team (SDS) have received 3 year funding through Inspiring Scotland's 'Support in the Right Direction' (SiRD) fund to provide independent support, advice and information to people using social care and their carers. The funding started on 1 April 2024, and Self-Directed Support Team (SDS) will receive a share of up to £9.2million funding from Scottish government across 3 years.



***"We are delighted to receive this funding from the Scottish Government through Inspiring Scotland. This will allow us to continue supporting people to make informed choices about their social care support and how it is delivered."*** Morag Duncan,, Independent Living Services, Team Manager

## NEW Carer Involvement Page Now Live

Carer Involvement is about finding ways to listen to and hear from carers. It includes supporting carers to engage with the workforce and volunteers who work in the areas that affect the carer and the person they care for.



Carers can be involved at a number of different levels from assessing their own needs for support, or giving information or views about the person they support; as well as contributing their views to Services, Service Planning and Strategic Planning. (Strategic Planning Processes set the direction of organisations such as Dundee Carers Partnership and identify future plans and make decisions about funding the plans.) Caring involvement can look and feel very different depending on the person and the goal(s) they want to achieve.

### Why get involved?

Carer involvement is a key part of shaping our services and is within a carer's right to be able to have conversations and be involved in decision making which in turn effects their lives and the lives of the people they care for. Involvement in your community is a tool for change!

### Visit the Carer Involvement page where you can:

- Request carer involvement to shape service delivery or projects
- Find news, updates and for involvement
- Check out Carer Involvement Events
- View the Draft Carers Involvement Framework 2024 (Dundee Carers Partnership)

Visit <https://carersofdundee.org/carers-involvement/>

## Carers Week 2024 - 10-16 June 2024

### Putting Carers on the Map

Carers Week 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.



This year the theme is '**Putting Carers on the Map**' highlighting the invaluable contributions of carers across the UK and ensuring their voices are heard loud and clear. Together we want to help increase the visibility of the carers among politicians, employers and throughout our communities. And by raising awareness we hope they will better recognise the challenges unpaid carers face and help them access the support they deserve.

**Keep an eye on our social media channels and website for more updates!**



# Kiltwalk Dundee 2024

Sunday August 11th

## Walk for Dundee Carers Centre

Do you want to raise money for a local charity?  
Have you registered for the Kiltwalk 2024?

#BecauseWeCare



## PLANT SALE - PART OF THE DUNDEE CARERS CENTRE BECAUSE WE CARE FUNDRAISING CAMPAIGN

Saturday 1st June 2024, 11am - 1pm, CGate, 132-134 Seagate, Dundee, DD1 2HB

- Variety of indoor and outdoor plants
- All funds raised go to Dundee Carers Centre to continue to support unpaid carers

To find out more or if you have plants you would like to donate, please email: [Libby.McAinsh@dundeecarerscentre.org.uk](mailto:Libby.McAinsh@dundeecarerscentre.org.uk)



You can find Carers Of Dundee online at [www.carersofdundee.org](http://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](mailto:support@carersofdundee.org)