



Dundee Carers news



Launch of Young Carers Policy – see page 5 for more details.

WHAT'S INSIDE

Welcome to the Spring Edition of Dundee Carers News!

Update from Lucinda on Centre activities and what's to come.

Page 2

Carers Week 2017

Takes place from Monday 12 to Sunday 18 June 2017.

Page 3

Twin Peaks Challenge

Get your walking boots on 11th June.

Photography Group

Exhibition - Butterflies & Flowers.

Page 4

Pampering Day

Thank you for your support.

Page 5 & 6

Focus on Young Carers

Young Carers Policy, Group Activities.

Youth Scotland's

Big Skills Weekend

Addressing the needs of those working with young people.

Page 7

Get Involved

Carers Blethers.
Members.
Carer Interest Network.

Page 8

Team Changes

Welcome to the centre.

Because We Care



Welcome

from

Lucinda Godfrey CEO



It's great to see the start of the better weather and brighter nights and as always lots of things have been going on at the Centre. It is almost that time of year when we celebrate National Carers Week and this year is about building 'carer – friendly communities' so as well as all of our other activity, there will be a number of additional things happening to continue to raise awareness of the role of carers in Dundee's communities. We have also begun doing some work in the specific communities of Coldside and Strathmartine and there are opportunities for you to go along and find out more about the work if you live in these areas.

You will read about the changes to pampering day which has been a key feature of Carers Week for a number of years and you have told us that there is

a better way to do this as you will see on page 4. It's so important to us and to me as CEO that we continue to listen and design services with you and on page 7 there are a number of ways that you will be able to get involved.

This will be a busy year for preparation for the Carers (Scotland) Act 2016 which will come into effect from the 1 April 2018. We are working with you and our partners in other organisations to make sure that we get it right and there will be a number of opportunities for you to help us with that.

Finally I want to acknowledge and thank the group of young carers who have been working with the schools to review the Young Carers Policy, fantastic piece of work, well done.

Carers Week 2017



Carers Week takes place from Monday 12 to Sunday 18 June 2017, and the theme of the week is how to build 'carer-friendly communities'. During the week, Dundee Carers Centre will be holding a number of events.

You'll find out more in due course, but in the meantime please mark the dates in your diary and keep your eyes peeled for further information.

For more information please visit <http://www.carersweek.org/>

Twin Peaks Challenge 10th & 11th June 2017



Get your walking boots on!

Fancy joining us in a walk to raise funds for young carers in Dundee?

We, along with the Rotary Club of Claverhouse, are taking part in a "Twin Peaks" challenge.

Experienced walkers from the Rotary Club are taking on two munros in one day on Saturday 10th June followed by an 18 mile walk the



following day! We're looking for people to join us on day 2, Sunday 11th June, for the walk.

You can choose to do the whole 18 miles, join us at the halfway point or do a less challenging 2 miles. The walk will finish in Camperdown Park with a celebration to kick off Carers Week.

If you'd like to join us, please email Jen Moir: jen.moir@dundeecarerscentre.org.uk

CARERS INFO EVENT

Do you look after a family member or friend?

Come along and find out about support and services from across the city that could help you in your caring role.

Drop in event - no need to book

Organised by



Wed 14th June 2017

1pm - 5pm, C Gate

132 - 134 Seagate

Dundee, DD1 2HB

Charity no. SC024115
Company no. SC160754

Photography Group

Exhibition - Butterflies & Flowers

This exhibition is a collaboration between the carers from the Snap Happy photography group and the carers from the Arts & Crafts group.

The photography group meets at 10.30am on the second Thursday of each month and is a mix of trips out as a group to take photographs and staying in at the centre to hear a talk and presentation from more experienced photographers.

The arts and crafts group meets weekly on Wednesday afternoons from 2pm to 4pm and is



an informal group, learning techniques such as quilling, which is displayed in the exhibition.

New members are welcome to both groups.

For any further details, please call indigo on 01382 200422.

Pampering Day

We would like to thank all of you who took the time to respond to our evaluation of Carers Pampering Day, your views are important to us and help us to ensure that the activities which we support, are meeting your needs. Pampering Day has been running for nineteen years and has been challenging to manage as it has grown.

Traditionally the day consists of 'taster' appointments for complimentary therapies and lunch, offered during Carers Week in June at a subsidised cost. The outcomes of this event were to promote the importance of short breaks for carers, whilst providing carers with the opportunity to sample therapies.

With the evolution of the Short Breaks service and the development of brokerage and Respite the range of personalised opportunities that carers are now able to access is diverse and not solely limited to opportunities like Pampering Day.

We invited carers responses as part of an evaluation of the event – some of you provided a written response and some of you came along to an information session in December to discuss how we could improve and meet the range of needs of carers. An evaluation of the event with carers highlighted a number of areas for consideration going forward.

From these sessions a small working group was formed of carers and staff and they have been working together to develop an event which meets the needs of those new to their caring role and to the Centre/Short Breaks services.

It will be hosted here in the downstairs area of the C Gate on 22 May from 10am - 2pm.

- There will be 30 places allocated.
- The aim is to provide taster activities which suit a range of interests, with a pop up café and some info on the wider range of support available through the centre.
- Buddies in the form of former carers will be on hand with a small staff compliment to support people on the day.
- A light lunch and refreshments will be provided.

We will continue to work with the focus group to gather feedback from attendees, consider how the event has met identified needs and then consider future activity.

Any questions – please do not hesitate to contact me.

Kindest Regards,

Meg Marr
Team Manager (Independent Living Services)

Focus on Young Carers

It's been a busy time for young carers and their families at Dundee Carers Centre.

Young Carers Policy & Carers Week

A group of young carers, Young Carers Voice, have been working since September 2016 with managers from Dundee City Council's Children & Families Service to review the Young Carers Policy. This policy was formally launched at the head teachers' meeting on 29th March.



Ryan Laird from Braeview Academy with members of Young Carers Voice

Young Carers Voice will continue to be involved with the Children & Families Service in implementing the policy which sees a member of staff in every primary and secondary school in Dundee identified as a Young Carer Co-ordinator. Dundee Carers Centre will work closely with the Young Carer Co-ordinators to ensure young carers are identified and receive appropriate support.

As part of the rollout of the Young Carers Policy in schools there will be a poster competition for primary school aged children. The winners of the competition will be announced on Thursday 15th June during Carers Week.

Young Carers Voice are hosting an event on 15th June for all the Young Carer Co-ordinators, to enable them to meet young carers, Dundee Carers Centre staff and talk about how we can best support young carers in Dundee.

If you are a young carer and you would like to get involved in young carers voice, Contact Jenny on **01382 200422** or email – jenny.christie@dundeecarerscentre.org.uk

Groups & Activities

We have been working with young carers, their families and our volunteers to determine how best to support young carers through group activities.

Since Christmas we have been providing focussed groups for young carers of different ages, which have been devised to meet the specific needs and interests of the young carers and families we are currently supporting. As well as being fun, these activities have built the skills and confidence of young carers as well as giving them opportunities to participate in accreditation and the development of the project.

Groups which have run this session include:

Young Carers Fundraising Group – young carers are developing fundraising ideas and activities. They recently participated in a presentation at Claverhouse Rotary.

Gym Group – Working with Leisure & Culture Dundee, we offered young carers the opportunity to participate in a supported gym induction.

Young Carers Can Cook – working with volunteers who received training from Dundee Carers Centre & DHLI, young people learnt cooking and budgeting skills.

Seasons for Growth – a nationally accredited programme for young people affected by grief, transition or loss.

Family Group – a group for parents and carers of young carers. The group meets regularly and develops their own programme which has included cooking, peer support and parenting tips and skills.

Holiday Activities

During the Easter Holidays we ran a Photo Challenge for young people in Dundee City Centre.



Residential

15 young carers participated in our Easter Residential at Abernethy Ardeonaig, on Loch Tay near Killin. Young people participated in a range of activities including Raft Building, Hill Walking, Crate Climbing and Bushcraft skills.



The young people all receive a Dynamic Youth Award for taking part in the residential.

We asked Young carers what they liked about the residential, one carer said "I take back what I said about this trip being boring. It's fun because you aren't strict with the rules and you get to have fun with your friends. When asked what they enjoyed about the day, one young carer said "doing the dam, and the hot chocolate. Because I was having a good time I didn't feel embarrassed at falling in the water."



Another young carer said "one of my favourite parts was getting to climb the hill and getting to do puzzles and spending time with my friends".

Youth Scotland's Big Skills Weekend



Morgan and Katriona attended the Youth Scotland's Big Skills Weekend with 5 volunteers. Really informative and great fun had by all. #youthworkchangeslives

The Big Skills Weekend has been designed to address the needs of those working with young people. This event offered youth workers/leaders the opportunity to undertake quality training, develop new skills and share their experiences with other people delivering grass roots youth work. With 21 workshops there was something available for everyone!

The story so far

Dundee Carers Centre is committed to supporting carers in their communities and we would like to work with you to identify how we can best support carers in Coldside and Strathmartine.



We have been working with carers and local groups in the area to share stories and experiences of being a carer in these two areas.

If you'd like to hear these stories and find out more about how you can get involved in shaping support for carers in your community please come along to:

Kirkton Community Centre, Thursday 18th May, or The Learning Place, 235-237 Hilltown, Thursday 25th May, from 3.30 to 5.45pm Please confirm if you would like to attend and any dietary requirements to:

Sarah.Clark@dundeecarerscentre.org.uk or **01382 200422**.

Get Involved

Carers Blethers

The Centre has been spending some time thinking about how we can have a better understanding of what works and what needs to be better for carers and their families. Carers Voice, who will be hosting the sessions, undertook a survey about how people would like to be involved and we found that a Saturday for carers worked best. We also now have a new Involvement Worker, Jenny Christie who has lots of experience working with communities and is very excited about her new role!

These sessions are for any adult carer in Dundee and you don't have to be using the services at the Centre to come along. **Carers Blethers** will be launched during National Carers Week on 17 June from 11.30am finishing around 2pm. It will be at the C Gate and we really hope that as many carers as possible can come along.

You don't need to book for the session and a light lunch will be provided. If you would like to ask any questions about it before then, please contact **jenny.christie@dundeecarerscentre.org.uk** or on **01382 200422**.

Members

At the Centre's AGM last September there was a workshop held looking at how we could involve all those who are associated with the Centre in our decision making processes and policy developments. The responses we received were very positive and helpful and a number of folk indicated that they would be keen to take the discussion further.

A follow-up meeting was held at the Centre to look at these issues further and we will be writing to members to progress our discussions and identify future actions.

Carer Interest Network

The Centre has been co-ordinating a Carer Interest Network which is a means of working together more effectively and proactively in meeting the needs of carers. The Network is open to staff/volunteers from all organisations providing generic and targeted support to unpaid carers across Dundee.

The next gathering will focus on the Carers (Scotland) Act 2016 as we come into the implementation year and will be an opportunity for you to hear about the progress to date and how you can get involved to shape developments.

To book a place or for more information please call Megan on 01382 200422 or email: megan.clark@dundeecarerscentre.org.uk



Happy Retirement to our lovely June Whale.

June has worked at the centre for almost 11 years. June you will be missed terribly - especially your statements - known as "Juneisums"!

We hope you have a fantastic retirement doing all those things you have planned and spending time with your family.

Love everyone at Dundee Carers Centre x



New Staff – Please welcome



Kieran Drugan
Localities Development Worker
(Young Adult Carers)

Joining Maxine, Sharon & Gary in the localities team in Strathmartine & Coldsides.



Jenny Christie
Involvement Worker

Jenny will be working with carers of all ages, supporting you to get involved in decision making in Dundee.



Megan Clark
Development Officer

Megan's role is to support the Carers Partnership in the implementation of the new Carers Act.



Catherine Harris
Self-directed Support Broker –
Angus

Catherine will be working with carers and disabled people in Angus who are directing their own support.

WHAT'S ON Guide

Dundee Carers Centre runs a number of events, training and group activities for unpaid carers and disabled people who access the centre. If you would like a copy please speak to your support work or download from our website.

MAKING DONATIONS

Our services are free, but carers often ask how they can make donations. If you would like to make a donation, please send cheques made payable to DCICA, or go to justgiving.com/DCICA/donate.

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