Welcome to the Summer Edition of the Dundee Carers News!
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Because We Care
Welcome from Lucinda Godfrey CEO

The main news I have to share with you is that Tim, our Deputy CEO is moving on and pursuing a new career path which he will tell you all about inside. I wanted to take the opportunity to thank Tim on behalf of all the staff, volunteers and the Board of Trustees and of course recognise all he has done at the Centre to ensure carers, disabled people and their families have had access to the support that they need. After eleven years at the Centre, Tim will be missed and we wish him all the best in his future adventures.

Carers week was particularly busy this year with lots of activities and events including an igloo in the city centre, Celebration of Achievement Event and of course Pampering Day. We also received lots of positive publicity from a Piece of work carried out by the group. The exhibition will be on display from 12.30pm - 4.30pm in Seagate House.

Our Arts & Craft and Snap Happy Photography Group have come together to showcase a variety of work carried out by carers and volunteers. The exhibition will be on display from Monday 8th August in the main area of C Gate.

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Included in this edition are our plans for a fundraising week to continue to raise funds for the Centre. It includes a range of activities including an abseil, coffee morning and grand prix event! We really appreciate all of the fundraising efforts that people make to support the Centre and it all helps to enable us to continue to provide services.

Finally, another thank you to our Treasurer Scott Williamson, who a number of you will have met at AGM’s over the years. Scott is stepping down from the Board after over fourteen years. Scott has very much been ‘the voice of reason’ on the Board and his contribution has been crucial in overseeing the finances of the organisation.

Save the date for the AGM in your diary on the 13th of September as we would like to see as many of you there as possible. Following a significant period of review at the Centre and lots of conversations with you on the Centre’s future direction this is an opportunity to see what that will look like moving forward. It will as always be an opportunity to hear from carers themselves and a chance to see the full range of activity that has taken place at the Centre over the year. Our Convenor, Fraser, will also be leading a discussion on what it means to be a member of the organisation as we review the Centre’s governing document so lots of reasons to come along!

Help us raise £5000 to support our work with carers in Dundee.
**Which Benefit?**

A guide to benefits and services

Dundee Carers Centre’s Welfare Rights team have produced a leaflet containing information on benefits and services that carers and disabled people could be entitled to, enabling them to maximise their income and save money.

The team provide advice, information on benefits and eligibility as well as support to complete forms, and prepare for benefit reviews and DWP decisions. They can offer advice and information sessions on financial matters such as prioritising spending, bills, managing financial records and budgeting to carers and disabled people. The team can also run sessions in workplaces and for other professional groups.

To get a copy of the leaflet “Which Benefit?” or to ask for advice please contact the team, who operate a dedicated benefits advice line for carers and disabled people, Monday – Friday 10am to 4pm.

Contact 01382 200422 or welfarerights@dundee-carerscentre.org.uk

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**Short Breaks**

The Short Breaks team are providing a drop-in for carers to access information/advice about a range of issues that carers are facing with their caring role. This service will provide information about Short Breaks.

Thank you to one of our Carers, Dee Robb for letting us share this poem she wrote regarding her recent Short Break experience.

**A Carers Journey to Short Breaks**

Who am I, where did I go?
I’m on a fast train with nowhere to go

I look in the mirror, my reflection has changed
My eyes are tired, my body feels strained.

My thoughts were mine but got lost on the way
Life had opportunities, but disappeared day by day

Having a shower and getting dressed was a delight
No time for me now, I’m always on the fly

Meal times came and went, not as enjoyable as before
We lost our appetites through exhaustion and more

Night time arrives still no rest for us

Our caring not over, it’s like catching the bus
I’m not giving up, Short Breaks rescued me for a while
It helped me stand still and breathe for a while

I forgot that voice in my head that told me I was a lost friend who came back in my mind
I stood still and stood out with fresh eyes, sky, birds, trees

Now beautiful world is looking around through the breeze
A smile, and new friends willing to listen again
I heard birds chirping as if it was a new beginning
It was time for me to remember me again
That old friend who’s inside who now knows it will come again.

Visit the Short Breaks website for more information www.shortbreaksforcarers.org.uk

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**Carers Celebration Event**

The Carers Centre held our first Celebration of Achievement Event this year on 10th June 2016. This date fell within Carers Week and Volunteers Week and was an opportunity for us to celebrate the achievements of our carers and volunteers over the past year, and to say thank you.

The event celebrated the achievements of carers and volunteers of all ages, in areas such as personal growth and development, gaining qualifications, fundraising and contributing to the growth and development of the centre.

The event was held in the Ardlie Complex and was attended by young and adult carers, volunteers and their families.

Quote from Dave Mackie on Facebook

“WELL ... I for one got a surprise, as I didn't really know what the night would involve. I certainly never thought I'd be getting any awards at it. Guess many others in same boat.

VERY chuffed, I was. Hope all the young carers and staff had a ball. Us oldies, had a quick boogie and then left. Thanks DCC!”

We would just like to say a huge thank you to everyone involved in making our Carers Achievement Awards a great success!

**Tell us what you think?**

We are currently trying to gain feedback on our services along with your experiences of being involved with Dundee Carers Centre.

You will find enclosed a Service Feedback Survey with this newsletter. We would grateful if you could spare 5 mins and complete this form, returning it to us at the freepost address on the back of the form.

Alternately, you can complete the survey online at www.surveymonkey.co.uk/r/ZBK5SQV

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**Information Drop-in**

The Short Breaks team are providing a drop-in for carers to access information/advice about a range of issues that carers are facing with their caring role. This service will provide information about Short Breaks.

**Which Benefit?**

Our tartan textiles group is now OPEN to all carers of any age. The group meets every second week and works with our Carers Clan tartan to make a range of different products for sale.

Ideally you need to have good sewing skills.

If you’d like to come along, please contact Alison at the Centre on 200422 or Alison.mcmurray@dundee-carerscentre.org.uk

Every second Friday, 1.30 - 3.30pm
Young Carers Project

This summer YCP are running 6 trips over the holidays involving lots of exciting activities including visiting Edinburgh on the train and going swimming too.

Our first trip of the summer was to Broughty Ferry Gala Week where we took part in the Gala Week window spotting competition. This was a competitive morning of hunting out what was not meant to be in the shop windows. We also paid a visit to a few of the Oor Wullies who are part of the Oor Wullie Bucket Trail. The YCP mascot, Cerys particularly enjoyed this as she got to see what it looked like from inside an astronaut’s helmet and to sit a while with the “Oor Lifesaver” Wullie. After lunch at the park we went to the beach and some of us got wetter than others but we all had a fantastic day and are looking forward to the rest of the summer trips!

Goodbye Tim!

How long have you been with the Carers Centre?

For 11 years in total, 4 years with the Young Carers Project and then as Deputy CEO since January 2010 (I got the job as Deputy CEO by making endless cups of tea for Lucinda!).

How has the Centre changed since you started?

The Carers Centre has changed almost beyond recognition in some ways. When I started, there were under 20 members of staff and the annual turnover of the organisation was around £500,000. Now we have 50 members of staff and an annual budget this year of almost £1.5 million! It’s also been great to see legislation changing over that time, with the impending Carers (Scotland) Bill enshrining carers’ rights for the future. It’s been an incredible journey along the way (a bit like a rollercoaster at times!), but I believe that we have kept the same ethos throughout all of the many changes over the years.

What is your most memorable moment?

Tough question! There have been so many memorable moments over the years that it’s difficult to pick out specific ones. Spending time with carers of all ages has always been the most rewarding aspect of my job, whether that’s young carers’ residential breaks, holiday activities, Pampering Day, Carers Voice or in a range of other situations. I’ll always remember taking a bunch of young carers on a sailing residential with the Ocean Youth Trust ‘back in the day’, although I seemed to spend most of the voyage getting well acquainted with the bottom of a bucket!

What do you feel most satisfied about?

I hope that I’ve made a positive difference through my time with the Centre. In particular, I’m really pleased to have set up our counselling service for carers and also established a strong carer involvement agenda over the past few years, both of which have made a real impact for carers in the city.

Any final words?

If you were to ask most of the staff what phrase they would remember me by, I’m guessing it would probably be the catchphrase “give yourself a shiny”! So I shall leave you with that very thought. I’ve seen first-hand over the past 11 years what a fantastic job you do as carers, often in really difficult circumstances, and I’m humbled and awed by that daily commitment. So there’s nothing else to say really, other than to “give yourself a shiny!” and keep up the good work.
DUNDEE CARERS CENTRE
Annual General Meeting 2016

All carers, disabled people and professionals welcome!

This year’s AGM will give everyone the opportunity to hear from carers, staff and Trustees about activity that has happened over the year as well as the outcome of the Centres strategic planning process. The Board of Trustees also want to lead a discussion on what it means to be a member of the organisation.

Tuesday 13th September 2016
9.30am – 1.30pm (Registration from 9am)
The Apex Hotel, 1 West Victoria Dock Road, Dundee

Membership is a minimum of £1.00 and any amounts over this will be donated to the centre.
(Please note you do not have to be a member to attend the AGM however you will not have any voting rights)

I would like to attend the AGM

Name:________________________________________
Address:_______________________________________
Postcode:____________________ Telephone No.:____________________
Email Address:_________________________________
Dietary Requirements:_________________________

Please return this form to:
Freepost RSLJ-YXKR-JLEB, Jackie Dillon, Dundee Carers Centre, Seagate House, 132-134 Seagate, Dundee DD1 2HB

Thanks to all our other supporters