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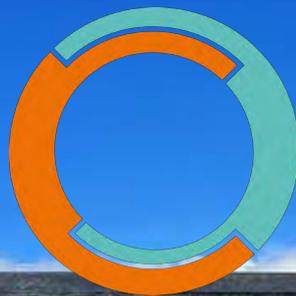
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NEWS

Because We Care

Spring 2019



Carers of Dundee

CARERS LAUNCH TAKEOVER BID

Carers Week is from 10th - 16th June this year. Join us as Carers of Dundee take over Slessor Gardens for a fun filled finale!

Carers Week 2019

It's almost June which only means one thing here at Dundee Carers Centre - Carers Week! This year we've got lots going on to celebrate and show our support for carers. **Check out page 4 for all the details!**





A word from Lucinda...

We are well underway with our plans for Carers Week. The theme is *'getting carers connected in their communities'* and we will have a number of activities going on throughout the week. Over the past couple of years we have been working across communities in the City which has enabled us to reach out to more carers and work more closely with local community groups. This has enabled carers to feel connected and supported by us and others locally.

As our Welfare Rights Service comes to an end I want to thank the Welfare Rights Team for all their hard work and for supporting so many people. We will continue to direct you to other organisations that can offer you support with this.

I attended the Civic Reception celebrating Adult Achievement Awards where over 100 learners from Dundee and Angus gained recognition from learning in their caring role, taking part in community-based adult learning, volunteering and work experience. It was a fantastic evening and an inspiring event. The event was also a celebration of the development of a local network of organisations who have developed a partnership to deliver the awards including Dundee City Council Community Learning & Development, Angus Council Community Learning & Development, Volunteer Dundee, Wellbeing Works, LEAD Scotland and the Centre.

Finally, I want to thank you all for your continued support and I hope to see a number of you during Carers Week.

Lucinda

We've achieved the LGBT Bronze Charter Mark!

We're delighted to announce that we've been awarded the bronze LGBT Charter in recognition of our commitment to ensuring the charity is LGBT (lesbian, gay, bisexual, and transgender) inclusive for staff, volunteers and the people who use their services.

The Centre has been working towards the Charter over the past year, which has included participating in last year's Pride event in the city, engaging with promotional campaigns such as Purple Friday, organising staff training sessions with LGBT Youth Scotland and also a review and update of policies in the organisation to ensure that they reflect current LGBT best practice.



The Centre's Stacey Clark receiving our award from Barry Jordan, from The Corner



Important news about our Welfare Rights Service

Dundee Carers Centre received five years funding from The National Lottery Community Fund (previously known as the Big Lottery Fund) to deliver Welfare Rights provision for carers and disabled people to help reduce the impact of Welfare Reform. Over that time, we have been successful in supporting thousands of people to be aware of and access their financial rights and entitlements. As the funding comes to an end, unfortunately we will not be able to offer welfare rights advice at the Centre in the future. We fully appreciate that a number of you have benefited from this service over the years and will be disappointed, but we will continue to direct people to alternative sources of support locally.



We would like to take the opportunity to thank The National Lottery Community Fund for supporting the work and our partners and stakeholders for their guidance and continued support. The Centre's Welfare Rights Advice Line (01382 341700) will continue to be available to give advice and assistance including signposting to other relevant agencies until the end of June 2019. **From 1 July 2019 should you require a Welfare Rights service, the following agencies can be contacted.**

Dundee City Council Advice Services – Welfare Rights

Tel: 01382 431167 (Adviceline Monday to Friday 9.30am – 4.30pm)

Email: welfare.rights@dundeecity.gov.uk

Dundee City Council Advice Services – Connect

Tel: 01382 431205

Email: welfare.reform@dundeecity.gov.uk

Dundee City Council Advice Services – Making Money Work

Tel: 01382 433477

Brooksbank Centre

Address: Pitarlie Road, Dundee, DD4 8DB

Tel: 01382 432450

Email: bbpartnership@hotmail.co.uk

Dundee North Law Centre

Address: 101 Whitfield Dr, Dundee, DD4 0DX

Tel: 01382 307230

Dundee Citizens' Advice Bureau (CAB)

Address: Dundee Central Library, Level 4 Wellgate Centre,
Dundee, DD1 1DB

Tel: 01382 307494

Email: contactus@dundeecab.org

Carers Week 2019 - 10 - 16 June



We have a full programme lined up this year.

The theme for Carers Week this year is

“Getting carers connected in their communities” so come along and join us as we celebrate!

Starting on **Monday 10th June** at Ninewells Hospital we're kicking off Carers Week by bringing together volunteers from the centre and the NHS to co-ordinate a clean-up of all old Dundee Carers Centre information, covering all wards, and replacing with new information. We will be offering a break out area for volunteers to enjoy some refreshments and creating a buzz in the main concourse. There will be competitions, glitter tattoos and we want to create a party atmosphere. This is a fun event for us to all come together and do something impactful and positive.

Tuesday 11th June, 10am – 4pm at Sainsburys - staff and volunteers from the centre will be available at the main entrance providing shoppers with information on services available to unpaid carers, disabled people and their families.

On Wednesday 12th June we're excited to bring you a first glimpse of the Young Scot Young Carers Card which Joe Fitzpatrick will officially launch at Baldrigon Academy. The card offers young carers in Scotland opportunities to benefit them in their caring role. Dundee is one of the two Councils to pilot this.

On Thursday 13th June Five Guys in the Overgate have kindly offered 16 young carers (secondary school age) the opportunity to enjoy a meal on them! If you are interested please contact the Centre on 200422 to get booked in on a first come first served basis.

Friday 14th June - Carers surgery with Joe Fitzpatrick at Dundee Carers Centre (C Gate) – MSP Joe Fitzpatrick will be available to answer questions from carers, disabled people and their families.

Saturday 15th June will see the Carers of Dundee Grand Finale event in Slessor Gardens. This will be a fun filled afternoon for all the family. Come along and enjoy fun activities, live music, performance groups, dance groups, face painting, glitter tattoos, food and refreshments! Local carer support organisations will also be in our marquee providing information about services available to unpaid carers, disabled people and their families.



Dundee Carers News is changing!

We're changing the way your newsletter looks. Don't worry, you'll still get all the same updates and info, news and stories, it'll just look a bit different.

From July you'll now receive a brand new Carers Of Dundee newsletter which won't just have Dundee Carers Centre news in it but also news and information from other organisations in the city that offer information, advice and support to carers.



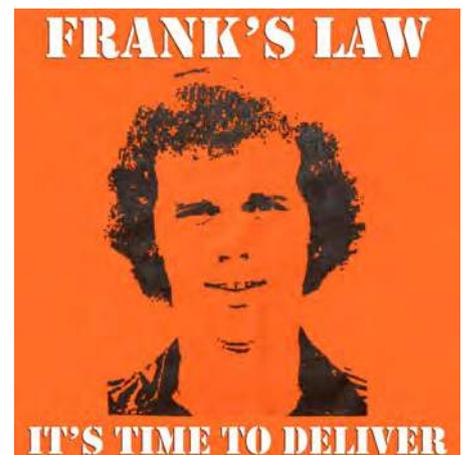
**Carers^{of}
Dundee**

The new Carers Of Dundee newsletter will be sent out three times a year, in March, July and November. Our e-newsletter will also be changing and you'll receive your Carers Of Dundee e-bulletin every 2 months. Look out for the new Carers of Dundee newsletters landing on your doorstep and in your inbox very soon!

Launch of free Personal and Nursing Care for all (Frank's Law)

Those under 65 with a debilitating illness will now be eligible for free personal care in the way that those over 65 have previously been eligible.

Known as Frank's Law, after Frank Kopel, the late Dundee United football player, the extension of free personal care was implemented on 1 April 2019. Frank's widow, Amanda, has campaigned tirelessly to bring about the change after her husband was diagnosed with dementia but not entitled for personal care because he was under 65.



For more information visit:

<https://www.dundeehscp.com/our-publications/news-matters/free-personal-care>

Coming Soon - Young Scot cards for Young Carers



From cinema tickets to first aid training, young carers in Dundee will soon be able to try out a special range of opportunities. If you're 11-18 and helping to care for a family member, friend or someone in your community, all you need is a Young Scot card to sign-up.

Find out more and how to get your Young Scot card at: young.scot/youngcarers

Accreditation information sessions

Are you a volunteer working towards an Adult Achievement Award? Or maybe you're interested in the Saltire or Youth Achievement Awards?

Why not come along to one of our info sessions where you can ask any questions you might have such as how to register, what's involved and what you'll get out of it.

To book a place or for more information contact Franky on 01382 200422.



Young carers have a cracking Easter break!

The Easter holidays have been another busy one for our young carers. One group took a trip to Loch Eil for a residential and we've also had three holiday activity days during the break.

During the first week of the holidays young people ventured out in the rain to Templeton Woods and had a fantastic day with Laura from the Dundee Ranger Service. They made an amazing den complete with log seat, toasted marshmallows over a campfire and planted trees which they'll be able to go back and visit in the future to see how they are getting on. Then there was a stop at the play park before heading home. There was lots of mud but also lots of fun! Thank you to Laura for helping us to have so much fun outdoors.



During the second week our secondary aged young carers had the opportunity to relax and meet other young carers who are in similar situations to themselves. It was a lovely chance to chill out and make new friends.

Later in the week arts & crafts were the theme with sock puppet making, decorated stones and, of course, an Easter egg hunt.

Help to manage your Direct payment

Is managing your direct payment bank account holding you and your family back from leading the Independent life that Self-directed Support offers you?

We can help make your life a little easier by managing your bank account for you.

If you want to know more about our **Third Party Money Management Service** please contact Pauline Rice, our Finance Officer at the Centre on 01382 200422.

MANAGING YOUR
SELF-DIRECTED
SUPPORT BUDGET

HOW WE CAN HELP



Potential new photography group



Whether you're a complete beginner or the next David Bailey, we want to find out if people are interested in starting a new carers photography group. Our fantastic volunteers, Dave and Derek, are keen to share their skills and get carers together to learn about photography techniques, how to use a camera and how to get that perfect shot.

The group are only in the planning stages at the moment but if enough people are interested we can set up an initial meeting. The group would be led by Derek and Dave but carers will have an input into the programme such as location, specific subjects etc.

For more information and to note your interest contact **Jen on 01382 200422**.



FORMER CARERS
LUNCH CLUB

The Former Carers Lunch Club is for carers whose caring role has ended. It is an opportunity for former carers to come together in an informal, social setting.

The group is run by two volunteers, Isabel and Dave, who are also former carers.

If you fancy meeting up once a month for a get-together and lunch please contact Indigo on **01382 200422** for details.

Groups & Activities

These are just a few of the groups and activities available. For more info please see our 'What's On' guide at www.dundecarerscentre.org.uk/whats-on or call us on 01382 200422 to be sent a copy.

Young Carers Groups

Regular groups for young carers aged 8 - 12 and 12 - 15.

Please contact Morgan, Katriona or Jaimie on 01382 200422 for more info.

Ardler Carers Drop-in Café - Ardlar Complex

1st Wednesday of the month, 11am - 1pm

For anyone who cares for a family member or friend, the cafe is a chance to chat with other carers and get some support in your caring role.

Walking Group

Meet at the centre on the 1st Wednesday of the month (Feb - Nov), 10am - 1.30pm, for a short walk followed by coffee/snack.

Places must be booked in advance. Contact indigo on 01382 200422 for more info.

Drop-in Café

1st Thursday of the month at Dundee Carers Centre - C Gate.

Pop in for tea/coffee, a biscuit and a chat with staff from the centre to find out what other services are available to you. From time to time there may be treatments & therapies.

Dementia Café

For anyone with a diagnosis of dementia, Alzheimer's or worried about their memory. 2nd Thursday of the month, 2 - 3.30pm at St Marys Community Church, 37 St Kilda Road, Dundee, DD3 9ND.

Carers Health Checks

Come along and chat to the Keep Well nurse who will check your height, weight, blood pressure, cholesterol and blood sugar level. You can also discuss your health and lifestyle plus any other health related issues you may have. Checks will be held at the C Gate. Call 01382 200422 to book.

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.

Disclaimer: The views expressed in Dundee Carers News do not necessarily reflect those of Dundee Carers Centre.

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If you no longer wish to receive this newsletter, please call 01382 200422 or email communications@dundecarerscentre.org.uk

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