

CONTACT NUMBERS**Social Work Local Offices**

Blantyre	01698 527400
Clydesdale	01555 673400
East Kilbride	01355 807000
Hamilton	01698 455400
Larkhall	01698 884656
Rutherglen	0141 613 5000
Young Carers Service	01698 455455

NHS 24

08454 242424

Hospitals

Wishaw General	01698 361100
Monklands Hospital	01236 748748
Glasgow Royal Infirmary	0141 211 4000
Victoria Infirmary	0141 201 6000
Southern General	0141 201 1100
Western Infirmary	0141 211 2000
Hairmyres Hospital	01355 585000

Money Matters

Hamilton	01698 453421
Larkhall	01698 453070
Lanark/	
Carlisle	01555 673539
Blantyre	01698 527950
East Kilbride	01355 806266
Rutherglen	0141 613 5308
Cambuslang	0141 584 2545

Emergency Freephone Outwith Hours

Emergency Social Work Service South Lanarkshire 0800 678 3282
 Emergency Social Work Service North Lanarkshire 0800 121 4114
 NHS Helpline Freephone 0800 224488

Citizens Advice Bureau

Hamilton 01698 283477
 East Kilbride 01355 263698

Carers Freephone Information Line 0800 085 3945

The information line is based at the PRT Lanarkshire Carers Centre; please contact the above number for information and support Monday to Friday 9.00am-4.30pm.

CARERS MEETINGS

The Carers Meetings are open to all Carers in South Lanarkshire and are held on the first Wednesday of every month at 10.30 am in The Voluntary Sector Support Centre, 155 Montrose Crescent, Hamilton, ML3 6LQ.

Out of pocket expenses will be paid and a sandwich lunch provided.

DATES 2011**SPEAKERS & ISSUES**

2 March	Job Centre Plus - Work Focused Support for Carers
6 April	Office of the Public Guardian -Power of Attorney & Guardianship
4 May	Department of Works and Pensions - Benefits Affecting Carers

Speakers for the remainder of the year will be advised in the next edition of the newsletter.

LIST OF STAFF CONTACTS

Rose Ann Doyle, Business Development Manager	01698 405166
Linda Craig, Carer Development Officer	01698 405164
Sheena Bogan, Administration Assistant	01698 285163

NEXT ISSUE

The next issue of the Newsletter will be May 2011. Should you wish anything published the deadline date is 18 April 2011.

This is your Newsletter, we hope you find it informative and helpful.

If you have any points of view, comments, issues or information to give to Carers, or if you have some handy hints or tips you would like to pass on, please send them to:-

Sheena Bogan
 South Lanarkshire Carers Network Ltd
 Voluntary Sector Support Centre
 155 Montrose Crescent
 Hamilton ML3 6LQ

or e-mail sheena@slcn.co.uk

We hope you have enjoyed this issue of our Newsletter

**THE CARERS' NEWSLETTER**

Issue 22

March 2011

INFORMATION ROADSHOW-10 NOVEMBER 2010

South Lanarkshire Carers Network held an Information Roadshow which was funded by Awards for All Scotland at the Bruce Hotel, East Kilbride on 10 November 2010. The event was opened by Provost Russell Clearie who has supported South Lanarkshire Carers Network for many years. Robert Anderson, on behalf of the Network, thanked Provost Clearie for his support and that of South Lanarkshire Council.

457 enquiries were made at the information stands which included; The Princess Royal Trust Lanarkshire Carers Centre, South Lanarkshire Council Social Work, British Red Cross, Alzheimer Scotland, Lloyds Pharmacy, East Kilbride Public Partnership Forum, Department of Work and Pensions, Young Carers Project, Benefits Team, Hands On Project, Kilbride Hospice, Care and Repair, Community Mental Health Team, South Lanarkshire Council Housing, NHS Carer Support Team, East Kilbride and District Carers Dementia Group, Enable, Speak Out, Strathclyde Fire and Rescue.

Carers commented that they found the roadshow very helpful and informative, having access to a variety of information under one roof. One Carer said "as a newly diagnosed Carer I found the event and information invaluable."

South Lanarkshire Carers Network looks forward to holding further roadshows during 2011 in Cambuslang & Rutherglen, Clydesdale and Hamilton.

**FORTHCOMING EVENTS**

April 2011 Information Roadshow - Lifestyles Carlisle

June 2011 Information Roadshow - Rutherglen Townhall

October 2011 Joint Partnership Information Roadshow/Conference

Further details of these events will be published in the next edition of the Carers Newsletter.

THIS NEWSLETTER IS FUNDED BY SOUTH LANARKSHIRE COUNCIL CARERS STRATEGY MONIES & NHS LANARKSHIRE CARERS INFORMATION STRATEGY MONIES



WORK FOCUSED SUPPORT FOR CARERS

What is Work Focused Support for Carers?

Work Focused Support for Carers provides help and advice for you to make a successful move into work. Even if you don't feel ready to work now but might like to in the future, you can still take advantage of Work Focused Support for Carers. It is a voluntary service which you can choose to take part in at any time. You can also stop taking part at any time.

Who is eligible?

Work Focused Support for Carers is available to you if you:

- do not work at all or work for less than 16 hours a week
- are aged 18 or over
- are not able to get help from any other Jobcentre Plus employment support programmes.

What help will Jobcentre Plus give me to find work?

Your personal adviser can provide guidance on training, finding a job, local childcare and local replacement care. Also, if you start work, your adviser can continue to provide support and advice.

Replacement care, what's available?

You will also receive advice on finding replacement care while you attend appointments with the personal adviser, take part in a training course or attend job interviews.

You do not need to be participating in Work Focused Support for Carers to access funding for replacement care.

Will my benefits be affected?

If you are in receipt of benefits they will not be affected by taking part in WFSC.

Your personal adviser will be able to tell you about how your benefits might be affected if you start work. They will also help you apply for any benefits or tax credits you might become eligible for when you start working.

Where should I go for more information?

To find out more about getting into work or training, visit www.direct.gov.uk/carersemployment or contact your local Jobcentre office.

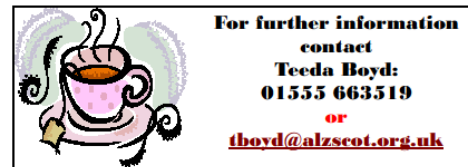


Visit East Kilbride's New Dementia Café

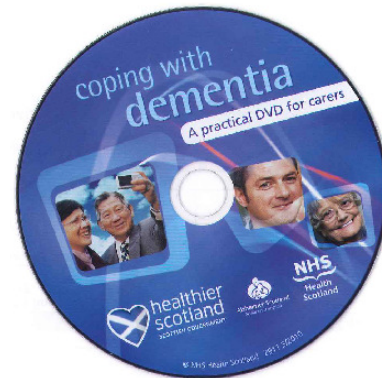
The Bruce Hotel
Second Wednesday in the month
From 8 December 1-3pm

Do you have dementia?
Do you care for someone with dementia?
Would you like some advice and support?

Come and have a cuppa and a chat!



COPING WITH DEMENTIA A PRACTICAL DVD FOR CARERS



To help support people caring for someone in the middle to late stages of dementia, NHS Health Scotland in partnership with Alzheimer Scotland have produced 'Coping with dementia—a practical DVD for Carers'.

The DVD aims to provide Carers with practical advice on coping with caring, to learn from other Carers and to find out where to go for help and more information. It can be viewed in English (with or without subtitles), British Sign Language, Polish, Cantonese, Sylheti or in formal versions of Hindi and Punjabi.

Copies of the DVD can be ordered free from Alzheimer Scotland's 24 hour Dementia Helpline on 0808 808 3000

As a minimum, each political party must commit to:

- Implementing 'Caring Together' Scotland's Carers Strategy and "Getting it Right for Young Carers".
- Realigning resources to enhance support for Carers across Scotland and improve their lives.
- Implementing a Carers rights charter and extend further rights to Carers.
- Ensuring that unpaid Carers do not suffer disadvantage because they cannot access appropriate services or experience an increased burden of care as a result of the "shifting the balance of care" agenda.

Every Carer deserves the right to support to help them in their caring role

- 19% of Carers say if they had received more support as a Carer, it would have prevented the person they care for being (re) admitted to hospital.
- Only three areas in Scotland provide access to advocacy service to help them get the services they and their families need.
- Carers who have taken part in expert training are more able to manage their caring situation and feel that caring had less of a negative impact on their health.
- 80% of Carers have been forced to give up leisure activities because of caring. Three quarters have lost touch with members of their family and friends.
- Half of Carers who provide intensive care have been treated for anxiety, depression or mental ill health.

As a minimum, each political party must commit to:

- Securing and sustaining funding for Carers' organisations. £11.1 million would ensure there is continued support to enable Carers to continue caring. That's just £14.66 per Carer per annum.
- Continuing to prioritise and invest in strategies which inform Carers of their rights and offer training and skills development opportunities to Carers, enabling them to have more confidence and manage their caring role.
- Ensuring Carers are prioritised within primary care and psychological services, to access help and early treatment for anxiety, depression or mental ill health.
- Prioritising Carers within national and local health and wellbeing strategies and providing regular health checks to Carers as means of preventing ill health and the breakdown of caring.

Every Carer deserves the right to be a child and young person first

- 70% of Young Carers say that caring makes their life more difficult.
- Young Carers say they need more understanding and support from staff in education, health and social services.
- In recent mapping exercise, none of the local authorities could provide estimates of the numbers of Young Carers who received support from mainstream services.
- Young Carers have little access to advocacy services to help them get the services and support they and their families need.

As a minimum, each political party must commit to:

- Implementing the action points in the national Young Carers strategy.
- Developing effective support for Young Carers provided by an appropriately skilled and competent workforce across universal services.
- Securing sustainable funding to strengthen the capacity of dedicated Young Carers services..

Scotland's Carer Manifesto

As a result of the development of the Scottish Carers Strategy, Carers up and down Scotland have been asked for their opinions on a variety of issues which affect their lives and also what they would expect from each political party.

The issues raised by Carers in South Lanarkshire through South Lanarkshire Carers Network have been included in the Manifesto. However, we at the Network would appreciate your views on any issues affecting Carers and will maintain the pressure on central Government to recognise and ACT on their promises in the Scottish Carers Strategy.

If you wish copies of the full Manifesto for Carers or copies of the Scottish Carers Strategy please contact the Carers Network.

South Lanarkshire Carers Network will continue to provide a voice for Carers at all levels of service planning.

The following are examples of some of the points raised.

SCOTLAND'S CARERS MANIFESTO 2011–2015

Carers are essential to our communities and to our economy

Carers are a national resource. It is vital that there is a national consensus on issues that impact on their lives. Every political party in Scotland has a responsibility to design a fair system that supports and rewards Carers, bringing together resources from a range of services and policy portfolios to enable Carers to have a quality life of their own.

- 1 in 8 of the population are Carers.
- There are almost 660,000 Carers in Scotland; over 115,000 care for over 50 hours a week.
- There are over 100,000 Young Carers aged from 3-18 years in Scotland; 21% spend between 30-39 hours per week caring.
- There are more Carers than the total health and social care workforce.
- Replacing the care provided by unpaid Carers would cost three quarters of the total NHS budget in Scotland—£7.68 billion each year.
- By 2025, the economy will need to draw another 200,000 people into the workforce.
We cannot afford to lose Carers from the labour market as we move from recession to growth.

Scotland's Carers must have a right to:

- Support to assist them in their caring role.
- A regular break.
- A life outside of caring.

Scotland's Young Carers must have a right to:

- Be children and young people first.
- Have the same opportunities and life chances as their peers.
- Reach their full potential.

CARER'S STORY



Cath & Matt Fleming

Cath Fleming cares for her husband Matt who suffers from Heart Disease, Arthritis, Diabetes and other health problems. Matt, a retired welder has been caring for Cath following recent illness and surgery.

Cath who used to work in social care prior to becoming a representative for NHS Greater Glasgow and Clyde dealing with the new Victoria and the Southern General Hospitals, retired from her last post of administrator for school health in 2009.

Cath is currently a volunteer befriender involved with the Hands on Project (Cambuslang and Rutherglen) and visits people suffering from Dementia and Alzheimer's Disease.

The couple were very keen to share with others the care and dedication given to Cath during illness from November to December last year.

2 weeks after an operation to remove varicose veins in both legs, Cath developed breathlessness and was admitted to hospital with a lung clot. After release from hospital, Cath was required to visit her GP for follow up treatment. Due to severe weather conditions at the time and the fact that she had recently had surgery, the doctor told Cath to remain at home and he would make the visit to her. He did this on a number of occasions, having to park a distance away and walk through the snow to the house.

Mr and Mrs Fleming say that their GP is very well respected by all of his patients within the community. He works tirelessly and diligently during and after his consultations by making time to communicate and converse with his patients.

Cath wrote to NHS asking for her GP to be recognised for his dedication. In a response from NHS she has been informed that her letter will be passed to the Medical Director of Lanarkshire and a copy will also be sent to her GP.

BLACK AND ETHNIC MINORITY CARERS - WHAT IS COMING UP IN 2011

South International Women' Group

The South International Women' Group will meet every second Monday of the month in the Newberry Rooney Centre, Hamilton from 10.30am till 12.30pm.

Edinburgh Mela Festival 2 - 4 September 2011

Edinburgh Mela is Scotland's largest celebration of cultural diversity through dance, music, theatre, circus, crafts, fashion and food. International Women's Group plans to make a trip and all Carers are invited to join in. More information to follow in the next newsletter.

Welcome to 'Learning Disability News for Carers', which is a joint approach from South Lanarkshire Council, NHS Greater Glasgow and Clyde, NHS Lanarkshire and carers. As always, we welcome your comments on the newsletter. Please telephone Claire Pearson, Social Worker at South Lanarkshire Council with your comments: 01698 455546.

Wheelchair Curling

Did you know that there is a Wheelchair Curling Club in South Lanarkshire? They meet at Hamilton

Ice-Rink. The photo below shows Russell Shanks and his Dad, Bill on the ice. Russell attends Lifestyles in Fairhill, Hamilton and curling is one of his many interests. Russell has won numerous trophies and has played Lead for South Lanarkshire (Team B) in The Scottish Wheelchair Curling Championships. He really enjoys the sport and has met lots of people who take part from all over Britain. Russell has just finished a big international tournament involving Canada, Germany and Sweden amongst others. If you are interested in finding out a bit more, please contact David Morgan on 07851 184809. David also runs a Sitting Volleyball Club at Stonelaw Sports Centre on Thursday evenings (ideal for people with limited mobility) and a New Age Curling Club in Toryglen on Wednesday evenings playing on a hard wood surface.



Therapies for Carers

Just to let you know that we have been working hard to bring back the half-price therapies offered to carers in partnership with The Princess Royal Trust for Carers so watch this space! We are keen for carers (and the people cared for) to be able to access therapies such as massage, reflexology etc in their own localities (eg: Rutherglen, Lanark, East Kilbride, Hamilton and Larkhall). We are hoping to have the service running again from spring/summer 2011.



Question Time for Carers (21st March) – Your Chance to Quiz Ministers

In March at The Roxburghe Hotel in Edinburgh (11-2.30pm) a Question Time session has been arranged for carers giving people the opportunity to put questions to ministers from the major political parties in Scotland, amongst others on the panel are: Shona Robison MSP, Jackie Baillie, MSP, Ross Finnie MSP and Murdo Fraser MSP. If you would like to attend the event please contact Claire Cairns at The Coalition of Carers as soon as possible: 01786 825529.

Carers' Allowance – Could you or a Family Member Claim?

Carers' Allowance (currently £53.90 a week) can be claimed if:

- A person being cared for receives a benefit such as DLA – but others apply
- 35 hours or over of care are being provided by you
- The person providing care is not classed as a full-time student
- If you work, you cannot earn more than £100 per week
- The person claiming must be 16 and over
- The person claiming must not be in receipt of a certain benefit (there are a list of some which would disqualify you from claiming)

This can affect a cared-for person's benefits so it is a good idea to get advice on claiming this before completing the claim. Money Matters in South Lanarkshire should be able to advise on this. To find out more or to apply over the phone contact The Carers' Allowance Unit on: 0845 6084321.

Health News

Dental Service – NHS Lanarkshire

Good oral health is important for all of us as we progress through life, which is especially true for people with profound disabilities. Good oral health can improve general health, social acceptability, self esteem and quality of life whereas poor oral health may adversely affect general health. The key to good oral health is the implementation of preventive practices including good dietary habits, effective oral hygiene and regular dental attendance. The dental profession has a responsibility to raise awareness of the need for early and regular contact with the various dental services available.

NHS Lanarkshire's Salaried Primary Care Dental Service has Dental Clinics throughout Lanarkshire and provides care for people with profound and multiple disabilities. The service also offers home visits for people who cannot get out of the house or have difficulty in visiting the surgery, although treatment options are limited outside the surgery and patients are encouraged to attend regularly as this also helps to alleviate dental fears.

Within the dental service is an Oral Health Team who strive to improve oral health, facilitate access to the various services available and ensure care providers are given the necessary advice, care and support. If anyone would like any further information please contact either the dental office on: 01236 707711 or the Oral Health Team on: 01236 703470.

Housing News

Key Community Supports

KEY is a specialist provider of support and housing for adults with learning disabilities, which was established by parents and relatives of people who needed these services in 1978. Parents have always had a very strong connection with KEY. Mr Bill Mooney (a parent and carer from Carluke) is the current Chairperson of KEY and sits on the Management Committee.

KEY has developed over the years and provides its services nationally. They currently operate in 14 local authority areas throughout Scotland.

Their first services in South Lanarkshire were established in 1987 at Dovecot Lane in Lanark, followed in 1988 by the opening of 'Hamilton Road' in Rutherglen, and most recently at Lesmahagow (in 2002) when Birkwood Hospital closed. Although they no longer provide support in the Hamilton or East Kilbride areas, they are still a housing provider in Burnbank (established in 1996) and in the East Mains area of East Kilbride (established in 1999).

If you have any queries at all in relation to the housing and support offered by KEY please contact David Ramsay on: 0141 3326672 or email david.ramsay@keycommunitysupports.org.

