

Office of the Public Guardian in Scotland

If you are caring for someone it's really important that you are properly prepared to be able to make decisions on their behalf should they become unable. These could be financial or welfare decisions – simple things like should they have a particular medical procedure such as dental treatment or should they spend money on things like clothes or equipment. If the person you care for currently is able to make decisions for themselves then talk to them now about making a Power of Attorney – it'll be invaluable should their capacity become impaired by illness or accident.

If you want to know more about how to go about awarding Power of Attorney or applying for Guardianship and the responsibilities and authority that they carry you can find out more from the Office of the Public Guardian Scotland. Don't be put off by the thought of having to put a legal provisions in place The Office of the Public Guardian in Scotland has updated its website and it's now much clearer and very straightforward to use. The website tells you about what the role of the Office of the Public Guardian in Scotland is and it provides a single information point about financial provisions contained in the Adults with Incapacity (Scotland) Act 2000.



The Office of the Public Guardian in Scotland have a statutory responsibility in Scotland to supervise people appointed to make financial or property decisions on behalf of an incapable adult. They also register continuing or welfare powers of attorney under the terms of the Adults with Incapacity (Scotland) Act 2000.

There are a number of solicitors in Fife who are able to help to draw up Power of Attorney and advise about Guardianship etc and some of them will give an initial consultation for free. Solicitors fees can be significant but you can reduce costs by making sure that you have done some research and thought carefully about what you want to allow others to be able to do should you need them to act on your behalf.

The website of the Office of the Public Guardian in Scotland is <http://www.publicguardian-scotland.gov.uk/> and you can telephone them on 01324 678300.



Sore feet are something that many of us are affected by and if you're not able to look after your own feet it can even lead to a variety of health complications. FootCare Fife is a low cost confidential, safe and supportive service run by a local charity, delivered by volunteers. Many of the footcare problems can be avoided with support and care from trained volunteers. Sessions will be held at Whytemans Brae Hospital in Kirkcaldy and Carnegie clinic in Dunfermline. This project is expanding soon to North East Fife. There will be a small £5 charge per session to cover costs. For further information please contact James Jack at Fife Voluntary Action on 01592 751749 or email james@fifevoluntaryaction.org.uk

Autism Rocks (Fife)

Are you caring for someone affected by Autism? You may be interested in a new charity recently set up by a parent trying to find support in her caring role as a mum of someone living with the effects of Autism. Liza Quin set up Autism Rocks (Fife) with the Mission to "open an Autism Support Centre in Fife where we will promote and provide understanding, acceptance, inclusion, education and support to children and adults with Autism, to their families, the wider community, health professionals and education." Liza is fizzing with enthusiasm and energy for the project and would love to hear from anyone who is interested in supporting the project. You can find out more on their website www.AutismRocksFife.co.uk

Moving & Handling Back Care workshop

The final Moving and Handling Back Care Workshop for unpaid carers in this financial year will take place on 17th March 2015 in the Manual Handling Training Room 1 at Lynebank Hospital in Dunfermline. The workshop will start at 10am with tea and coffee, and finish 12.30pm.

If you are an unpaid or family carer whose caring role includes helping someone to move around and you would like to attend please book a place by contacting Maureen McClelland on 01592 551310 or email maureen.pamis@fifecarers.co.uk

Issue 66 Winter Spring 2015

Fife Carers Centre NEWSLETTER

Fife Carers Centre thanks you for your support in 2014 and wishes you all a Happy New Year with best wishes for a 2015 full of good things!

Tell Us What You Think!

Let us know how to make your experience with us better.

New Year is always a good time to have a quick think about what you'd like to achieve in the coming year and we at Fife Carers Centre are no different. We are a small charity and two of our main funders are Fife Council and NHS Fife. Everyone is very aware of how financially challenged both organisations are and how, as a result, they are working towards making reductions in their costs. In addition our other main funder, Big Lottery, is keen to make sure that the money they award to organisations like Fife Carers Centre is used to really make a difference. Bearing all that in mind we're very keen to make sure that we are still on track with providing services that are useful and appropriate to carers in Fife.

We'd like to hear from you about your experience of using Fife Carers Centre and also your ideas for us to consider for the future.

To help us with this we'd ask you to take a few minutes to complete either the enclosed survey (and send it back to us freepost) or go to our website (www.fifecarerscentre.org) where you'll find a link to the online version. There are only a few simple questions so it won't take long!



Personal Independence Payments reassessments.

It was announced on the 26th January that natural PIP reassessment will be extending to customers with the KY postcode (and some other postcodes including DD) from 23 February 2015.

This means that existing DLA customers with this postcode will be invited to claim PIP if:

- Their fixed term DLA award is coming to an end or
- They are approaching 16 or
- DWP receive information about a change in their care or mobility needs or
- They choose to claim PIP instead of their DLA

However most DLA claimants with an indefinite or long-term award will not be affected until October 2015 or later.

You can find out the latest information on the www.GOV.uk website by searching for the PIP Quick Guide and the Timetable for replacing DLA.

The Smith Commission Recommendations

On 27 November 2014 the Smith commission published its recommendations. These won't be debated, proposed or agreed until after the UK general election on 7 May 2015. Of particular interest to carers in Scotland will be the proposals that powers over the following benefits in Scotland will be devolved to the Scottish Parliament:

(1) Benefits for carers, disabled people and those who are ill: Attendance Allowance, Carer's Allowance, Disability Living Allowance (DLA), Personal Independence Payment (PIP), Industrial Injuries Disablement Allowance and Severe Disablement Allowance.

(2) Benefits which currently comprise the Regulated Social Fund: Cold Weather Payment, Funeral Payment, Sure Start Maternity Grant and Winter Fuel Payment.

We await with great interest the progress of these proposals along with those included in the Carers' Bill also due later this year!

CARERS GROUPS

Fife Carers Centre
 157 Commercial Street,
 Kirkcaldy, KY1 2NS
 Tel: (01592) 205472
 Text: 07881 691391
 e-mail: centre@fifecarers.co.uk

Scottish Charity No SC029466
 Company No 282309

How do we help carers?

We offer carers in Fife the following services:

- Up to date information & support.
- Benefit Checks
- Training Workshops & Information Seminars.
- Carer Support Groups.
- Stress Reduction Activities.
- ... as well as a warm welcome, a listening ear and a delicious cup of tea or coffee!

Fife Carers Centre staff is:

Mhairi Lochhead
Manager

Cindy Souter
 Carer Support Worker

Grant Kidd
 Carer Support Worker

Andy Egerton
 Carer Support Worker

Martina Forsyth
 Carer Support Worker

Julie Sinclair
 Finance & Administration Officer

Irene Jones & Katherine Pearson
 Reception & Administration Assistants

Lesley Childs
 Training and Information Officer

We are open for carers to drop in at the following times:

- Monday 9.30 - 1.00
- Tuesday 10 - 4.30
- Wednesday 9.30 - 1.00
- Thursday 9.30 - 4.30
- Friday 9.30 - 4.00

At

Fife Carers Centre, 157
 Commercial Street, Kirkcaldy,
 KY1 2NS.

www.fifecarerscentre.org

Carers groups are a simple way for carers to meet up with people who understand how being a carer can affect your life. Each group has its own way of doing things but most of them will give you a chance to enjoy a cuppa and a chat and make new friends. You don't need to book a place or turn up every time - just join in when you can.

You can find Carers Groups at the following places and times:

Dunfermline Carers Group

Abbeyview Day Centre, Dunfermline
 On the 1st Thursday of each month
 From 2pm to 3.30pm

Newport Carers Group

Leng Resource Centre
 3rd Friday of the month
 From 12.00 to 2.00pm

The groups meet to spend some social time together as well as learning things useful to their caring role.

Male Carers Group

Fife Carers Centre, Commercial Street, Kirkcaldy
 Last Tuesday of the month
 From 1pm to 3pm

Polish Carers Group

Fife Carers Centre
 First Friday of the month
 10am - 12 noon

Low key social support with like-minded guys who share similar experiences as carers - no primal screaming involved!

Przyjdź do tej grupy i poznać innych rodziców dzieci, którzy mają potrzeby wsparcia

"The Carefree Chorus" - a Carers Singing Group

EU Congregational Church Hall,
 Pathhead Court, Commercial Street, Kirkcaldy
 Every Thursday
 From 11am to 1pm

You don't have to be a great singer to join in, just come and enjoy singing along.
 You can come every week or just whenever you can make it.

Carers monthly lunch meetings

These meetings take place in Fife Carers Centre on the last Friday of the month (except December) between 12 noon and 2pm. They are open to carers to come along without booking. Each meeting includes a guest speaker, a fun quiz and the chance to enjoy some like-minded company over a few sarnies and a cuppa.

We're always looking out for interesting and informative speakers that have something to say of interest to speakers - if you know of anyone that you think would be interested in coming along please let us know!

Telephone number change

Recently we have experienced frequent problems with our telephone number being out of service (grrr!) and have had no luck in trying to move the number to an alternative supplier so we have had to change our number - **our new number is 01592 205472**, our old number is still in service but is also still a bit unreliable so please use this new number instead.

Just in case...

If you have hearing loss or speech problems that mean it's hard to make yourself understood over the telephone it could mean that in an emergency you would find calling the emergency services very difficult. The emergencySMS service is an add on to the existing 999 and 18000 Text Relay services (for those with hearing or speech impairment) that are already available in the UK.

How does it work? Your SMS text message will be connected to 999 through the Text Relay 18000 service. Next a relay assistant will speak your SMS message to the 999 advisor, their reply will be sent back to you as an SMS message. If you send another SMS text message the relay assistant will read it to the 999 advisor and send their reply back to you.

You need to register your mobile phone before using the emergencySMS service.

This is best done before you need help. You can register by sending an SMS text message from your mobile phone. To register using SMS text messages you must:

1. Send the word 'register' in an SMS message to 999
2. You will then receive SMS messages about the service
3. When you have read these SMS messages reply by sending 'yes' in an SMS message to 999
4. You will receive a SMS message telling you that your mobile phone is registered or if there is a problem with your registration

Important: You will need to register again if you change your mobile phone numbers.



Using the service in the event of an emergency

If an emergency happens you should only use SMS to contact the emergency

services **if you have no other option**. This is because it will take longer than other methods such as 999 or 18000 and you want to be as quick as possible. When you need to send an SMS text message to 999 and you cannot use the standard voice 999 service or the Text Relay 18000 service create an SMS message containing the details below:

Say which emergency service you need - Ambulance, Coastguard, Fire Rescue, or Police
 Briefly explain what the problem is
 Say exactly where the emergency is giving the name of town and road
 Add any other relevant information such as house number or nearby landmarks or main roads.
 So for example your SMS text message might read:

Ambulance. Man collapsed and unconscious.
Flemington Road, Glenrothes. Beside Morrisons
opposite Aldi.

If your information is clear and complete the emergency services will not have to ask as many questions and so be able to respond quicker.

Once your SMS text message is ready send it to 999.

The emergency service will reply to you asking either for more information or telling you that help is on the way. Don't assume that your message has been received until you get a message back from the emergency service, an SMS 'Delivery Report' doesn't mean your message has been received. Because of the relaying of the information it can take around 2 minutes for you to get a reply to your emergency message. If you have not received a reply within 3 minutes then you should send the message again straight away.

This information is taken from the emergencySMS website - you'll find it at www.emergencysms.org.uk



Do you have a mobile phone?

Mobile phones are really useful for you and the person you care for to carry and you can get some good cheap phones that are simple and easy to use - so don't be scared off by the technology!

If you have a mobile phone you can use it to store ICE numbers. **ICE stands for In Case of Emergency.**

In your contact list (phone book on your phone) you store the information in the following format:

ICE name relationship - for example "ICE Mum Anna Smith"

This means that the Emergency services can look for ICE numbers on mobile phones of people they are helping allowing them to make contact easily with the emergency contact people.

To make ICE numbers accessible your mobile phone needs to be able to be unlocked by anyone. As many "Smart" phones require you to unlock them with a password you could opt to use a simple cheap phone instead for ICE purposes or for people who have a limited affinity with technology! To alert people to the fact that you have ICE numbers stored you can stick an ICE sticker on the back of your phone. The stickers are available from Fife Carers Centre - give us a ring and we'll post a couple out to you. Some "Smart" phones have an App available that display ICE details on the lock screen.

Disabled and want to use a disabled toilet but need a key?

You need to use a RADAR key!

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country.



Who can apply for a key?

Keys cost £3.50 each and can be bought by anyone with a permanent disability. You'll need to provide evidence to support this – this could be something like your Disability Living Allowance, Personal Independence Payment award letters; Blue Parking Badge or a letter from your GP/Hospital. If someone is buying a key on your behalf, they'll need to bring your evidence with them to show that they are acting for you.

Where can you buy a key?

Keys can now be bought in person at any local Fife Library, Museum or one of the following Theatres -

- Carnegie Hall, Dunfermline
- Lochgelly Centre
- Rothes Hall Theatre and Conference Centre, Glenrothes
- Adam Smith Theatre, Kirkcaldy

For further details please Telephone 01592 583204 or Email admin.fct@onfife.com

Where can I find disabled toilets?

For information on the location of disabled toilets please see www.fifedirect.org.uk or www.directenquiries.com. If you can't go online yourself you could ask for help from the Library or you could give us a call and we'd look up the locations for you.

The RADAR keys are also needed to unlock some restricted access gates too (for example Formonthills Woodland Trust walk in Glenrothes).

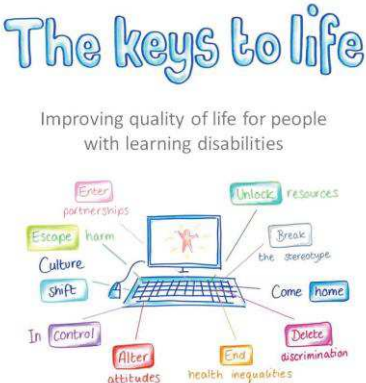
The Carers Working Group and Keys to Life planning

Carers of people with a Learning Disability and/or Autistic Spectrum Disorders now have new challenges ahead with the recent introduction of The Keys to Life, a Scottish Government initiative. The Keys to Life is the new 10 year national strategy for people with Learning Disability. The strategy sets out a vision for improved partnership working and aims to deliver better outcomes in the areas of life people have told us are the most important to them

In Fife the Carers Working Group which was established in 2007 as part of developing services for people with Learning Disability and Autistic Spectrum Disorder will have an important contribution to make in developing how Fife takes forward the recommendations in the Keys to Life.

Carers are welcome to come and join the group and have the opportunity to discuss issues they feel are important to them and share information and experiences getting practical suggestions to help carers plan the future. The Carers Working Group provides a way of involving carers as partners in shaping Learning Disability/ASD services in Fife and presents the opportunity to contribute valuable expertise and knowledge and a way to see your ideas for service improvement actioned.

The group has a core membership of carers along with staff from NHS Fife and Fife Social Work attending to hear the issues you raise. Meetings are held quarterly and any carer who cares for someone with a Learning Disability or ASD can attend and would be warmly welcomed so come along and be a part of making improvements to the service. Our next meeting will be on 24th February 2015. To find out more call Peter Hibberd, Chair of the Carers Working Group on 01592 742729.



Workshop programme for 2015

These workshops are intended to help family and unpaid carers and are free to attend. It is essential to book your place in advance. To do this you can phone us on (01592) 205472, email Lesley.Childs@fifecarers.co.uk or go to our website www.fifecarerscentre.org and you'll find further information and a booking form there.

Workshop Title	Who's it for?	When is it?	Where will it be?
Dementia 1: Take a Walk in Their Shoes	Dementia Care for unpaid and family carers	Thursday 19 th February 6.30pm – 9.30pm	Glenrothes
High on Life – an holistic therapy sampler	Unpaid and Family Carers interested in finding ways to deal with the effects of stress	Tuesday 24 th February 10am – 1pm	Springfield by Cupar
Music Therapy for carers of young children with ASD	Parent Carers of children with ASD/Aspergers	Wednesday 25 th February 10am - 2.30pm	Dunfermline
Toolkit for Parent Carers	Parent carers of children with disability or illness who are interested in finding ways to be organised, informed and to plan for the future.	Thursday 26 th February 10am – 1pm	Glenrothes
Dementia 1: Take a Walk in Their Shoes	Dementia Care for unpaid and family carers	Saturday 14 th March 10am – 1pm	Dunfermline
Dementia 2: Communicating with Dementia – words and beyond	Dementia Care for unpaid and family carers	Saturday 18 th April 10am – 1.15pm	Dunfermline
Building a Child to Adult Transition Plan	Parent Carers of children who will continue to need additional support into adulthood.	Thursday 23 rd April 10.30am – 1pm	Dunfermline
Dementia 1: Take a Walk in Their Shoes	Dementia Care for unpaid and family carers	Tuesday 12 th May 10am – 1pm	St Andrews
Dementia 3: Planning Activities & Interests to enjoy together.	Dementia Care for unpaid and family carers	Tuesday 19 th May 6.30pm – 9.30pm	Kirkcaldy
Building a Child to Adult Transition Plan	Parent Carers of children who will continue to need additional support into adulthood.	Thursday 21 st May 10.30am – 1pm	Kirkcaldy
Dementia 2: Communicating with Dementia – words and beyond	Dementia Care for unpaid and family carers	Monday 22 nd June 6.30pm – 9.30pm	Glenrothes
Building a Child to Adult Transition Plan	Parent Carers of children who will continue to need additional support into adulthood.	Thursday 25 th June 10.30am – 1pm	Glenrothes
Dementia 1: Take a Walk in Their Shoes	Dementia Care for unpaid and family carers	Thursday 16 th July 10am – 1pm	Kirkcaldy
Dementia 2: Communicating with Dementia – words and beyond	Dementia Care for unpaid and family carers	Thursday 20 th August 10am – 1pm	St Andrews
Dementia 1: Take a Walk in Their Shoes	Dementia Care for unpaid and family carers	Tuesday 15 th September 6.30pm – 9.30pm	Dunfermline
Dementia 2: Communicating with Dementia – words and beyond	Dementia Care for unpaid and family carers	Thursday 15 th October 10am – 1.15pm	Dunfermline
Dementia 3: Planning Activities & Interests to enjoy together.	Dementia Care for unpaid and family carers	Friday 23 rd October 10am – 1pm	Kirkcaldy
Dementia 1: Take a Walk in Their Shoes	Dementia Care for unpaid and family carers	Thursday 19 th November 10am – 1pm	Lundin Links
Dementia 2: Communicating with Dementia – words and beyond	Dementia Care for unpaid and family carers	Thursday 10 th December 10am – 1pm	Kirkcaldy

There will be further workshops on other topics planned after the start of the new financial year (after April 1st) and you'll be able to find these out in the next newsletter, on our Facebook page or on our website www.fifecarerscentre.org

WHEN THINGS GET TOUGH...

For many carers it's a long hard road, even when it's someone you love that you're caring for and the start of a New Year can leave you feeling down. If you are feeling unable to cope and need someone to talk to it's reassuring to know that there are people around even at your darkest moment who will listen and help you to cope - even if it's just to get through the next hour or so. We know that one of the most valued services that Fife Carers Centre provides is the opportunity we give carers to simply talk about how they are feeling with someone who listens without judgement. However we're not around 24 hours a day and so it's useful to know who is:

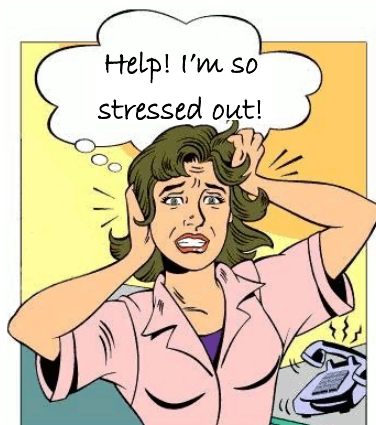
Samaritans - open 24 hours a day all year round. You can contact them by phone 08457 90 90 90 (UK) , email jo@samaritans.org, or good old fashioned letter to Freepost RSRB-KKBY-CYJK, Chris, PO Box 90 90, Stirling, FK8 2SA. They can help you explore your options, understand your problems better, or just be there to listen. It doesn't matter who you are, how you feel, or what has happened. Find out more at www.samaritans.org

ChildLine is open 24 hours a day all year round and is a private & confidential service for children and young people up to the age of nineteen. Call them on 0800 1111. Find out more at www.childline.org.uk

Silverline is the only free confidential helpline providing information, friendship and advice specifically to older people, open 24 hours a day, every day of the year. You can call them on 0800 4 70 80 90 or find out more at www.thesilverline.org.uk

Dementia Helpline - The 24 hour Dementia Helpline is a freephone Scottish service for people with dementia, carers, relatives, professionals, students and anyone concerned about dementia. Call them on 0808 808 3000 or find out more at www.alzscot.org

National Debtline is a free, independent and confidential debt advice service run by the charity Money Advice Trust. They open Monday to Friday from 9am to 9pm and on Saturday from 9.30am to 1pm. Call on 0808 808 4000 or find out more at www.nationaldebtline.org and be sure to look at the Scotland pages.



Make this the year you treat yourself kindly and learn to deal with stress at a local class!

There's no doubt that stress has its part to play in all our lives – it's what keeps us on our toes and ready to deal with what life throws at us. However when that stress tips over into something more intrusive it can have a negative impact on our health and wellbeing. Learning to deal with stress can make a huge positive difference. There are simple things that we can learn to do that can really help.

There are stress management courses running in various places across Fife. The courses are straightforward. You will be given a relaxation CD and information to take away and read at your own pace.

Why not sign up for a class? They are all free!

During the class you will learn more about how stress affects people. You will learn how to manage the effect of stress on your body and the effect on your mind. You will not have to speak during the class. It is not a therapy session - all seats face the front. You can also bring someone along with you for support.

Step on Stress course.

Step on Stress is a three week course which takes place once a week in the Dunfermline and West Fife area. Step on Stress is open to any adult. Each session is approx. 1½ hours

Direct booking available online at www.moodcafe.co.uk or by email to fife-UHB.SteponStress@nhs.net or phone 01383 565442



NEW! Step on Stress is now available in Kirkcaldy and Leven. You can book yourself directly onto a course using the website or telephone numbers shown above.

The Chokeables

saving a choking baby's life!



Babies and young children often explore the world by putting things in their mouths and as a result are vulnerable to choking. In a recent survey St John Ambulance found that more than 40% of parents had witnessed their baby choke and of those 75% of them had no idea about to help. This frightening statistic prompted St John to find ways to educate parents and others about proper emergency treatment for infants and led them to create a TV ad showing how to care for a choking infant. The advert, called The Chokeables, features the voices of David Walliams, David Mitchell, Johnny Vegas and Sir John Hurt and shows people how to help a choking baby. You can see the video online at www.sja.org.uk and in just 40 seconds you can learn how to give first aid to a choking baby. For those of you not able to view it online their advice is:

When your baby is choking first **Check their mouth**, then place your baby face down on your thigh and support their head. **Slap it out** - Using your open hand give up to five blows between the shoulder blades. **Squeeze it out** - If the baby continues to choke, using two fingers in the middle of their chest, give up to five chest thrusts. Check the mouth. If the obstruction hasn't cleared call for an ambulance.

You'll find this advice on the website as a poster for download entitled "**5 ways you can save your baby's life.**"

If the person choking is an older child or adult then you are basically aiming to do the same thing:

Check their mouth – if you can remove the object with your fingers without pushing it into the throat do so.

Slap it out – Give up to five firm open handed thumps between the shoulder blades to try and propel the obstruction out.

Squeeze it out - Abdominal thrusts are an emergency technique for clearing a blockage from the airway of an adult or child over one year old that is choking. They are also known as the Heimlich manoeuvre.

1. Stand behind the person who is choking.
2. Place your arms around their waist and bend them well forward.
3. Clench your fist and place it right above the person's navel (belly button).
4. Place your other hand on top, then thrust both hands backwards into their stomach with a hard, upward movement up to five times, then check is the blockage is still there.
5. Repeat this until the object stuck in their throat comes out of their mouth.

Because the abdominal thrusts may cause injury it's a good idea for the person to be checked over afterwards by a doctor. Important: Do not use abdominal thrusts with babies under one year old, pregnant women or people who are obese.



The NHS 'Know Who To Turn To' booklet

People across Fife are being urged to know who to turn to when they are ill or injured to get the right care and treatment at the right place in a timely manner. NHS Fife's 'Know Who To Turn To' campaign is aimed at helping people choose the most appropriate service for their needs so they can access the best treatment in the shortest time possible and reminds them that the Accident & Emergency (A&E) department is only for those who are seriously ill or injured. It is estimated that around 200 people a month who attend the Accident & Emergency (A&E) Department at Victoria Hospital, Kirkcaldy could have been better treated elsewhere.

The 'Know Who To Turn To' booklet includes information on the following services and what they can treat:

- Looking after yourself
- Local Pharmacy services
- Mental Health services
- Your GP Practice
- Dental services
- NHS 24 and Out of Hours service
- Minor Injuries Service
- Accident & Emergency

The A&E department exists to provide high quality care to the most seriously injured and severely unwell people. Unfortunately there are occasions when people attend A&E with conditions that are not serious.

Copies of the Know Who To Turn To booklet are widely available across Fife and can be picked up in a variety of places including Fife Carers Centre, local pharmacies, GPs, dentists and libraries or by visiting - www.nhsfife.org/knowwhototurnto