



SPRING/SUMMER 2021

East Ayrshire Carers Centre

**WE ARE RE-OPENING OUR DOORS
ON MAY 17th! (Appointments only)**



Although we have been operating a service throughout the pandemic, we are delighted to announce that we are putting the final preparations together to re-open our centres & offer face to face & group support to unpaid carers across East Ayrshire from May 17th.

ADULT CARERS SUPPORT

Face to Face Support for Adult Carers

Our centres in Kilmarnock (The Foregate), Cumnock and Dalmellington are able to offer appointments to help with completion of Adult Carers Support Plans and the more complex forms and advice.

Appointments must be booked in advance by calling the relevant Carers Centre number - found overleaf.

We will continue to offer telephone and online support for all other forms and support as this has worked well during lockdown.

Group Support for Adult Carers

Our centres in Kilmarnock (Carers Cottage), Cumnock and Dalmellington will be offering 2 coffee morning support groups on Tuesdays and Wednesdays from 10am until 12noon.

Due to social distancing measures the group numbers are limited and must be booked in advance.

We will continue to run the Zoom coffee mornings as many carers are able to access this and have told us they want this to continue.

If you would like to join the Zoom coffee mornings just give us a call and we can give you the Zoom link.

YOUNG CARERS SUPPORT

Our Young Carers groups will be back from Monday 17th May

To adhere to social distancing rules we will be limiting the number of children per group which means ***Young Carers will come every fortnight*** rather than every week

Young Carers staff will be in touch to allocate your week for attending

Carers Cottage, Kilmarnock

Mon & Tues 4-6pm - primary aged YC

Wed & Thur 4-6pm - secondary aged YC

Mondays 6-8pm - Young Adult Carers

Cumnock Carers Centre

Mon 4-6pm - primary aged YC

Tues 4-6pm - Young Adult Carers

Wed 4-6pm - secondary aged YC

New Cumnock

Every other Tuesday 3-5pm - primary YC

Dalmellington

Wed 4-6pm - primary aged YC

Thur 3.30-5.30pm - secondary aged YC

1:1 SUPPORT

Our Young Carers Team can offer 1:1 support to Young Carers too - we can help with emotional or practical support & help Young Carers complete a Young Carers Statement - call one of our centres to arrange - number overleaf



TIME TO LIVE FUND

If you are an adult providing unpaid care to someone over the age of 21, or a young carer providing unpaid care to anyone of any age, you might be eligible to apply for the Time to Live fund to access a break from your caring role - this might be a break away or a break at home - examples of a break away could be a trip to a spa for some therapies, an overnight stay somewhere, or help towards booking a longer break.

Examples of a break at home could be to purchase items for a hobby, gym membership, arts & craft items, walking boots etc



NATIONAL CARERS WEEK

We are making plans for National Carers Week which runs from Monday 7th June.

We will be holding "Get Back Together" events throughout the week at the Carers Cottage in Kilmarnock, Dalmellington House and Cumnock Carers Centre.

You will be able to pre-book your slot from 17th May by calling one of our centres to reserve your place.

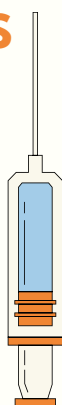
Due to covid restrictions we are unable to allow drop in visits to any of our premises without them being booked in advance!



VACCINE FOR UNPAID CARERS

In March the Scottish Government launched an online self-registration system for unpaid carers to register for their covid vaccine as part of Priority Group 6.

The portal closed on 26th April, but if you are an unpaid carer who has not registered for a vaccine yet you can call the COVID-19 Helpline number on **0800 030 8013**



ALPHA VENTURE EMPLOYABILITY

Our Alpha Venture employability programme is currently helping people 16 years and over in East Ayrshire to seek employment or move into further education - if your job has been affected by Covid, or you need help with your CV, interview skills, completing job application forms or wish to undertake some training, then please get in touch - we have over 12 years experience of helping people reach their goals!

Covid restrictions mean we are unable to offer a drop in service
Appointments MUST be made to come into one of our centres
Face masks are required when entering our centres

OUR CENTRES

Kilmarnock Carers Centre

20 The Foregate, Kilmarnock, KA1 1LU

01563 571533 admin@eastayrshirecarers.org.uk

Carers Cottage

Howard Park, Kilmarnock KA1 1SA

01563 559251 admin@eastayrshirecarers.org.uk

Cumnock Carers Centre

39 Barrhill Rd, Cumnock KA18 1PG

01290 426404 admin@eastayrshirecarers.org.uk

Dalmellington Carers Centre

1 Townhead, Dalmellington, KA6 7QZ

01292 550696 admin@eastayrshirecarers.org.uk

Twitter @EACarers

www.eastayrshirecarers.org.uk

Facebook @EACarers

Our Hotel

Dalmellington House, 32 Main Street, Dalmellington, KA6 7QL

01292 550717

dalmellingtonhouse@eastayrshirecarers.org.uk