

## NATIONAL CARERS WEEK EVENTS ADULT CARERS

### MONDAY 5TH JUNE

Join us for a day out at **Culzean Castle and Country Park**

followed by a 2 course dinner at the Hollybush Inn.

This event is for unpaid carers only, who are registered with us. A £10 deposit is required to secure your place and will be returned to you on arrival at Culzean. We regret we cannot accept bookings without the required deposit and we are unable to return deposits for cancellations.



#### Coach pickup and drop off as follows:

**9.15am** - Old Post Office on John Finnie Street, Kilmarnock

**10am** - Dalmellington Bus stop

**Return Dalmellington at 5pm and Kilmarnock at 6pm**

Cumnock Carers can go to either pick up - please confirm where when booking tickets - Cumnock carers without own transport should contact staff if unable to make own way to either pick up point.

**Tickets are sold on a first come first served basis** and we expect this event to be very popular so please pop into Bank Street, Cumnock Carers Centre or Dalmellington Carers Centre to secure your place.

### WEDNESDAY 7TH JUNE

**Garden Party at the Carers Cottage or Tea Party at Dalmellington Carers Centre - both events from 11-2pm**

Join us at either the Carers Cottage or Dalmellington Carers Centre for a lovely lunch, cakes and lots of tea and coffee - fingers crossed for a sunny day to enjoy the cottage garden.



Please call either Bank Street or Dalmellington Carers Centre to confirm attendance for catering purposes.

These two events are for carers and the people they care for, as well as former carers.

## Short breaks fund

### Unpaid Carers Time to Live Fund - a break away from caring

We have a fund for unpaid carers to apply for money or items towards a "break" from their caring role.

And we invite you to be creative! What does a good break look like for you? Are you looking for a day away? An overnight stay? Perhaps you want to start a new hobby? Maybe a comfy outdoor recliner or hammock for the garden? Or perhaps you have always wanted to create some beautiful art or play golf or have singing lessons? The fund is resourced from the Scottish Government via the Short Breaks Fund, and this year we have match funding from East Ayrshire Health and Social Care Partnership - so get your thinking caps on and speak to our Short Breaks Co-ordinator Shannon and let's help you relax and unwind! This fund is open to adult and Young Carers.



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[www.eastayrshirecarers.org.uk](http://www.eastayrshirecarers.org.uk)

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## Young Carers

**Tuesday 6th June - Party Night at Dalmellington Carers Centre 5-7pm**

For primary aged Cumnock and Dalmellington Young Carers

**Wednesday 7th June - Party Night at Carers Cottage 5-7pm**

For primary aged Kilmarnock and surrounding area Young Carers

**Thursday 8th June - Party Night with Art & Music Celebration Carers Cottage - 5.30-7.30pm**

Secondary aged Young Carers from East Ayrshire will join us for a fun evening and will get to see some of their art work displayed and be entertained by our Young Carers Music for Wellbeing group.



**Young Carers will be invited to their individual Carers Week Parties by our Young Carers Team**



We have rebranded and relaunched our employability programme!

Our all new "NEXT STEPS" programme is specifically designed to support 14-19 year olds through transitions from school to further education, training, work experience and employment. We work with young people to help them explore their future aspirations.

And as a Carers Centre with over 25 years experience of supporting Young Carers, we know how difficult it can be to focus on school and think about the future. So if you are a young person, or you know a young person aged 14-19, please get in touch with our Employability Development Manager David Pirrie.

## WHAT'S ON EVERY WEEK?

Come and join us at one of our centres for a weekly get away! Light refreshments provided, along with friendly and welcoming staff and a great opportunity for peer support and friendship

### Adult Carers Support Group

Tuesdays

Bank Street from 11-1pm  
for unpaid carers

### Coffee Mornings

Wednesdays

Bank Street 11-1pm  
Cumnock 10-12noon

Thursdays

Dalmellington 10-12noon  
for unpaid carers,  
cared for & former-carers

### Dalmellington Lunch Club

Wednesdays 12-2

for unpaid carers

## YOUNG CARERS

What is a Young Carer?

A young carer is someone who provides practical or emotional support to someone who is ill, frail, disabled, suffers from mental ill health or who has addiction issues.

They can provide this support to a family member, a friend or a neighbour. And they don't have to be the primary carer to get support from us.

Young Carers have told us that being a Carer can be hard sometimes.

- They may not have much time to play with their friends
- They might find it difficult to get their homework done on time
- They might get bullied at school

If this applies to you, then the East Ayrshire Carers Centre is here to help.

During term time we run around 15 groups for Young Carers throughout East Ayrshire and we have amazing opportunities for respite breaks, residential trips and leadership breaks.

Get in touch with our Young Carers Development Manager Ryan Duffy to find out more or to make a referral.

## ADULT CARERS SUPPORT PLANS AND YOUNG CARERS STATEMENTS

Under the Carers (Scotland) Act 2016, anyone who provides support to a family member, neighbour or friend has a legal right to have an Adult Carers Support Plan (ACSP) or a Young Carers Statement (YCS) completed in order to identify the needs of the carer and help them access information, advice and support, before reaching a crisis point.

If you would like an ACSP, or need a current one reviewed, get in touch with our Adult Carers Manager, David Reid to arrange. And if you would like a YCS, get in touch with our Young Carers Development Manager, Ryan Duffy.

## HOSPITAL DISCHARGE

A reminder that we have 2 staff members who can help with your loved ones hospital discharge. Lorna is based within Bank Street and Crosshouse Hospital and John is based at Dalmellington Carers Centre and Ayr Hospital - between them they also pop into the Biggart and East Ayrshire Community Hospital Cumnock. If you have a loved one in hospital or they are about to go into hospital, please get in touch as our staff can help with their planned discharge and make sure you have the right support for yourself as the unpaid carer.

Call one of our offices to contact John or Lorna - and look out for them if you are visiting the hospital.

## Columba 1400 Leadership at the Dean Castle Treehouse Centre

We worked with Columba 1400 to deliver a leadership residential for a group of inspirational Young Carers in February - this was the first time we used the Treehouse Residential Centre at Dean Castle Country Park - what a fantastic week and great facilities too - huge thanks to our very good friends at Columba, the Treehouse team and to our staff as well as the Young Carers.



### Kilmarnock Carers Centre

7 Bank Street, Kilmarnock, KA1 1HA  
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