



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. The ACSP/YCS can be shared with others to help them understand your needs too.

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.

FINANCES

It feels like winter is fast approaching, and we know that means extra worries for carers and their families.

We are here to help access the right benefits, grants and other financial supports. Call one of our office numbers to book an appointment to maximise any benefits you may be entitled to. Last year we helped families access £4.7million in unclaimed benefits - so it's definitely worth a call!

UNPAID CARERS - SHORT BREAK FUND

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

Please contact our Short Breaks Co-ordinator Shannon who can help you explore the possibilities and help you relax and unwind! This fund is open to Adult and Young Carers.

HOSPITAL DISCHARGE

A reminder that we have staff members who can help with your loved ones hospital discharge. Our Hospital Discharge Carer Link Workers cover the acute and community hospitals in Ayrshire.

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.

Carers Groups

We run support groups and coffee mornings across East Ayrshire to help carers access social opportunities to reduce isolation and opportunities for peer support and friendship too.

Support groups are for unpaid carers only and we welcome outside speakers/special events.

Coffee mornings welcome unpaid carers and the people they care for and former carers too.

Light refreshments provided, along with friendly and welcoming staff.

- Bank Street - Support Group Tuesdays 11-1; Coffee Morning Wednesdays 10-12
- Cumnock - Support Group/Coffee Morning Wednesdays 10-12
- Dalmellington - Support Group 1st Tuesday of the month 10-12

CALLING 14-25 YEAR OLD YOUNG CARERS

Our all new "NEXT STEPS" programme is specifically designed to support 14-25 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. So if you are a young person, or you know a young person aged 14-25, please get in touch with our Employability Development Manager David Pirrie.



YOUNG CARERS HALLOWEEN PARTY
On 29th October, mark the day,
From 5 to 7, we'll laugh and play!
Come dressed in costumes, bewitching and bright,
For a party of magic for Halloween night.
We'll dance with ghosts and maybe a bat,
Eat yummy treats—imagine that!
So young carers, come one, come all,
To our Halloween Party, we're having a ball!
👻 Don't miss out—join us if you dare! 👻
🎃 Fun, games, and treats—we'll see you there! 🎃


Young Carers Team will be in touch via
Young Carers Groups with details



MY FIRST SCOTLAND MATCH
Some lucky young carers attended their first Scotland match recently when The Tartan Army Children's Charity kindly donated tickets to the Nations League match against Poland - the young carers also received a Scotland top!



SMILING WINGS DAY
18 Young Carers had a fantastic day when Prestwick Airport, Prestwick Flying Club and the charity Aviation Without Borders teamed up to give young carers a chance to experience something truly special - flying over the Ayrshire coast, with some even flying over their own homes!
The young carers were even given goodie bags with contributions from Home Bargains.





CHRISTMAS EVENTS

Adult Carers Christmas Lunch - Park Hotel - Monday 2nd December at 12.30pm

We invite **unpaid carers** to come and join us at The Park Hotel for a Christmas lunch, sing song and raffle. A £10 deposit is required to secure your place which will be returned on arrival at the event. Carers may invite the person they are **registered as caring for** at a cost of £16 (not returnable).

We regret we cannot accept bookings without the deposit and the full £16 payment for cared for person. We are unable to refund any monies paid for cancellations.

Tickets are sold on a first come first served basis - please pop into one of our centres to secure your place.



- Roast crown of British turkey with pigs in blankets, sage & onion pork stuffing and steamed brussel sprouts. Dressed with a sweet cranberry turkey jus
- Butternut squash, vegan feta, baby spinach, chestnut & cranberry pithivier topped with a plant based tarragon cream (VV)
- All main courses are served with rosemary roasted root vegetables and roast potatoes (GFOA)
- Followed by mince pies and tea & coffee



Young Carers Christmas Events

In the run up to Christmas we have some fun and exciting activities for young carers including:

- Cinema trips in the week beginning 2nd December
- Primary Young Carers Christmas Party on Tuesday 10th 5-7pm
- Secondary Young Carers Bowling nights on Wednesday 11th and Thursday 12th December



Young Carers Staff Team will be in touch via YC groups with details of these events

So please look out for this communication and make sure to return the consent forms in time!

PS - We are expecting a very special guest at the Young Carers Party - can you guess who ho ho?



Young Carers Christmas Gift Appeal

Please help us make Christmas a magical time for young carers!

We are seeking donations of new and unused toys, family games, books, arts & craft materials, warm pyjamas, hats, gloves, scarves, slipper-socks and toiletry gift sets etc

Donations can be handed into any of our centres as follows:

Kilmarnock Centre on Mon-Fri 9-3pm, Carers Cottage on Mon-Thurs 11-3

Cumnock Centre on Mon-Thurs 10-4, Dalmellington Centre Tues 10-4



Christmas Raffle

If you receive your newsletter via email, you can pop into one of our centres to buy your Christmas raffle tickets and if you get this newsletter in the post you will find your raffle tickets enclosed - just pop into one of our offices to pay for your tickets and be entered into the draw.

RAFFLE

Our AGM takes place on Monday 4th November at The Carers Cottage, Howard Park, Kilmarnock from 10-11.15
Please advise if you intend to come as there is very limited space at the Cottage.

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