



NEWSLETTER



Top news of the Month



10th - 16th June 2024

Wednesday 12th June - Dark Island

Hotel, Benbecula

Carers Lunch and talks by

Guest Speakers:

Donald Maclean,

Fire Safety Officer

Macmillan Care Support,

Digital Legacy

Thursday 13th June -

Castlebay Hotel

Carers Lunch and talks by

Guest Speakers:

Alison Macdonald, NHSWI,

Screening

Macmillan Care Support,

Digital Legacy

Monday 10th June - Failte Centre,

Bayhead, Stornoway

Carers Lunch and talks by

Guest Speakers:

Donald Maclean,

Fire Safety Officer

Macmillan Care Support,

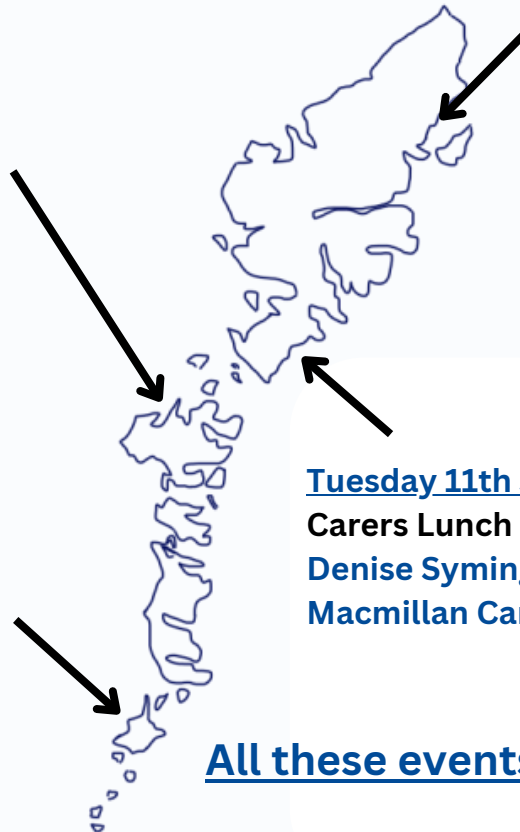
Digital Legacy

Tuesday 11th June - Harris Hotel, Tarbert

Carers Lunch and talks by Guest Speakers:

Denise Symington, NHS, WI, Share your story

Macmillan Care Support, Digital Legacy



All these events are from 12noon to 3pm.

BOOKING IS ESSENTIAL

Please advise of any special dietary requirements.

If you need alternative care to enable you to attend,
please contact the office and we will endeavour to arrange for you.



RAFFLE FUNDRAISER

FRIDAY 14TH JUNE 2024

Creagorry Co-op, Benbecula 10 AM - 4 PM

Tesco, Stornoway 10 AM - 6 PM



Why not take a break from your caring duties?
 Come along and join us at Eolas for Tea/Coffee and Cakes (free of charge).
 Contact us if you require alternative care



Lewis & Harris	Woodlands 10.30am to 12 Noon	Borve House Hotel 2.30pm to 4pm	Crown Hotel 2.30pm to 4pm	Failte Centre 2.30pm to 4pm	Harris Hotel 2.30pm to 4pm
May		Wed 8th			Thurs 16th
June				Tue 25th Line Dancing	
July	Mon 1st				Thurs 11th
August			Wed 14th		Thurs 15th
September		Wed 11th			Thurs 19th



Uist & Barra	Lochmaddy Hotel 2.30pm to 4pm	Stepping Stones 2.30pm to 4pm	Grimsay Centre 2.30pm to 4pm	Borrodale Hotel 2.30pm to 4pm	Castlebay Hotel 2.30pm to 4pm
May		Thurs 23rd			Wed 1st
June					
July			Tues 16th		Wed 17th
August				Wed 14th	Wed 21st
September	Tues 10th				Wed 12th



01859 502588



info@wiccf.co.uk

TRAINING

We'd like to remind you that

Moving & Handling training is available to all unpaid carers, any time it is required.

Conditions change and sometimes **refresher training** might be invaluable.

If you wish to receive this training please contact:

Lewis & Harris: Catriona 07554 831711

Uist & Barra: Catherine 07487 540173



Catherine is also available to deliver **First Aid Training** should any of you be interested



If you're not supporting Western Isles Community Care Forum yet, please sign up now. It takes 2 minutes & 5,000+ shops will donate to us for free every time you shop with them!

Visit: <http://easyfundraising.org.uk/.../60a28d9c7e101c2d0ded2fe9/>

DON'T MISS OUT

Thinking of a holiday, before you book please get in touch with Catherine

The aim of **Respality** is to provide a **short vital break** from routine for **unpaid carers in Scotland** when they need it most. This is achieved by connecting carers' organisations with hospitality, tourism and leisure businesses who are willing to donate a break **free of charge**.



There are breaks available nationally to all carers and there are also some breaks which WICCF have secured locally for the benefit of carers living in the Western Isles.

We have a large variety of offers available in the Western Isles for carers.

If you would like to discuss or book a Respality break please contact Catherine:



07487 540173



carersupport@gmail.com

Congratulations to Sammy Cameron from

Stornoway, winner of WICCF

'Guess Clyde's Birthday' Christmas Competition.

SAMMY GUESSED THE EXACT DATE

"WELL DONE SAMMY!"



Clyde's Birthday is 12th July

Thank you to all WICCF unpaid Carers who entered our competition to guess Clyde's birthday.



Sammy is pictured receiving his £50 Co-op voucher.

Improve your password security

Creating strong, separate passwords and storing them safely is a good way to protect yourself online.

1. Use a strong and separate password for your email.

Your main email is the gateway to all your other accounts. Keep it secure with a password that is different to all your other passwords. Keep it secure. Keep it separate.

2. Create strong passwords using 3 random words.

Weak passwords can be hacked in seconds. Make yours strong, longer and more memorable by combining three random words that you can remember. **The dafter the better.**

3. Save your password in to your browser.

This is safer than re-using the same password for all your accounts. Save them to secure them.

Add Extra Protection

Once you've set up strong, separate passwords for all your devices and services, there are other things you can do to reduce your risk of being hacked.

4. Turn on 2-Step Verification (2SV)

Two step verification protects you with a second layer of security that checks it's really you logging in. **Think of it as a double lock for your data.** Be doubly sure.

5. Update your devices

Cybercriminals exploit weaknesses in software and apps to get your information. Updating fixes those weaknesses. Think of update reminders as an alarm telling you to act. **Stay secure. Update regularly.**



WWW.CYBERSCOTLAND.COM/CYBER-AWARE/



CyberScotland



On 6 April 2024, employees became entitled to unpaid leave, to give or arrange care for a 'dependant' who has:

- a physical or mental illness or injury that means they're expected to need care for more than 3 months
- a disability (as defined in the [Equality Act 2010](#))
- care needs because of their old age

The dependant does not have to be a family member. It can be anyone who relies on them for care.

Employees are entitled to carer's leave from their first day of work for their employer. Their employment rights (like holidays and returning to their job) are protected during carer's leave.

Employees can take up to one week of leave every 12 months. A 'week' means the length of time they usually work over 7 days. For example, if someone usually works 3 days a week, they can take 3 days of carer's leave. If their working hours change each week, calculate the amount of leave due as follows:

1. Add up the total number of hours worked in the previous 12 months.
2. Divide that total by 52 (or however many weeks since they started the job, if they've been in the job less than a year).

Carers Leave can be taken as a whole week off or take individual days or half days throughout the year. If an employee needs to care for more than one person, they cannot take a week of carer's leave for each dependant. They can only take one week every 12 months. They can use the week of leave on more than one dependant.

Spring Covid Vaccination

NHS Scotland recommends you have a spring dose of the COVID-19 vaccine this year if you:



- are aged 75 years and over on 30 June 2024 (i.e. you were born on or before 30 June 1949)
- live in a care home for older adults
- are aged 6 months or over (by or on 31 March 2024) and have a weakened immune system

Although carers and people who live with individuals who have a weakened immune system were offered vaccination in winter, they are **not eligible for the coronavirus vaccine this spring.**

This is to allow NHS Scotland to prioritise those most at risk.



Bethesda Hospice Charity Fundraiser Midsummer Golf Day & Midsummer Night Ball at the Stornoway Golf Club on Friday 21st June 2024





Come and join us at the Stornoway Golf Club for a day of competitions then a Midsummer Night Ball with a delicious 3 course meal, prizegiving, auction and musical entertainment.



If you are not a golfer, join us in the evening for the glamorous Midsummer Night Ball.



 01851 706222

 bethesdahospice@hotmail.com
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Hospital discharge



The Carers(Scotland) Act 2016 states that carers have a right to be involved in the hospital discharge process of the person they are or are going to be caring for.

Each health board must ensure that, before a cared-for person is discharged from hospital, it involves you in the discharge of the cared-for person.

This means

If the person you are caring for is admitted to hospital, the health board must take appropriate steps to:-

- inform you as soon as it can about when the person you care for is to be discharged;
- invite your views about the discharge; and
- take your views into account when planning the discharge (as far as 'reasonable and practical').

This can be for either a planned (e.g., routine treatment) or unscheduled admission (e.g., emergency operation) to hospital. This applies where it is likely that you will be providing care after the person you care for has been discharged.

Your involvement in the hospital discharge process must happen whether or not the person you are caring for moves from hospital to their normal home. There may be circumstances where they move from hospital to, for example:-

- a care home;
- another NHS facility for further treatment or rehabilitation; or
- in the case of mental health patients, to a lower security hospital.



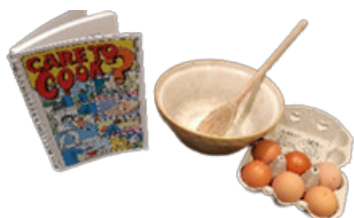
Who is responsible?

It is the responsibility of the health board discharging the person you are caring for to involve you in the hospital discharge process.

It is important that health and social care professionals begin a conversation with you at the earliest opportunity, so you are able to share knowledge and information. Having early conversations will help to plan for appropriate support to be put in place for you and the person you care for following discharge.

The health board discharging the person you are caring for may not necessarily be the one where they normally live. In these circumstances, the health board in which the cared-for person is receiving treatment must involve you in the discharge process.

Looking for a gift - Wedding present, birthday?



A recipe book packed with easy to make recipes.

On sale in local shops or direct from **WICCF** at £10 plus £2 P+P

For more details, visit our website: www.wiccf.co.uk



We are delighted to inform you that we have received funding to provide some unpaid carers in the Western Isles with a Short Breaks Grant.

The Short Breaks Fund is to give carers a break from their caring duties the grant can be used to take a short holiday, pursue hobbies, pampering, driving lessons, purchase of a pet, meals out.....the list of possibilities is vast.



Due to the large volume of applications we now receive, we are going to have to restrict applications to once every two years, unless the caring role is intense.

The grant CANNOT be used to pay household bills, buy clothes (unless specialised clothes for a hobby), white goods or general household goods.

RECEIPTS MUST BE SUBMITTED FOR ANY GRANT RECEIVED

Grants will be issued approximately 4 times over the course of the year. **APPLY TODAY**
If you would like to apply for a grant of £250, please contact the office for an application form.

Thanks to a successful funding application to the Comhairle Nan Eilean Siar's Cost of Living Support Fund, we were able, in the last financial year to support 246 carers with their energy costs.



For the duration of the fund, all carers living with the cared for, received a grant of £100. (One payment per household).



The current cost of living crisis affects everybody but carers feel the pinch more as the caring role often leads to an increase in heating bills, laundry, charging of medical equipment etc.

We are extremely grateful to Comhairle Nan Eilean Siar for their support.



Work to transfer the awards of people in Scotland from Carer's Allowance to Carer Support Payment has begun.

Carer's Allowance, paid by the Department for Work and Pensions (DWP), is being replaced by Carer Support Payment paid by Social Security Scotland.

IMPORTANT

The transfer from Carer's Allowance to Carer Support Payment will happen gradually with all awards expected to be transferred by Spring 2025.

People do not need to do anything as their award will transfer automatically. The amount they receive will not change. Both the DWP and Social Security Scotland will write to people in advance to let them know that their award will be transferring. **Carers should continue to report any changes in their circumstances to the DWP until they receive a letter from Social Security Scotland telling them their award has transferred.**

Carer Support Payment provides £81.90 a week to eligible carers.

The benefit is available to new applicants in the Western Isles, as it is one of 4 pilot areas.



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