



## Carers' Hub now open!

The new Edinburgh Carers' Hub at 60 Leith Walk has opened its doors and VOCAL staff and volunteers (pictured) look forward to welcoming carers to our new premises. Read more about it on page 2.

The official opening and launch will take place during **Carers Week 2018 (11-17 June)** with events planned for carers, health and social care partners, donors and corporate supporters.

# New measures for carers' support

*The Carers (Scotland) Act 2016 took effect on 1 April 2018 to ensure better and more consistent support for carers so that they can continue to care, if they so wish, in better health and with a life alongside caring.*

From 1 April 2018 the Act provides for:

- A new right for carers to receive an **Adult Carer Support Plan (ACSP) or Young Carer Statement (YCS)**, setting out their personal outcomes, identified needs and the support to be provided to meet these needs.
- A duty for local councils to **provide support to carers**, based on their needs which meet the local eligibility criteria. They also have a power to provide information and support through local organisations to meet carers' needs.

- A requirement for local councils to **establish and maintain an information and advice service** for carers. They must also publish and review a short breaks services statement.
- A duty for local councils and health boards to 'take such steps as they consider appropriate' to involve carers and carer representatives in the **planning and evaluation of services** that support carers, including the preparation of the local carer strategy.
- A requirement for the responsible local authority to consider **support in the form of a break from caring**, and the desirability of breaks from caring provided on a planned basis.
- A duty on health boards to inform the carer and to invite their views **before a cared-for person is discharged from hospital**. These must be taken into account before the discharge of the cared-for person.

**Find out more on page 3...**

# Caring in the city - reaching over 6,500 carers in Edinburgh

## ABOUT VOCAL

VOCAL supports carers in all family or relationship settings, be they defined by kinship, partnership, friendship, affection or obligation.

### What do we do?

Carers can access the following:

- Information & advice
- Individual support
- Legal & financial surgeries
- Training & groupwork
- Social & leisure opportunities
- Family Support (Addictions)
- Carer counselling service

### Connect with VOCAL:



**Email:**

[centre@vocal.org.uk](mailto:centre@vocal.org.uk)



**Website:**

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



**Twitter:**

@EdinburghCarers



**Facebook:**

[www.facebook.com/VOCALcarers](http://www.facebook.com/VOCALcarers)

## VOCAL Carer Centres

### VOCAL Edinburgh Carers' Hub

60 Leith Walk

Edinburgh EH6 5HB

Tel: 0131 622 6666

### VOCAL Midlothian Carer Centre

30/1 Hardengreen Estate

Dalhousie Road, Dalkeith

EH22 3NX

Tel: 0131 663 6869

### Additional services:

Family Support

Addictions (FSA) 0131 622 6666

Counselling 0131 466 8082

South Edinburgh 0131 672 0987

South West Edin 0131 453 9457

VOCAL is an active member of the Coalition of Carers in Scotland and is affiliated to Carers Scotland, Shared Care Scotland and Eurocarers.



HAPPY TO TRANSLATE

Dear carers

In the continuing climate of uncertainty over funding, it is a big challenge and risk for all charities to invest in a major expansion. After much soul-searching and planning, VOCAL has taken this plunge.

In April 2018, coinciding with the implementation of the Carers (Scotland) Act 2016, we opened the new Edinburgh Carers' Hub in a far more accessible area of the city, while at the same time continuing to expand the co-location of staff in different city sectors and communities.

Driven by the future need of carers, relying on the sterling efforts of our supporters, volunteers and staff, supported by City of Edinburgh Council and NHS Lothian managers, and building on years of very prudent housekeeping, VOCAL has mastered the challenge so far and opened the doors to Edinburgh carers in April 2018.

Without this support, VOCAL could not have:

- raised £150,000 in a major premises refurbishment appeal
- securely cleared tons of paper files accumulated over 25 years
- masterminded the move and relocation while maintaining telephone support for carers
- cleared and redeveloped our front garden to make 60 Leith Walk a truly hospitable Carers' Hub or
- settled in the new premises as quickly as we did!

We owe all our donors, supporters, staff and volunteers, planners and solicitors, builders and technicians, removal men and cleaners a big thank you to make this project a reality just prior to our 25th anniversary in 2019.

## THANK YOU ALL FROM VOCAL!

## Fringe performers pledge support for VOCAL

Musicians Peter Allen and Paul Machlin (pictured) have kindly agreed to donate the proceeds from their Edinburgh Fringe show 'America's Diversity in Song' to VOCAL this August.

Their mix of American 20th-century song, sung by Peter Allen, whose 'rich, rounded baritone' is supported by Paul Machlin's 'subtle coloration' (Portland Press Herald) on piano, reflects America's broad diversity of heritages and cultures as represented by its composers.

**The show takes place at St Andrew's and St George's West on George Street (venue 111)**

**on Wednesday 15 August at 7.30pm. Tickets are available to buy online at [tickets.edfringe.com/whats-on/america-s-diversity-in-song](http://tickets.edfringe.com/whats-on/america-s-diversity-in-song) as well as at the Edinburgh Fringe Ticket Office (0131 226 0000).**



*A warm welcome awaits you at the Edinburgh Carers' Hub, 60 Leith Walk*



# What to expect from the Carers Act

Scotland has taken a major step in enhancing the rights of the nation's unpaid carers with the introduction of the Carers (Scotland) Act 2016 which sets out to ensure that carers are better and more consistently supported. But what does that mean in practise and what can Edinburgh carers expect from the Carers' Act?

## The Adult carer support plan (ACSP)

One significant change is that carers have now the right to be offered – or to request – an Adult Carer Support Plan (ACSP) (or Young Carer Statement (YCS) if applicable). Any carer can request one, regardless of the number of hours, type of caring, or regularity of their caring role.

An ACSP starts with a conversation to discuss your caring role and what is important to you in your life. It helps to plan what support you might need and what could help you to have a life alongside caring. The key points are written down with agreed actions.

Carers identified as needing support, and who meet local eligibility criteria, will have a right to have that support provided by their local authority. Even if a carer is not eligible for formal support, every carer has a right to access information and support from local organisations like VOCAL.

## Taking a short break

**In terms of short breaks or respite services, the Act outlines that local authorities must publish and review a Short Breaks Services Statement. This will help carers know what support is available locally and nationally to help them have a break from their caring.**

Although the Carers Act recognises the importance of short breaks, there is no duty for the local authority to provide a short break. However, they are required to consider whether support to a carer should take the form of a break from caring, and whether breaks from caring should be provided on a planned basis.

## Planning for an emergency

**The adult carer support plan must also contain information about whether a carer has an emergency plan in place.**

This is a written document which lets people know what needs to be done to support the person you care for if you are unable to carry out your caring role at short notice. Emergency plans should include details about the care and support you provide to the person as well as emergency contacts, health needs and preferred routines.

## The Carers (Scotland) Act - useful links

### What to expect guides

VOCAL and the Coalition of Carers have published several easy-read guides to the Act which can be found on VOCAL's website: [www.vocal.org.uk/carers-act](http://www.vocal.org.uk/carers-act)

### Scottish Government Carers Policy

Information on the various components of the Carers' (Scotland) Act, including the finalised statutory guidance and Carer's charter:

[www.gov.scot/Topics/Health/Support-Social-Care/Unpaid-Carers](http://www.gov.scot/Topics/Health/Support-Social-Care/Unpaid-Carers)

### Young Carer Infographic

This is an excellent infographic created by our partners at Young Scot, which explains the Act to a young carer.

[www.youngscot.org/information/rights/carers-act/](http://www.youngscot.org/information/rights/carers-act/)

## Hospital discharge

**Under the Carers Act, local health boards now have a duty to involve carers, including young carers in discharge from hospital when the person being discharged is likely to require care.**

Hospital staff have a duty for you to be involved in discharge planning. This may be a discussion in person or over the telephone to arrange the details of when and how the discharge will take place.

It is important to identify yourself to the hospital staff as soon as possible and let them know how to contact you. You also need the consent of the person you care for to discuss their care and discharge plan.

Being involved in this way gives you the opportunity to decide and communicate what you are willing and able to do and to think about how any changes in your role may affect you as a carer. Even if care needs have not changed, as their carer, you should still be involved.

## What Edinburgh carers can expect...

Adult Carer Support Plans and Edinburgh's eligibility criteria for support are being piloted in North West Edinburgh. The Edinburgh Carers Strategic Partnership Group agreed in April to publish details of all stages, timescales, pilots and partners in May.

**For further details contact City of Edinburgh Council lead officer Kirsten Adamson on 0131 469 3215.**

## VOCAL carer training & events

**Did you know VOCAL offers over 140 free workshops and courses to carers throughout the year?**

There are a range of core topics such as stress management, dementia-related courses and first aid but we also commit to providing carers with new and innovative workshops and courses.

So what's coming up that is new to VOCAL?

### Sleep awareness for parent carers

Explore the impact of limited sleep and learn how to enable better sleep.

Thurs 17 May 10.30am - 12.30pm

### Making an emergency plan

A short session for carers to create their own plan in case of an emergency situation.

Fri 18 May 10.30am - 1pm

**Pathways to movement and games to share with children:** A hands on session for parents to learn how to use play to make activities more accessible.

Wed 6 Jun 10.30am - 12.30pm

### Create your own vision boards

This creative and fun process can help you clarify what you want and map a path to it.

Mon 11-25 Jun 10.30am - 1pm (3 sessions)

### Understanding the Carers' Act

Learn more about the act and carers' rights.

Fri 22 Jun 10.30am - 1pm

**To book a course online go to the Carer Events website at [www.carerstraining.co.uk](http://www.carerstraining.co.uk) or contact VOCAL on 0131 662 6666.**

## Support VOCAL this Summer

**Walk or run your way to a fitter you while supporting carers!**

### Big Fun Run

Take advantage of a free VOCAL place in the Big Fun Run 5K on **Sunday 29 July**.

This untimed 5K in Holyrood Park is all about fun and is the perfect event to start your fitness journey. You don't have to be a runner to take part – you can walk, jog or skip to the finish line!



### Kiltwalk

Set yourself the challenge of walking 6, 13 or 26 miles in the Edinburgh Kiltwalk on **Sunday 16th September**.

The Kiltwalk is not a race, or timed and is inclusive to all abilities. It's a great day out for all the family.



The sponsorship you raise will be worth 40% more through the kindness of The Hunter Foundation who will donate an extra £40 for every £100 you raise for VOCAL!

For more information on all our fundraising events and to register visit [www.vocal.org.uk/events](http://www.vocal.org.uk/events) or contact Francesca Greaves by email at [fundraising@vocal.org.uk](mailto:fundraising@vocal.org.uk) or phone on **0131 622 6666**.



We are delighted to welcome Angela Genetti to her new post as Counselling Service Manager at VOCAL. Angela comes with extensive experience working in addictions and is looking forward to expanding the Carer Counselling Service, giving more carers the chance to benefit from this much needed support.

*If you would like to update or remove your details, or would like your name added to VOCAL's mailing list to receive Carers News, then complete this form and return to: FREEPOST RTYY-ZYUS-HBEY, VOCAL Edinburgh Carers' Hub, 60 Leith Walk, Edinburgh EH6 5HB*

Title: ..... Name: .....

Add

Address: .....

Remove

Previous address (if updating): .....

Update

Postcode: ..... Tel: ..... Email: .....

Condition of person being cared for: .....

Relationship to person being cared for: .....

The information provided in this form will be stored on VOCAL's secure systems. We will use it to send you information about carer support and services by post and email. We may occasionally contact you by telephone. We will not share any personal information with a third party unless required to do so or with your consent. Information is regularly checked to ensure it is accurate and up to date. If you wish to view the information we hold about you or for your details to be removed, please contact VOCAL on 0131 622 6666 or email [centre@vocal.org.uk](mailto:centre@vocal.org.uk) You can read our full data privacy statement on the VOCAL website: [www.vocal.org.uk/privacy](http://www.vocal.org.uk/privacy)