



# WESTSIDE CARERS GROUP NEWSLETTER – JUNE 2011

A carer is someone who, without payment, provides help and support to a partner, child, relative, friend or neighbour who could not manage without their help. This could be due to age, physical or mental illness, addiction or disability. The aim of the Westside Carers Group is to help ensure that no carer has to reach crisis point before they get the support they need. In short, to help make it easier for carers to cope.

The Westside Carers Group is a voluntary group that enables carers within the Walls and Bixter practice catchment areas to meet on a regular basis, share experiences, discuss various issues and listen to guest speakers. Meetings are advertised in the local shops, health centres and on Radio Shetland. **New members are always welcome.**

For more information, please phone the Walls Health Centre on 01595 809 352 and speak to Maggie Drosso, Eileen Macleod or Fiona Sinclair.

## Looking back over the last year...

We had a meeting in April 2010 with guest speaker Ann Napier – SIC Social Worker and link worker for Wastview Care Centre. Ann explained what her job involved and answered questions raised by the group.

We held Sunday Teas in Wastview Daycare in April 2010. This was a successful day and £254.00 was raised for the group.

We held our AGM in September 2010. Maggie Drosso was re-elected as Chairperson, Sue Beer took over from Laughton Johnston as treasurer and Eileen Macleod & Fiona Sinclair were re-elected as joint secretaries.

The guest speaker at our September 2010 meeting was Dorothy Storey – Stroke Liaison Nurse and Shetland Stroke Group secretary. The group were interested to hear what Dorothy's job and role as secretary involved and to learn from her experiences of caring for someone affected by stroke illness.

The 2011 Carers Cruise was launched as part of National Carers Week on Sunday 12<sup>th</sup> June. Several members of the group went on the cruise around Yell and despite the weather, enjoyed it and said they would encourage folk to take part next year.

Our most recent meeting was held in June 2011. Our guest speaker was Susan Hinton – 'With You For You' Customs Relations Officer. 'With You For You' (WYFY) is the new way in which adults and practitioners can access support services in Shetland. WYFY was set up as a joint initiative between the Shetland Islands Council and NHS Shetland to help make this process quicker and easier for all involved.

To help raise funds for the group, a Quiz Sheet has been made and will go on sale in local shops toward the end of June.

### What's to come...

Our next meeting will be held on Tuesday 26<sup>th</sup> July 2011 at 7pm in Wastview Daycare. Please see local posters for further details. All carers are welcome.

Our AGM will be held on Tuesday 27<sup>th</sup> September 2011 at 7pm in Wastview Daycare. New members will be made very welcome.

### Westside Wheelchair

The Westside Carers Group purchased a wheelchair which is kept at the Walls Health Centre. Anyone needing to borrow the wheelchair for short-term use can do so by phoning the Health Centre on 809 352. There is no charge for the chair, but a small donation to the group is appreciated.

### Shetland Carers Groups

[www.shetland-communities.org.uk/subsites/scg](http://www.shetland-communities.org.uk/subsites/scg)

Keep an eye on the Shetland Carers Groups website for information about what's going on, what help is available and helpful information on other resources.

### Statistics and facts about carers:

1 in 8 adults (around six million people) are carers.

- By 2037, its anticipated that the number of carers will increase to 9 million
- Every day another 6,000 people take on a caring responsibility – that equals to 2 million people each year.
- 58% of carers are women, and 42% are men
- Over 1 million people care for more than one person

Carers save the economy £119 billion per year, an average of £18,473 per carer.

- Over 3 million people juggle care with work, however the significant demands for caring mean that 1 in 5 carers are forced to give up work altogether.
- The main carers benefit is £55.55 for a minimum of 35 hours, equivalent to £1.58 per hour – far short of the national minimum wage of £5.93 per hour (2011 -2012 figures)

People providing high levels of care are twice as likely to be permanently sick or disabled.

- 625,000 people suffer mental and physical ill health as a direct consequence of the stress and physical demands of caring.
- 1.25 million people provide over 50 hours of care per week.