

Word Puzzle – Spot the missing TV Show!

G A A R D A O R H G I H S K A
M E R S S Y N Y V O Z E R T V
H P N L L I B E H T V A U S Y
V E C E O A S S I H Z S O K W
G D A R R H T Z T I O T B A Y
R I A R O A X Z K H K E H O A
A S B D T S L T T L T N G Y W
N K R O F B S H A U M D I L S
G O P T I S E R O U R E E L D
E O W I X Z D A O S X R N O R
L R E E T N Q U T A P S E H A
S B E D O C T O R S D I V U W
A H D R V G K P U W N S T N O
W Y Y T I C Y B L O H H A A H
J O C A C A S U A L T Y A M L

Angels	Doctors	General Hospital	Hollyoaks
Brookside	Eastenders	Heartbeat	Howards Way
Casualty	Emmerdale	High Road	Neighbours
Crossroads	Eldorado	Holby City	The Bill

Answer shown at the bottom of the page

Gluten Free Biscuit recipes



Gluten Free Peanut Butter biscuits

Ingredients

260g Peanut Butter (Crunchy or Smooth)
200g Caster Sugar
1 egg

Mix ingredients together until they form a soft dough then refrigerate for 1 hour.

Line a baking tray with baking parchment and shape dough into 2.15 cm balls. Flatten the balls slightly. Place on tray 5 cms apart and bake for 8 – 10mins at 180°C. Allow to cool on a wire tray. Eat within 24 hours of baking for best taste!

Gluten Free Shortbread

Ingredients

100g Cornflour
160g White Rice Flour
8 Tablespoons of Caster sugar
175g softened butter



Sift dry ingredients together and work in butter with hands to form a soft dough. Chill for 1 hour. Line a baking tray with baking parchment and shape dough into 2.15 cm balls. Place on tray 5 cms apart and flatten slightly with a fork. Bake for 20 -25mins at 150°C until edges are lightly browned. Allow to cool on a wire tray.

Fife Carers Centre NEWSLETTER

Join in and play a part in getting it right for carers in Fife

There is no one better suited to understanding how carers can be helped than people who have caring experience themselves. We know it's not always easy to find the time or the energy so we REALLY appreciate the help we get! There is always something you can do to take part in helping the carers in Fife and there are some exciting opportunities coming up in 2017. Want to be a Volunteer Board Director? Take a look at page 2. Fancy helping celebrate our 21st birthday year – you'll find out more on page 4 or feel befriending is more your style – read more about it on page 5.



New Carers Group for St Andrews

Following interest from carers in the St Andrews area a new carers group will begin in the new year. Initially the meetings will take place on the last Monday of each month from 10 am in Zest on South Street in St Andrews. The meetings will give carers an opportunity to get together for a chat, to share their experiences as well as ideas and tips. They could also provide an opportunity to hear from other support organisations. Our first meeting will take place on Monday 26th January 2017 and Carer



Support Worker, Grant Kidd, will be along to meet up with you. So if you are caring for a family member or friend for any reason please come and join us!

Laura goes the extra mile for Carers



An amazing effort from Laura Roy running in her first 10k raised £500 for Fife Carers Centre – that's Laura out in front – doesn't she look great!

Laura came into Fife Carers Centre to hand over the money and met some of the carers who were in using the centre and who were all suitably impressed. Thank you very much Laura – your support helps us to provide support for carers all over Fife.



Carers Support Group for carers of people living with dementia in North East Fife

The over 65 mental health nursing team hold a support group at St. Andrews Community Hospital on the third Friday of each month from 10:30am to 12:30pm (so the dates for the rest of 2016 are Friday 18 November and Friday 16 December). The Group will meet in Health Promotion Room 1 which is on the ground floor at St Andrews Community Hospital. There is no need to confirm attendance please just go along at 10.30am.

The support group is for people caring for someone over the age of 65 with a diagnosis of dementia within the North East Fife area. The group is set up to listen, give support and direct carers to available services in their area as well as providing a place to come and meet other carers, share experiences and realise that you are not alone. Each month guest speakers from local services and agencies give an insight into what they do and how they might be able to help.



Fife Carers Centre
157 Commercial Street,
Kirkcaldy, KY1 2NS
Tel: (01592) 205472
Text: 07881 691391
e-mail: centre@fifecarers.co.uk

Scottish Charity No SC029466
Company No 282309

How do we help carers?

We offer carers in Fife the following services:

- Up to date information & support.
- Benefit Checks
- Training Workshops & Information Seminars.
- Carer Support Groups.
- Stress Reduction Activities.
- ... as well as a warm welcome, a listening ear and a delicious cup of tea or coffee!

Fife Carers Centre staff is:

Mhairi Lochhead
Manager

Cindy Souter
Carer Support Worker

Grant Kidd
Carer Support Worker

Andy Egerton
Carer Support Worker

Martina Forsyth
Carer Support Worker

Helen McFadden
Befriending Project

Coordinator

Julie Sinclair
Finance & Administration Officer

Carol Hughes
Reception & Administration

Assistants

Lesley Childs
Training and Information Officer

We are open for carers to drop in at the following times:

- Monday 9.30 - 1.00
- Tuesday 10 - 4.30
- Wednesday 9.30 - 1.00
- Thursday 9.30 - 4.30
- Friday 9.30 - 4.00

At

Fife Carers Centre, 157
Commercial Street, Kirkcaldy,
KY1 2NS.

www.fifecarerscentre.org

Comings and Goings



Congratulations to Fife Carers Centre Receptionist Katherine and welcome to the world baby Harris! After keeping everyone waiting for an extra week when he did make his arrival it was

in a bit of a hurry so well done to Dad Derek for keeping his cool and being midwife. Harris is already part of the Carers Centre team after coming along to the October Carers Lunch Group and providing entertainment!



Harris ready for Halloween



Carol happy in her work

Our reception staff has undergone a few changes over recent months. As well as waving Katherine off on maternity leave we also said goodbye to Ros Hughes and Daniela Patterson who both went to take on new jobs – we wish them both well with their new adventures!

Coming into the post is Carol Hughes. Carol will be working on Tuesdays, Thursdays and Fridays, providing the essential friendly and efficient first point of contact for carers. Carol has worked and volunteered with charities in the past and is a welcome addition to the team.

Farewell to Julie

We are sad to be saying goodbye to Julie Sinclair who has been part of the Fife Carers Centre team in the role of Finance and Administration Officer for the past five years. Julie has decided the time has come to move on and leaves us at the end of November. We've been lucky to have benefitted



Julie Sinclair

from her knowledge and experience over the last five years and have enjoyed her company - we'll miss her when she leaves us at the end of November. We all hope she enjoys her new post and wish her well for the future.

Join us and be part of making a difference

We are also saying goodbye to some of our Board of Directors. Work changes have meant that John Taylor and Keith Grieve have stepped down leaving us with room on our Board for new members!

Fife Carers Centre is a very active local charity working with unpaid adult carers throughout the Fife area. Our Board of Directors needs people who can offer their time & skills to help this important service continue to grow and develop. Directors of the Fife Carers Centre take the final responsibility for the direction of the organisation and together the Board require a variety of skills and expertise that complement each other to ensure the success of the organisation. If you think you have some of the skills we require and have a few hours each month to spare then please contact Fife Carers Centre for further details and an application form.

Any of the following skills/experience would enrich the valuable work of our Board of Directors. *Charity management - Member Liaison - Charity Regulation - Legal - Accountancy/Financial - Detailed knowledge of Care/Support Services - IT and Social Media skills - Experience in providing Care/Support Services - Knowledge of Health matters - Fundraising - Marketing - Public Sector Contracting/Procurement - Leadership/General people management - Board Experience - Drive & Enthusiasm - Secretarial skills - Business Planning - Risk management - Negotiation skills - Human Resources.*

The Board meets at least six times each year with additional occasional development and planning sessions. This will average out at around 3 hours per month.

If you would like to know more or make an application to join the board please contact us at

Fife Carers Centre
157 Commercial Street
Kirkcaldy, KY1 2NS
Tel: 01592 205472
Email: centre@fifecarers.co.uk



Workshops for Carers

These workshops are all provided free for family and friends who are caring for people living in Fife. You must book a place in order to attend and you can do so by calling us on 01592 205472 or by email to Lesley.Childs@fifecarers.co.uk. If you need help with alternative care or transport to allow you to come please let us know as soon as possible and we'll see if we can help you with it.

Workshop Title	Description	Day/Date 2017	Time	Location
Take a Walk in Their Shoes	For Family carers and friends of someone living with dementia to help understand how the dementia is affecting them, changes they may see in behaviour and how to live better alongside it.	Tuesday 24 January	10am – 1pm	Kirkcaldy
		Friday 14 March	10am – 1pm	St Andrews
		Thursday 18 May	6.30pm – 9.30pm	Dunfermline
		Monday 3 July	10am – 1pm	Lundin Links
		Saturday 16 September	10am – 1pm	Glenrothes
		Tuesday 14 November	10am – 1pm	Dunfermline
Communicating with Dementia – words and beyond	For Family carers and friends of someone living with dementia to help them find ways to stay connected and communicating with the person they care for	Tuesday 21 February	10am – 1.15pm	Kirkcaldy
		Friday 21 April	10am – 1.15pm	St Andrews
		Thursday 22 June	6.30pm – 9.30pm	Dunfermline
		Monday 21 August	10am -1.15pm	Lundin Links
		Saturday 14 October	10am – 1.15pm	Glenrothes
Tuesday 12 December	10am – 1.15pm	Dunfermline		
Choosing Calm	A six part (12 hours) workshop to help people suffering from stress and/or anxiety. Adopting an holistic approach, providing practical tools, strategies, incorporating guided relaxation and hypnosis.	Wednesday 18 January and then meeting weekly for a 6 week programme	10am – 12 noon	Cowdenbeath
Managing with the Menopause	For women carers – learning more about the effect of menopause on our physical and mental health and wellbeing. Finding ways to feel better and in control.	Tuesday 28 February	10am – 1pm	Dunfermline
Caring and living anxiously	For carers living with normal levels of anxiety who want to understand more about why they feel they way they do and how to stop it from feeling overwhelming.	Tuesday 21 March	10am – 1pm	Dunfermline
Building a Child to Adult transition plan	For parent carers of children with additional support needs who will continue to need that support into adulthood. The workshop helps to understand the transition process; and look at long term planning for the future.	Tuesday 18 April	10am – 12.30pm	Dunfermline
		Wednesday 17 May	10am – 12.30pm	Glenrothes
		Thursday 15 June	10am – 12.30pm	Kirkcaldy

Fife Carers Centre Christmas and New Year opening hours

We will be closed on Monday 26th and Tuesday 27th of December and on Monday 2nd and Tuesday 3rd of January but open for our normal hours throughout the rest of the holiday period.



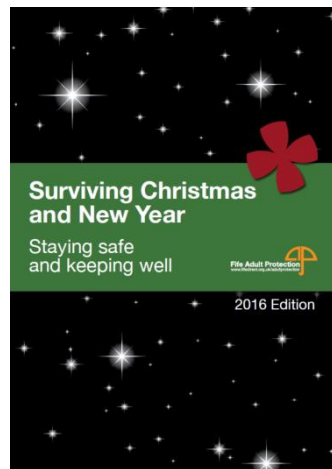
And talking of Christmas...

Christmas and New Year is usually a time of celebration and enjoying time with family and friends...but it's not like that for everyone.

Sometimes people find that the Christmas and New Year period is really hard.

Everyone else seems to be having a great time but you're feeling worried or finding it hard to cope. It can be difficult to deal with extra stress and keep yourself well when other people are drinking and having parties. Often the places where you get support at other times of the year have shut up for the holidays.

Well, you're not alone. Lots of people find the holiday period difficult. So Adult Support and Protection Committee put together a handy guide to surviving Christmas and New Year.



The "Surviving Christmas and New Year" booklet contains useful tips and information which anyone in Fife can use when trying to cope with difficult times. The booklet is another step by the Adult Support and Protection Committee in their continuing

effort to raise awareness of support available in the Kingdom and ensure people stay safe and well now and throughout the rest of the year.

The information is available as a handy wallet-sized version or a 28 page booklet.

If you would like copies please contact: shona.mcewan@fife.gov.uk or call 03451 55 5555 ext 442134 or 442654.

New workshops for carers

Being a carer can be stressful and can leave you feeling anxious and unwell. Learning how to look after your mental and physical wellbeing is particularly useful to carers. With this in mind we have a new workshop series for family carers. The workshop is 12 hours in length and comprises six 2 hour sessions taking place over six weeks. The sessions will take place in the Leisure Centre in Cowdenbeath starting on Wednesday 18th January 2017. It is free to attend and places are limited to 12.

The workshop will deal with the following topics

- Week 1 Calm your body calm your mind
- Week 2 Living in the present
- Week 3 nourish your body nourish your mind
- Week 4 Dealing with the past
- Week 5 Letting go
- Week 6 shining your light

If you would like to attend the workshops please be sure that you can commit to all six sessions. To book a place please call us on 01592 205472 or email Lesley.Childs@fifecarers.co.uk



Winter Fuel Payment

You could get between £100 and £300 tax-free to help pay your heating bills if you were born on or before 5 May 1953. This is known as a 'Winter Fuel Payment'. Most payments are made automatically between November and December. You should get your money by Christmas.

You usually get a Winter Fuel Payment automatically if you get the State Pension or another social security benefit (not Housing Benefit, Council Tax Reduction, Child Benefit or Universal Credit). If you qualify but don't get paid automatically, you'll need to make a claim.

Any money you get won't affect your other benefits. How much you get depends on your circumstances during the qualifying week. The qualifying week for winter 2016 to 2017 is 19 to 25 September 2016.

DEMENTIA FRIENDLY COMMUNITIES IN FIFE

Dementia Friendly Glenrothes



Glenrothes is working to become Dementia Friendly. By Dementia Friendly, we mean a place where people living with dementia

and their partners, families and carers:

- are understood, respected and supported
- can find their way around and feel safe
- have equal access to the local facilities, even if they may need a little support to do so

We hope that Glenrothes will become Dementia Friendly if people from across the community come together to learn about dementia and make some simple and practical changes that can make a huge difference to people living with dementia.

If you are a person living with dementia or care for someone with dementia, and live in Glenrothes, we want to hear from you about your experiences.

- Have you been able to get out and about?
- Do you feel part of your community?
- Are you able to use shops and services?
- Do you feel respected, valued and safe in your community?

We look forward to hearing your thoughts about Glenrothes - Please get in touch with Amanda Hunter at Alzheimer Scotland directly by:

- Telephone: 01592 803 800
- Email: ahunter@alzscot.org
- Post: Fife Dementia Resource Centre, 12-14 Whytescauseway, Kirkcaldy, KY1 1xF
- Facebook: www.facebook.com/DFGlenrothes

If you have any questions about dementia and of the services available in your area you can call Alzheimer Scotland's 24 Helpline on 0808 808 3000 or visit the website at www.alzscot.org.



If you are caring for someone living with dementia you can sign up to come along to one of Fife Carers Centre's excellent information sessions "Take a Walk in Their Shoes" and "Communicating with Dementia – words and beyond" see page 7 for 2017 dates.

Dementia Friendly St Andrews

In St Andrews Dr Maggie Ellis, Fellow in Dementia Care at St Andrews University, has been the driving force behind the new initiative aimed at making St Andrews a Dementia Friendly Town. Together with a growing group of volunteers the collaboration between St Andrews University and Alzheimer Scotland aims to develop a network of shop assistants, businesses, police, fire, and ambulance staff, bus drivers, school pupils, community leaders, students and members of the public – people who are committed to working together and helping people with dementia to remain a part of their community.



Although the project is quite recent it already has a lot of interest and support from the local community including the Links Trust who are looking at ways to have golf professionals take small groups of people with dementia out on to the links – and the Byre Theatre – to put on dementia-friendly movie-showings.

Keeping people an active and interested part of their community is at the heart of the Dementia Friendly Community movement. Increasing everyone's awareness of the effects of the disease and how to help people with dementia be confident, happy and able to enjoy life is to everyone's benefit. Being dementia friendly doesn't need to involve making huge changes to the way you work and live – being kind, patient and keeping things simple all go a long way to making things easier for people living with dementia and their carers.

You can find out more about Dementia Friendly St Andrews and how you join in on both their facebook page

www.facebook.com/dementiafriendlystandrews/ or on their website

www.dementiafriendlystandrews.org.uk/



The Yard comes to Fife!

Following expansion of their excellent services in Edinburgh a recent arrival helping carers of children with disabilities in Fife is "The Yard". The Yard Fife officially opened its doors on Tuesday 11 October 2016 at the Argos Centre in Kirkcaldy, offering a safe place to play for disabled children and young people in Fife.

The service has already been running for several weeks and The Yard has seen great uptake from Fife families.

The Yard brings creative indoor and outdoor adventure play for disabled children, as well as practical and emotional support and respite for their siblings, parents and carers.

Having The Yard available now to families in Fife cuts down on travel time for families who are already using our Edinburgh service and has meant they can reach more families who need support.

For more information on visiting The Yard Fife, go to theyardscotland.org.uk/fife. Or go along one Sunday and see for your self – They are open to all disabled children and their families every Sunday 10.30am - 3.30pm. These sessions are drop-in so no need to book - just see how you feel on the day and go and play! Everyone gets their first visit free. You then need to become a member of The Yard family.

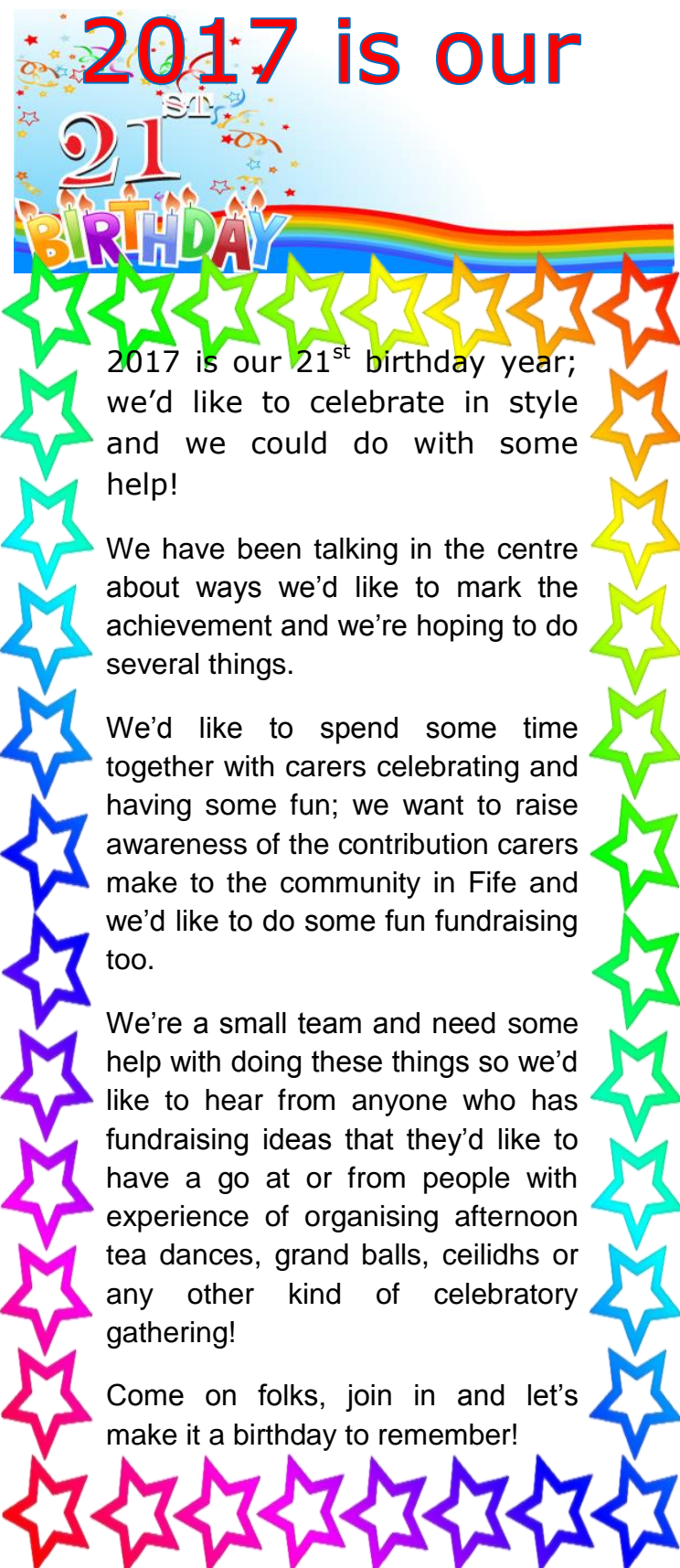
The costs are as follows:

Monthly: £5 per month (unlimited use)
Visiting: £15 for 5 visits or £25 for 10 visits

Either sign up online or pick up a leaflet and an application form when you first visit. You can also use your membership at The Yard Edinburgh and The Yard Dundee.

Find them at:

The Yard Fife
Argos Centre
Appin Crescent
Kirkcaldy KY2 6EJ



2017 is our 21st birthday year; we'd like to celebrate in style and we could do with some help!

We have been talking in the centre about ways we'd like to mark the achievement and we're hoping to do several things.

We'd like to spend some time together with carers celebrating and having some fun; we want to raise awareness of the contribution carers make to the community in Fife and we'd like to do some fun fundraising too.

We're a small team and need some help with doing these things so we'd like to hear from anyone who has fundraising ideas that they'd like to have a go at or from people with experience of organising afternoon tea dances, grand balls, ceilidhs or any other kind of celebratory gathering!

Come on folks, join in and let's make it a birthday to remember!

Emergency Planning Survey

So that we can help carers be better prepared for the unexpected we would like to invite you to complete the short survey enclosed with your newsletter. You can complete it and send it back to us freepost or you can complete it online on our website www.fifecarerscentre.org

Befriending Brightens Lives



Our befriending project is really going well now with befrienders matched with carers who have been referred for befriending support. As always though we are very keen to keep

the project growing and would like to hear from more people who would like to make a difference to their own and other people's lives. We have had feedback from carers telling us that having someone to spend time with outside of their caring role has helped them gain confidence and feel better able to face the world and we have had feedback from the befrienders telling us how enjoyable and rewarding they have found meeting the carer and how it has built their own confidence too.

We are looking for female and male befrienders so if you're over the age of 18, interested in people and making a difference and think being a befriender might be for you please get in touch with Helen McFadden, Befriending coordinator, on 01592 205472 or you can email Helen on helen.mcfadden@fifecarers.co.uk to learn more about the role.

Having a lightbulb moment

Technology advances in even small ways can be such a big help to carers. Did you know that you can now buy lightbulbs that are motion sensitive? That means you can simply replace your normal bulb with one of these – no special wiring or anything required and hey presto you have a way of making sure that the light comes on when someone moves near it. This could be particularly helpful if you are caring for someone who might get a bit lost when they get up during the night etc. The lightbulbs are widely available from supermarkets and Amazon etc and whilst they are more expensive than normal long-life bulbs they could well save money in the long run and provide a way of helping people stay safe. You can also find wireless Blue tooth enables lightbulbs that will allow you to programme and control them from a smart phone! Amazing!

Think Sepsis!

Did you know that every year in the UK there are 150,000 cases of sepsis, resulting in a staggering 44,000 deaths – more than bowel, breast and prostate cancer combined? Many of the deaths could have been prevented by early recognition of the symptoms of sepsis and its speedy treatment.

What is sepsis? Sepsis is sometimes called septicaemia or blood poisoning and refers to the way our body responds to germs getting into our bodies. The germs may be as the result of an infection, for example in the chest or bladder, or it could be as the result of something simple like an insect bite or a scratch. The germs may be ones that are everyday bacteria we can usually deal with. Sepsis happens when our body responds abnormally to these germs.

How do you know if you or someone you care for has sepsis?

Early signs could include a 'flu-like illness, chest infection, diarrhoea and vomiting or inability to eat and drink. If they are present together with one of the symptoms of sepsis listed below you should seek medical advice immediately.



Sepsis can affect anyone, young or old, fit or frail and it kills quickly. Although sepsis is something that can often be treated it is frequently missed as being present and therefore isn't treated promptly. If you are worried that sepsis may be the cause of being unwell make sure you voice your concern and the reasons for it clearly to the medical staff and ask them to consider sepsis as a possible condition.

You can find out more about sepsis and treatment from the excellent website sepsistrust.org whose mission is to cut sepsis deaths in the UK.