

SPRING NEWSLETTER 2024

Dear Carer & Service User

It feels like winter was longer than normal so the sight of daffodils, lambs in the fields and the daylight getting longer is hugely welcome!

Carers Week 10-16 June 2024

This year's theme is 'Putting Carers on the Map' highlighting the invaluable contributions of Carers across the whole of the UK and ensuring their voices are heard loud and clear. With your help we want to increase the visibility of Carers among decision makers, employers and throughout our community. By raising awareness, we hope they will better recognise the challenges you as Carers face and help you access the support you deserve.



To be in with a chance of winning our **Carers Week Raffle** please pop into the office anytime and put a pin on our map so we can show how many Carers are across the length and breadth of Orkney. Please encourage any other Carers you may know to pop in and do the same. Any Carer can register with us, even if they require no support at this moment in time.

We will also be in the foyer at Tesco at times during this week- if you see us, please do come and say hello.

On Wednesday 12th June we are holding an open day at Crossroads where anyone can pop in to find out more about what we do to support Carers and how we can help. Tea/coffee and light snacks will be provided throughout the day. All Carers and those they care for are most welcome anytime between 10:00am & 4:00pm.

Cookbook Idea- I am keen to develop a cookbook by Carers for Carers. We are all aware of how demanding and stressful our lives can be and it's hard to muster up strength and enthusiasm to cook a meal after a long hard day. To that end I'm looking for you to share quick, easy, and tasty recipes that require minimal thought and planning for inclusion in a Crossroads Cookbook at a later date. Help us to help the others we support!

Mental Health Week has been this month and the theme this year was Movement: Moving more for our mental health. One of the most important things we can do to help protect our mental health is regular movement. Looking after ourselves physically also helps us prevent problems with our mental health.

Find moments for movement every day- Life is busy and it can feel like we don't have time to spend on activities to improve our wellbeing. How often do you find yourself 'waiting' throughout the day? I'm guessing not often but even waiting for the kettle to boil can be an opportunity. These moments can add up. If you use the time to get moving, that will add up too. You could march on the spot, do some stretches, or try some chair exercises. Movement is a great way to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking can boost our mood and increase our mental alertness and energy. Movement helps us feel better about our bodies and improve self-esteem. It can also help reduce stress and anxiety and help us to sleep better. If there is something you would like to do to improve your wellbeing, but you need support for this to happen please give us a call to see if we can help in any way.

Upcoming Staff Training Day- Friday 28th June. If you are in receipt of regular visits from Crossroads, please be aware we are holding our staff away day on Friday 28th June 2024. Should you have a visit that is affected by this staff training you will receive a letter through the post.

Friends of Crossroads 30th Anniversary Prize Draw- The raffle tickets have been printed for the annual prize draw and are available from the Crossroads Office now. The top prizes this year includes a NorthLink Ferries voucher, a Foveran Restaurant voucher, an EMEC Food Hamper, a Tour for two at Orkney Distilling and much more. The draw will take place on Saturday 2nd November at our Tea afternoon in the King Street Halls. If you'd like to sell some tickets, please get in touch.

Time to Live Fund- The continuation of this fund has been a big concern, but I am delighted to let you know that funding has again been agreed by the Scottish Government and our scheme is open for applications. This fund runs from now until 31st March 2025. Please get in touch if you would like to apply to the Time to Live Fund to give yourself a break, even if you do not plan to go away. Alternative ways of having a break are proving popular and as a pilot this year we have an additional small pot of money that we can use to purchase vouchers, for example- a meal, afternoon tea, massage, manicure, or pedicure. Please get in touch to request an application form which is very short and straightforward. This funding is specifically for Carers to ensure they can get a break from their caring role and if we can support you with this please don't hesitate to get in touch.

Carers Support Group- This group currently meets in the office on the second Wednesday of each month from 12-2pm. June's group will form part of our open day on the 12th of June. Feel free to drop in as you wish and take the person you care for along as well. We are aware that always having the group on the same day and time restricts people from attending so we are currently looking at ways that we can make this group work better to meet need.

Finally- I hope this finds you well and all at Crossroads wish you all the best over the coming months as we head into a summer full of sunshine, hopefully!

Kind Regards

Montgomery

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Registered Charity Number SC022786 Co. No. 16342

