



SUMMER NEWSLETTER 2024

Dear Carer and Service User

Where is our summer? That is the all-important question at the moment. Here's hoping for a glorious sun filled August and a September to match. What would we do if we didn't have the weather to talk about? I've been waiting for weeks to moan about the heat, but it's just not happened yet!!

Friends of Crossroads County Show stand - Saturday 10th August – Linda Russell, our fundraising champion is hard at work getting ready for the show. **Any donations of sweets, bottles, small toys or smelly stuff such as shower gel or hand soap would be very gratefully received.** If you have anything you would like to donate it can be dropped off at the office anytime between 9am & 5pm Monday to Friday.

Friends of Crossroads 30th Anniversary Prize Draw - The raffle tickets are available from the Crossroads Office. 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.

Shared Care Scotland 2024 Carers Survey - With a new 'right to a break' in development, it has never been more important to put carers voices at the heart of decision-making. That's why Shared Care Scotland, the national carer organisation with short breaks and respite at its core, is undertaking a comprehensive survey on unpaid carers' experiences of short breaks and respite services in Scotland.

Chief Executive Don Williamson said: "At Shared Care Scotland all of our work is informed by the voices of carers and those involved in developing and delivering meaningful short breaks. The development of the Right to a Break from caring is a critically important step forward for unpaid carers. It has the chance to fundamentally change carers experiences for the better, but this right will only be met if there is short breaks and respite infrastructure in place to deliver it. Understanding the needs and the experiences of carers is an essential part of this process and we would encourage as many carers as possible to take part in our survey."

Full details of the survey including more detail on how the data will be used, and the link to the survey can be found on the Shared Care Scotland survey page: [Carers survey 2024 | Shared Care Scotland](#)

The survey which consists mainly of multiple-choice questions should take no longer than 25 minutes to complete and **is open until 31 July 2024.**

Time to Live Fund - 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 out, 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 UK - State of Caring survey 2024 (Sorry, they all come at once!)

The State of Caring survey is the UK's most comprehensive regular research into the lives and experiences of unpaid carers.

Carers UK said: "It is vital that we use carers' voices to campaign for change from the UK Government and from Governments in Wales, Scotland and Northern Ireland. We know carers are busy and very much appreciate everyone who takes the time to complete the survey. The survey is now open and will close on **11 August** 2024 and we will be sharing the results later in the year. Click [here](#) to fill out the survey.

Carers Group - Please join us in the Carers Centre for tea, coffee, cake and chat on the second Wednesday of each month. This gives you the opportunity to meet with others and have a change of scenery. **The next group will be on Wednesday 14th August with the new time of 2:00pm - 4:00pm.**

An **additional group will be held on Thursday 29th August from 10:30-12 noon.** If you'd like to attend, please feel free to bring the person you care for as well.

Social Security Scotland - Information sessions - These sessions still take place weekly on a Wednesday from 11:00am - 1:00pm at the Orkney Library. If you are making a special trip it is advised to check times with the library staff by calling 87 3166. Social Security Scotland's trained Client Support Advisors will be available to tell you about the benefits they deliver and how they can help you with your application.

Membership Form - Please see attached/enclosed Membership form for anyone wishing to become a member of Crossroads. The cost is £5.00 for the year. This is optional.

Crossroads Annual Report 2023-2024 - This is now available following the AGM on 28th June 2024. Please contact the office if you would like a copy or alternatively you can find it at www.crossroadsorkney.co.uk

Wishing you all the best over the coming months and remember no query is too big or small, give us a call, pop in or send an email and we will try to support you in any way that we can.

Kind Regards



Arlene Montgomery, Registered Manager.

WEATHER

Word Search Puzzle



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DRIZZLE	HURRICANE	SQUALL
DROUGHT	LIGHTNING	STORM
FLOOD	MIST	SUNSHINE
FORECAST	OVERCAST	THUNDER
FROST	RAIN	TORNADO
HAIL	SHOWER	WIND

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