

**SUMMER NEWSLETTER 2021**

Dear Carer and Service User.

We now have a new website that you will find at [www.crossroadsorkney.co.uk](http://www.crossroadsorkney.co.uk), when we set this up we had major technical problems which resulted in losing all our client email addresses, that we use to send out the newsletter. It would be great if you could email me at olivia@crossroadssorkney.co.uk and I can save your details for future use.

**CARERS SURVEY** – Orkney Health and Care still have their online survey for Carers which they would be very grateful if you would take a few minutes to fill in. You will find it at [**www.smartsurvey.co.uk/s/unpaidcarersurvey**](http://www.smartsurvey.co.uk/s/unpaidcarersurvey)

**LATERAL FLOW TEST KITS** – These kits are for doing a home test for Covid 19 and they are now available to anyone and can be ordered through this link <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> or if you don’t have access to online ordering you can ring 119 instead.

**CARERS WEEK** – Carers Week was celebrated from the 7th to the 13th of June. We put leaflets out to all rural shops and some Kirkwall ones too. We were trying to flush out unpaid Carers who don’t realise they are doing caring to let them know what services is out there to help them.

**TIME TO LIVE** - We have small grants available to unpaid Carers doing a significant amount of caring, this is available to Young Carers too. The grant is for purchasing something that will give you a break from your caring role. Contact the office for more details and an application form.

**AGM** – Our Annual General Meeting will be held on the 29th of June at 5:30pm in the office but you are welcome to attend by Zoom if you prefer, the log in details are 640 367 2892, password 115.

**YOUNG AT HEARTS CAFÉ** - Great news the dementia friendly café is open again, run in the Albert Hotel Neuk from 3 – 4:30pm on the first and third Thursday of the month. It will go back to the Life Centre in August. This is a great chance for Carers and their dependant to meet with others and have a chat and a cup of tea.

**WANT TO STOP SMOKING?** - Quit Your Way Orkney can support anyone who would like to quit smoking. During the COVID-19 pandemic they continue to offer support via telephone or video-call using ‘Near Me’. Face to face appointments have been suspended for the time being.

Quit Your Way Orkney is a specialist service which provides support and advice to those who want to stop smoking in a way that suits them. They tailor each session to meet the needs of their clients and build a plan together to give them the best chance of stopping smoking. Their trained advisors do this by offering a combination of health behaviour change techniques and strategies, information and feedback on what to expect when stopping smoking and a range of optional medication. Their advisors can provide information on and how to manage withdrawal symptoms,

minimise cravings and navigate some of the social barriers to stopping smoking. Their service is free, confidential and non-judgmental.

If you or someone you know is thinking about stopping smoking and would like more information, please get in touch with the QYWO team:

* Email them at ORK.quityourway@nhs.scot
* Free Phone 0800 0356344 or 01856 888084 (Public Health Department)
* NHS Inform website: Search 'Quit Your Way Orkney' on then select 'Click to be Contacted’

Our office staff had a presentation of how QYWO can help smokers and we were really impressed, if you feel you don’t want to contact them in the first instance but would like to speak to us that is fine, give us a call.

**CROSSROADS CARE ORKNEY FUNDRAISING** – As there is no County Show this year we won’t have our usual stand to kick start our raffle, but we are having a raffle and tickets are available in the office. If you would like some to sell, get in touch please. The star prize this year is another weekend stay at St Clair Cottage kindly donated by Mrs McEwan. The raffle will be drawn at our Christmas Tea Afternoon to be held in the King Street Halls on Saturday the 27th of November from 2 – 4pm. More news on this in the Autumn newsletter.

**USUAL REMINDERS** – Training available to unpaid Carers, Moving and Handling, Epilepsy and First Aid which includes using a defibrillator. The first 3 minutes after a cardiac arrest can be crucial, and knowing how to do CPR could give someone a fighting chance for recovery. If you are interested in any of these, please contact us.

Wipes and cleansing foam available for sale in the office. Dementia aids available such as clocks, jigsaws, telephone etc. Wheelchairs for short term loan.

**CARERS SUPPORT GROUP** – We aim to get this back up and running on the 2nd Wednesday of September, you will be welcome to drop into the centre from 12 – 2 or you can Zoom in, contact the office prior to the session, for the log in details.

Hope you all have a lovely summer.

Yours sincerely



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