



Summer 2022 CARER NEWS

Connecting Carers

A better life for unpaid carers in Highland

Our report for 21/22

EVERY year we at Connecting Carers help thousands of unpaid Carers across Highland, however, we are not particularly good at sharing the great work we do and what impact that work has on you. Every single Carer we support whether an adult or a young Carer shapes the direction of the service and how the support is tailored to your need.

I thought I would use this opportunity to share with you what great things have happened across the service in the last financial year. This is my annual report to you, as you all are central to the work of Connecting Carers and its continued growth.

Listening, research, action, delivery and growth were core requirements of 2021-22. I will deal with Research and impact below and on page 2, while the rest of the report is to the right and also continues on page 2.

Research & Impact

The research commenced as part of finding out how the pandemic impacted the lives

of you the Carer. The information gathered from two surveys identified that you the Carers (256 respondents) wanted to be listened to in a manner that was not restrictive, removed all barriers, provided you with the support to continue in your caring role and enabled you to have a life alongside caring.

This was the evidence required to enable new funding to be secured, thanks to the Big Lottery Community Fund and the Highland Communities Mental Health & Wellbeing fund, for the development of the Wellbeing service. This new addition to the wider Connecting Carers service is a bridge between all strands of our support and it provides you the Carer with self-management tools/concepts regarding your wellbeing and support alongside your caring role.

The research identified that 'choice' of what we offer you is important in relation to training, events and peer support and having 'choice' in how you attend is central to having a life alongside caring. The common themes from the research indicated that events/training focused on health & wellbeing, crafts, a wider range of peer support groups, bereavement support

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Listening and impact

Listening to what you need is key to the growth and development of the service. An example of this is in November 2021, I held a session as part of Carers Rights Day and invited Carers to tell me what it is they want from the service. Adult Carers asked for two key things, a bespoke mental-health worker and for the service to be more proactive in contacting of Carers to 'check in' to ascertain if everything is okay. One of these asks has been delivered, which is the mental-health worker and the aim of the role is to support Carers who care for someone with a mental-health condition. However, we are still not so great with 'checking in' with our Carers and we need to improve our effort to be more proactive. This will be achieved by having it embedded within our three-year strategy, which you can help to shape. When the team listened to Young Carers, they asked for more online content and more frequent face-to-face social groups. These have been achieved, with the team hosting more online groups and increasing the number of face-to-face social groups across Highland. By delivering this hybrid approach we can offer the chance of a break to many more Young Carers. In addition to this we now have a dedicated Online Worker who can keep our social media fresh and updated, create online content and regularly meet with young people to look at continuous development and improvement.

Funding & Impact

Connecting Carers has been the recipient of five new funding streams. These streams have been the reason for the growth of the organisation and ultimately you benefiting. One of the new funds made available through the Government was the Winter Grant Fund and 328 Carers were enabled to have short breaks during the winter months. Other funds which have helped us to diversify the service include the Creative Break fund, which supports the diversity of choice with training & events and has backed such programmes as Habits of Happiness and Not a Care in the World, which received fantastic praise/comments from Carers who took part in these valued courses. Overall, funding has allowed the team to grow. This year the organisation has employed 11 new staff members whose common goal is to support you the Carers. This has been doable due to funding received from the Big Lottery Community Fund, Carers Trust, Making Carers Count, NHS Highland Carers funding and the Highland Communities Mental Health & Wellbeing fund.

Growth & Impact:

Therefore, with the additional

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Annual report

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and emergency & future planning. The most popular themes attended by you were education & training and health & wellbeing. Over the course of the year **237** sessions were offered with **1646** Carers signing up to take part, with **163** sessions delivered virtually and **32** face-to-face sessions, with the morning time proving to be the most popular. The themes of the training offered are linked directly to what is contained within the Carer (Scotland) Act 2016. Peer support sessions included Cup of Care, Weans to Teens, Care for Carers, and craft-based support groups. Discussions with Young Carers, including a short survey, showed we needed to offer lots of new experiences mixed in with activities young people were comfortable at such as bowling or cinema. We were able to do some really exciting new events, such as a flight experience day from Dalcross with the Young Carers even getting to take control. In 2021/22 the Connecting Young Carers team hosted **33** events, providing **531** places. The biggest event was our Christmas party at Inverness Ice Centre, followed closely by a cinema event to see Sing 2, thanks to Eden Court, we were able to have a whole screen to ourselves. One of the other key themes was how activities and events should be delivered for Young Carers. Everyone who took part said they liked having the option of online sessions as they fit around their caring role and allows those with anxiety to join in and participate as they can find face-to-face groups overwhelming.

If I can help in any way, please get in touch.

rconnolly@connectingcarers.org.uk

Best wishes
Roisin



PPE for Carers

In Highland, you will be able to access PPE directly via Connecting Carers as the local hub for unpaid Carers.

To place an order for gloves, aprons or masks please contact us on: 01463 723560, between 10am and 4pm, Monday to Friday, or by email at: carers@connectingcarers.org.uk Please note: Unpaid Carers should source their own stock of PPE wherever possible.

Impacts of change and the future

From page 1

funding what impact has this had on growth. I have already shared with you some of the new development areas within the service including the new Wellbeing service which is a two-year pilot programme. This new strand of the service has a team of three Wellbeing Officers and is supported by a Team Administrator. This programme of support also combines the support of volunteers. Connecting Carers could not operate without volunteers, who bring a wealth of knowledge, understanding and diversity that help us deliver the support to you. Our team of volunteer counsellors deliver essential support to many Carers who require intensive support. This valuable resource is critical to many, and I am delighted to share that we now have 11 counsellors who all give their time, knowledge, skills, and compassion voluntarily. The growth is evident within the adult & Young Carers teams too. The adult team has had four new team members funded by NHS Highland. This was in a response to the demand for support from the adult team. These are, a dedicated Mental Health Carer Link Worker, a Team Leader who is responsible for critical and urgent cases aligned with the time scales for support set out in the Carer (Scotland) Act 2016, a Highland-wide Carer Link Worker to ensure we support all areas of Highland and another Referral Co-ordinator to cope with growth in referrals. During 2021/22 the Adult Team supported: **495** Carers to complete their Adult Carer Support Plan in 2021/22; In comparison with **255** in 20/21.

A growth in referrals to the service – **552** received in 2021/2022; In comparison to **387** in 2020/21, and answer **1695** calls to the support line in 2021/2022; compared to in **1329** in 20/21

The Young Carer Team doubled in size, due to a successful bid for funding from the Carers Trust, Making Carers Count. The team of six now includes a Community Worker for Lochaber, one for Badenoch & Strathspey and an Online Worker, who is responsible for developing the online presence of the support. The difference this has made to support for Young Carers includes a greater number of referrals. Reaching more children and young people is critical to raise awareness of the support they can get for a break or within their wider lives. Referrals in 2021 reached **136**, this has seen a great increase since the new team members joined us, with **62** referrals in the first three months of 2022, and this is set to continue to progress over the year as the new team are able to get out into the communities more.

We have been able to host more social groups than ever before, at least one a month in each of our areas, Inverness, Ross-shire, Lochaber and Badenoch and Strathspey. Online content has grown, with more than 100 young Carers signed up to our Google Classroom, where we share information, events, and host groups.

Development & Impact

Service development has been further supported by the creation of a **new website and supporting chat function** but fundamentally this development is for you, the Carers. The new website has been created to provide a clear uncluttered asset which provides many resources and information to aid you in the role as a Carer. On the website **you can create your own profile** which will give you access to your Adult Carer Support Plan, enable you to tailor your profile with resources important to you. The **Chat function** is another way to ensure Carers can access support at the time they need it. This element of the website is supported by all Carer-facing staff who will endeavour to assist you in a timely manner.

Moving forward 2022/23

Moving forward will be shaped by evidence collated as part of the consultation for our three-year strategy. You can have a say in shaping this strategy by taking part in one of the consultation events, details can be found on page 3. Young Carers will be supported by their Community Worker to ensure their voices are heard as part of the consultation. However, plans for the current year include:

- A re-launch of the service shaped by new technology to ensure that there is only one point of entry into the organisation
- The growth of short break provision by having 2 dedicated posts and the creation of a virtual Short Breaks Hub
- Social Enterprise development to support with Short Break development
- A media campaign covering the whole of Highland to continue to raise awareness and encourage as many of those with a caring role to get in touch for tailored support
- A new booking system for events/training to make the booking process easier, this will be hosted on our website.
- Diversification of events/training to include new wellbeing sessions delivered by the Wellbeing Officers, along with photography and creative writing

I am hoping that by sharing this annual report with you, you are confident Connecting Carers is moving in the right direction to continue supporting you.

Board member Dave Stewart: Service has developed so much

It is our 30th year working in Highland and we thought it would be good for our board member, Dave Stewart, to explain how he became involved with the charity and the changes he has seen in his time here.

“I was a self-employed consultant, working alongside various support agencies when I first became aware of Connecting Carers, through our CEO.

As I grew to understand the wide range of support Connecting Carers offered, I was pleased to

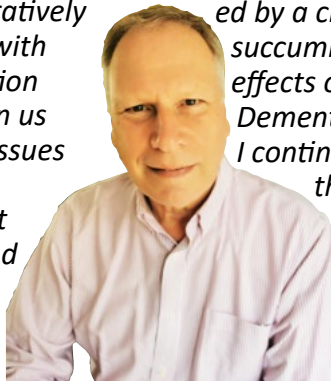
become a trustee, albeit at that stage I didn't personally have a caring responsibility, but I felt that I had something to offer from my experiences in public and private-sector industry.

I have seen Connecting Carers develop so much in my comparatively short period with the organisation and have seen us tackle many issues ranging from those brought on directly and indirectly by the pandemic, to those

more familiar challenges affected by funding, geographical, operational, policy and legislative influences. Originally, I wasn't an expert in the caring arena in any way (nor am I now), but more recently I have been personally affected by a close relative succumbing to the effects of Vascular Dementia.

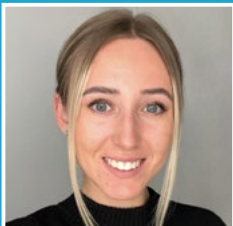
I continue to hold the highest respect for the entire CC team, but most important-

ly I enjoy being able to make a contribution that hopefully improves the daily life and being of a growing number of people within our community, particularly now as the number of people providing caring responsibilities to a family member or friend continues to grow.”



Interested in becoming a member of our Board? Please email: r.conolly@connectingcarers.org.uk for further information

New staff members



Hi, I'm Angelika Mikula and I am delighted to join as your new Young Carers Community Worker covering Inverness & Nairn. I enjoy trying out new things and setting myself with challenges; current one being hiking Munros. I have a strong passion in supporting children and families in a personalised way.



I'm Lorraine MacLeod and I am delighted to join as the new Wellbeing Service Administrator. I have worked in the care sector for more than 30 years, first as a nurse, then as a care manager in homes for older people and laterally managing a family support service. I enjoy dog walking, audio books and family/friends visiting from Fife.



I'm Barbara Gray and I have a varied work background, from outdoor event management for more than 20 years, as a tourism officer, a property valuer in estate agencies to working for Alzheimer Scotland and Chest Heart & Stroke Scotland. I live in the far north and volunteer as a co-ordinator for a befriending service. "I love helping people and feel my life and work experience enable me to do this."

Have your say on our events offering

We would like to know more about how we can help Carers make the most of being online and

their digital devices and would be grateful if you would complete this short survey: <https://forms.office.com/r/guF8KK9Zxk>

DEAR all, I would like to invite you to take part in a conversation to help Connecting Carers grow and evolve to ensure that over the next three years we are doing all we can to meet your needs as an unpaid Carer. To enable this to happen we need to know your thoughts, ideas and suggestions. The service needs to be fit for all Carers, young and adult. The creation of a three-year strategic vision needs to reflect what it is that you want from the service. **Your input is vital**, and I ask that you take part in the session below or take part in the survey online to ensure we get it right for you. The session on Friday, September 2 at 2pm will last for an hour. Three questions will be asked:

- 1 – What do Connecting Carers do well?
- 2 – What do we need to change?
- 3 – What do we need to offer/deliver that we do not?

If you would like to join us please register to attend here: <https://www.eventbrite.co.uk/e/carer-consultation-tickets-388011913077> or use the link below for the online survey: shorturl.at/BMX28

If the date is not suitable or you are unable to complete the survey, you can always email me your thoughts relating to the three questions at rconolly@connectingcarers.org.uk I look forward to meeting you or hearing from you. Take care, Roisin.
CEO Connecting Carers



Programme of planned events

There are a range of activities and events to support Carers and give the opportunity to benefit from connecting with other Carers. If you wish help to book or join any of the events please contact us via events@connectingcarers.org.uk or the Carer Support Line on 01463 723560 10am to 4pm Monday to Friday.

We can now meet for face-to-face learning sessions again, at locations across Highland, and all being well, other locations will be included in the future. Many Carers have enjoyed online sessions, including not needing to travel, and these are also continuing. You are invited to browse the programme below and we look forward to you joining any events. Please use both links to sign up, and thank you in advance for doing so. Please keep an eye on our website for updates:

<https://connectingcarers.org.uk/activities-events/all-events/>

Relaxation and Self Care

Relaxation Half Hour for Carers with Meg Mondays 7.30pm to September 12. Remaining dates: August 15, August 22, August 29, September 5, September 12.

<https://www.eventbrite.co.uk/e/377367625727>

<https://forms.office.com/r/FJbRZMzhS>

Beginners Qigong & gentle yoga with Meg - 11-11.30am Weds, Aug 17, 24, 31. Online.

Join Meg and other Carers for 30 minutes of relaxing you time with gentle movement.

<https://www.eventbrite.co.uk/e/393078046017>

<https://forms.office.com/r/4vK5Wf16dC>

Simply Be: Essential Yin (Block Three)

Join Natallia for an hour each week of gentle mindful practice of long-held postures, breath work & mindfulness and learn how to use essential oils to enhance the benefits of the Yin experience. Essential oils bring more depth & mindfulness to the practice. Funding was received from Creative Breaks, a funding programme of the Short Breaks Fund operated by www.connectingcarers.org.uk

Shared Care Scotland on behalf of the Scottish Government. This activity is only available for Adult Carers registered with Connecting Carers caring for someone aged over 21.

Week One: Weds, August 17 @ 10.30am

Week Two: Weds, August 24 @ 10.30am

Week Three: Weds, August 31 @ 10.30am

Week Four: Weds, September 7 @ 10.30am

<https://www.eventbrite.co.uk/e/392360479757>

<https://forms.office.com/r/6CjZmEyGfB>

Laughter Blaster at Botanical Gardens with Linda

1pm-2pm, August 19. An opportunity to laugh, relax and connect with other Carers for stretching, deep breathing and laughter-based exercises.

<https://www.eventbrite.co.uk/e/393644199397>

<https://forms.office.com/r/30FhbXsR9S>

Habits of Happiness with Samantha Littlejohns

Tuesday, August 30. Join for the first time or to take a refresher to learn about things we can do to help with happiness, joy, and contentment.

<https://www.eventbrite.co.uk/e/362918518057>

<https://forms.office.com/r/d0UxttxZHv>

Laughter Blaster with Linda

10.30am-11.30am, September 2. Stretching, deep breathing and laughter-based exercises.

<https://www.eventbrite.co.uk/e/393647158247>

<https://forms.office.com/r/UAqD2kEW9S>

Self-massage techniques & relaxation with Meg. Online

11-11.30am Weds, September 7, 14, 21, 28

<https://www.eventbrite.co.uk/e/393803907087>

<https://forms.office.com/r/Y8hdk0zspb>

Pampering and skin care with Temple Spa. Online with Rebecca

7pm to 8pm Friday, September 9. Open to all Carers registered with Connecting Carers.

<https://www.eventbrite.co.uk/e/393958078217>

<https://forms.office.com/r/1nwzcGaGcR>

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<https://forms.office.com/r/1nwzcGaGcR>

Simply Be: Essential Yin (Block Four)

Join Natallia for an hour each week of gentle mindful practice of long-held postures, breath work & mindfulness and learn how to use a selection of essential oils to enhance the benefits of the Yin experience.

Week One: Weds, September 14 @ 10.30am

Week Two: Weds, September 21 @ 10.30am

Week Three: Weds, September 28 @ 10.30am

Week Four: Weds, October 5 @ 10.30am

<https://www.eventbrite.co.uk/e/392523216507>

<https://forms.office.com/r/NshhNUM8N1>

Be part of a "Culture Club"

Our monthly Book Club also gives the opportunity to talk about films, television, radio, podcasts, and anything else of relevance. Recommendations (or dire warnings...) can be shared to help everyone find the gems out there to enjoy.

No need to read or watch, or listen to anything specific.

This group is supported by volunteer Fionna and future dates are agreed with the group as we go along.

<https://www.eventbrite.co.uk/e/242188471237>

<https://forms.office.com/r/A0C1GWn87V>

Creative time

Flower arranging & flower pressing with Gael Hillyard

10am to 11.30, August 22, online.

All items for this workshop can be found at home. Join with other Carers for some creative you time.

<https://www.eventbrite.co.uk/e/326563449067>

<https://forms.office.com/r/ivPqCCpPuw>

<https://forms.office.com/r/ivPqCCpPuw>

Photography of nature with Eoghan Smith

Botanical Gardens, Inverness 10.30am to noon, Thursday, Aug 25, outdoors, Inverness.

<https://www.eventbrite.co.uk/e/393797658397>

<https://forms.office.com/r/SumpmeHCbb>

<https://forms.office.com/r/SumpmeHCbb>

Photography of nature with Eoghan Smith

Botanical Gardens, Inverness 10.30am to noon, Thursday, Sept 15, outdoors, Inverness.

<https://www.eventbrite.co.uk/e/393797658397>

<https://forms.office.com/r/SumpmeHCbb>

<https://forms.office.com/r/SumpmeHCbb>

<https://forms.office.com/r/SumpmeHCbb>

Support Line: 01463 723560 Email: carers@connectingcarers.org.uk

Events and training

<https://www.eventbrite.co.uk/e/393799644337>
<https://forms.office.com/r/5nVMPeuxUU>

Looking after your back and safer people handling for Carers

Full-day sessions at Fraser Home Care Ltd, who are kindly enabling Carers to use their specialist training facilities so we can offer comprehensive one-day training to cover the theory of moves in safer ways, chair and bed-based moves, including working with active and passive hoists.

Moving & Handling with Linda

10.15am to 4.30pm, Thursday, Aug 18, face to face at Fraser Home Care Ltd, Milton of Culloden, Inverness
<https://www.eventbrite.co.uk/e/393592544897>
<https://forms.office.com/r/k2b5bmWLPf>

Moving & Handling with Linda

10.15am to 4.30pm, Tuesday, September 27, face to face at Fraser Home Care Ltd
<https://www.eventbrite.co.uk/e/393612103397>
<https://forms.office.com/r/rDkdG6qiwq>

Moving & Handling with Linda

10.15am to 4.30pm, Monday, October 17, face to face at Fraser Home Care Ltd
<https://www.eventbrite.co.uk/e/393615643987>
<https://forms.office.com/r/ctCqgE9jCH>

Shorter sessions on looking after your back and safer people handling

These sessions include the same theory and practical chair-based moves as the above full-day session. However there will be no practical bed-based work or hoisting work, although principles for these will be discussed. These sessions may suit Carers who wish to attend a shorter session, perhaps more local to them. Or Carers may not need, or may not wish to participate in bed-based handling moves.

Nairn (chair moves) Moving & Handling

Linda 1.15 to 4.30pm, Monday, August 29, Nairn Community & Arts Centre, Nairn
<https://www.eventbrite.co.uk/e/393942230817>
<https://forms.office.com/r/C8GyeQJzrt>

Fort William (chair moves) Moving & Handling

Linda 1.15 to 4.30pm, Wednesday, Sept 7 An Drochaid, Claggan Road, Fort William
<https://www.eventbrite.co.uk/e/393943986067>
<https://forms.office.com/r/uX4urFGWNB>
www.connectingcarers.org.uk

Inverness (chair moves) Moving & Handling

Linda 1.15 to 4.30pm, Friday, Sept 16 Two Kintail House, Inverness
<https://www.eventbrite.co.uk/e/393950585807>
<https://forms.office.com/r/qqpr5BT6qD>

Ullapool (chair moves) Moving & Handling

Linda 1.15 to 4.30pm, Friday, Sept 23. The MacPhail Centre, Ullapool
<https://www.eventbrite.co.uk/e/393956734197>
<https://forms.office.com/r/tVQHfvicaG>

First Aid

A three-hour basic life support course with theory and practice to help keep ourselves and others safer during common emergency situations.

This course Includes Cardiopulmonary Resuscitation (CPR), use of automated external defibrillator (AED), primary survey, recovery position, choking.

Join one of the classes below using the links for an introduction to the methods or for a refresher.

Nairn – First Aid

9.30am to 12.45, Monday, August 29, Nairn Community & Arts Centre, Nairn
<https://www.eventbrite.co.uk/e/393900094787>
<https://forms.office.com/r/mHxwMAJVVW>

Fort William – First Aid

9.30am to 12.45pm Wednesday, Sept 7, An Drochaid, Claggan Road, Fort William
<https://www.eventbrite.co.uk/e/393916313297>
<https://forms.office.com/r/77WP0apvTJ>

Inverness – First Aid

9.30am to 12.45pm, Friday, Sept 16, Two Kintail House, Inverness
<https://www.eventbrite.co.uk/e/393926864857>
<https://forms.office.com/r/vff7UC11kp>

Ullapool – First Aid

9.30am to 12.45pm Friday, Sept 23, The MacPhail Centre, Ullapool
<https://www.eventbrite.co.uk/e/393927276087>
<https://forms.office.com/r/MVtuYSX8LH>

Getting out and about with ranger-led walks

The rangers also have an alternative indoor activity available to participants if the weather turns out to be poor.

Please also feel free to bring someone

Support Line: 01463 723560 Email: carers@connectingcarers.org.uk

along with you, just book an extra space for them.

Thurso promenade walk

A tripe to look at the wildlife found there with ranger Paul. Thursday, September 8, 11am to noon.

<https://www.eventbrite.co.uk/e/395725344157>
<https://forms.office.com/r/Ph1yhajx3U>

Ullapool walk with Jenny

10.30am - 11.30am Thursday, Sept 14, from Morefield park.

<https://www.eventbrite.co.uk/e/ullapool-ranger-walk-with-jenny-from-morefield-park-tickets-395735755297>
<https://forms.office.com/r/Ne0SWZ7nJ0>

Laing walk with Donald

10.30am to 11.30am, Tuesday, Sept 6 from Ferrycroft

<https://www.eventbrite.co.uk/e/395745263737>
<https://forms.office.com/r/LUH6VHUPrd>

Understanding and Supporting My Autistic Child with Their Anxiety

With Anne Love, Love Autism

10.30am to noon Wednesday, Sept 7 online. We know autistic children and young people experience higher levels of anxiety. Join this session to find out why this is so and what you can do to help support your child. Any Carers registered with Connecting Carers are welcome to attend this session.

<https://www.eventbrite.co.uk/e/395451234287>
<https://forms.office.com/r/ivqn4HHg9A>

We would like to know more about how we can help Carers make the most of being online and their digital devices and would be grateful if you would complete the short survey on page 3.

This is an opportunity to take stock and help ensure you have the support you need. If you would prefer to, please feel free to email your views on this to events@connectingcarers.org.uk.

We look forward to you joining training and events either online or face to face. Remember to contact events@connectingcarers.org.uk or the Carer support line on 01463 723560 10am to 4pm Monday to Friday for help to book or join events, and look at our Face book, Twitter, or Instagram channels or <https://connectingcarers.org.uk/activities-events/all-events/> for updated information.

Dr Linda Birnie



THE last couple of months have seen us host a number of events across Highland, including a busy week celebrating Carers Week 2022. Thanks to all who came along to our events, you can see a round-up of all these below!

Unfortunately, we have some sad news. Heather left the CYC team on June 16. She started with us two years ago, mid-pandemic, and helped shape so much of what CYC is today. She has made a huge impact on the hundreds of families she supported and will be missed by everyone! We wish



her all the very best with her future plans!

I want to assure all our families who have been supported by Heather that the team will still be on hand for any support or queries. You will continue to have access to all our usual grants, activities and events we post about. We have recruited a new Inverness/Nairn worker, Angelika Mikula (see page 3), who started on August 1 and we're sure you'll enjoy meeting her.

We are soooo excited to bring you an action-packed summer programme this year, there really is something for everyone!! We had 100 of you sign up to different things happening across Highland. Look out on our social media pages for updates of what everyone is getting up to.

So, to round up the last two months, we have had so much fun!! It is just amazing to see so many of you getting to try out new things, meet new friends and have a break from your caring role. We have had wellbeing walks, a cinema trip, a creative writing session, a photography workshop, Anime/Car-toon drawing, mountain biking, a clay workshop, a beach walk and meet-up, the launch of the circus art workshop and lots of group meet-ups!! Some of the pictures from these events are above.



Art workshops



Beach walk



Clay workshop



Creative writing



Photography

We had a busy Carers Week this year. Thanks to everyone for meeting up with us, coming to hear about the support we offer and having fun with us for the whole week! Here are all the things we got

up to: Nevis radio interview, school drop-in sessions, wellbeing walk, coffee and information sessions for all (Young Carers, families, professionals), parents and Young Carer meetings, Anime/ Cartoon drawing session online, Stay and Play, Whin Park, online quiz, information stand in Morrisons, Fort William, and Loch Insh – Kincaig, activity day out!



Summer programme success

We have had an incredible summer programme this year (see calendars below). There were lots of things happening in all the areas we are working in (but soon it will be time to go back to school). We've had a couple of big group activities that were a huge success at Landmark Park and the Highland Wildlife park. But don't worry, each worker will still be doing one-to-ones and drop-in events so make sure you keep in touch with them to find out more. Sophie, Lochaber; Paul, Badenoch and Strathspey; Amanda, Ross-Shire while Inverness and Nairn will now be covered by new team member Angelika.

Meet Hamish

Hamish (right) is our CYC bear, he goes out on his travels to meet our younger Young Carers and learn things about the area we all live in. Thanks to everyone who



helped come up with a name for him. His next adventure will be right around the corner so look out!

Sunflower competition How are all those amazing flowers? Send us an update, we love seeing the progress and get the competition heating up. Join us now...



Our Online Worker **Tori** has set up a working group to listen to what it is like to be

a Young Carer and how we can improve things for you at CYC and in the wider world! She is looking for volunteers to sign up to be in the group where there will be four main meetings in the year, but options for more in between if you are interested!

Participants will be given a thank you gift for each meeting they can attend. If you would like to sign up please email youngcarers@connectingcarers.org.uk

Reminder, throughout the year we will still be available for one-to-one catch-ups, support and advice, so as always just get in touch with your local worker or email youngcarers@connectingcarers.org.uk

Barbara



July						
SUN	MON	TUE	WED	THU	FRI	SAT
					Summer holidays begin!! 😊	1
3	Alness fun day	4	5	6	7	8
10		11	12	13	14	15
17		18	19	20	21	22
24		25	26	27	28	29
						30

August						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

The Big Picture

READERS' PHOTOGRAPHS



Send a picture to pdonald@connectingcarers.org.uk and the contributor of the one we judge to be the best will be showcased in the next edition. This stunning butterfly can be found in Landmark Park's Butterfly Enclosure, but what type is it? Send us an email if you think you know. *Picture: Paul Donald*

6		8			1		2	
		5			2	7		
	3	9	4	7				1
1	5					2	4	
9								7
	4	7					9	5
7				5	9	3	1	
		1	9			4		
	9		3			8		2

2	7	8	4	1	3	6	9	5
9	5	4	7	8	9	1	2	3
6	1	3	9	5	2	4	8	7
5	6	9	3	2	1	7	4	8
7	3	1	8	4	5	2	9	6
8	4	2	6	9	7	3	5	1
1	8	6	5	7	4	9	3	2
3	9	7	2	6	8	5	1	4
4	2	5	1	3	9	8	7	6

Sudoku

Solution

Notes