



# NAIDHEACHD AIR CÙRAM COIMHEARSNACHD

Annas an EILEIN SGITHEANACH agus LOCH AILLSE

## Special Interest Articles:

- Carers Rights Day Drop-in Event
- Health Services on Skye and Lochalsh - Public Engagement
- Digital Switchover

If you have ideas for articles in future issues please contact  
Jim Towers  
Tel; 07918 747 754  
jtowers@hccf.org.uk

**Carers Rights Day**  
Friday 4 Dec, 11.30am  
to 2.30pm

**Portree Community Centre**

**Please drop in for a coffee and a chat**

## News of Community Care in Skye and Lochalsh



### Welcome

Welcome to the new look Community Care Forum Newsletter. Do you like the heading in Gaelic? We hope you approve.

Through the new contract arrangements, Highland Community Care Forum (HCCF) has managed to secure funding for the newsletter for the foreseeable future, and we hope to get back to a regular quarterly production.

The newsletter is for those of us who use care and health services locally, and who care about our families and neighbours. We hope it will continue to be a useful source of information and trigger debate around issues affecting our well-being and happiness.

Please let us know what was useful, entertaining or helpful about this issue as your feedback will help shape the future of this local community newsletter.

### **Carers Rights Day Drop-in Event** **Friday 4th December, Portree Community Hall,** **11.30 am to 2.30 pm**

The theme for Carers Rights Day this year is 'Caring for your income and pension'. If you, as a carer, have worries about your income or pension then please come along to the drop-in event at the Portree Community Hall. There will be experts from Citizens Advice Bureau, the JobCentre, Crossroads Care, Alzheimer Scotland, Health and Happiness, SLCVO and others to offer advice and help.

Handyperson will also be there to tell you about the latest offers from Telecare. If nothing else, come and browse through information on display and help yourself to tea/coffee and biscuits. Carers Rights Day 2009 will be about ensuring that carers get all the financial support they are entitled to, now and for their future.

### **Joe Taylor - Retiral**

Joe Taylor will be retiring at the end of December from his post of team leader, Skye Lochalsh and Wester Ross community mental health team. During his time there, he was instrumental in setting up the Skye and Lochalsh Mental Health

Development group, which has joined agencies and service users in an attempt at better service awareness and development. We wish him well in his retirement, but he will be very much missed."



## Health Services on Skye and Lochalsh - Public Engagement



Highland Community Care Forum (HCCF) has been working with the Skye and Lochalsh Community Care Forum and the Skye and Lochalsh Council for Voluntary Organisations to involve local groups and individuals in discussions about future services in Skye and Lochalsh on behalf of the NHS Mid Highland Community Health Partnership (CHP). You may have completed one of the questionnaires which have been distributed widely through local networks and e-bulletin. You may

have been in one of the 9 focus groups looking into the questions asked in the questionnaire in more depth facilitated by Anne McDonald and Jim Towers from HCCF. A report on the feedback is currently being analysed by HCCF which will be sent to the Mid Highland CHP, as the CHP intends to use this report to focus the agenda for a workshop in December (date still to be confirmed). The workshop is by invitation only. HCCF will be there, and we will keep you informed. If you want to know more, please contact Jim Towers, tel 07918 747 754, email [jtowers@hccf.org.uk](mailto:jtowers@hccf.org.uk).

## Digital Switchover

Switchover to digital TV for Skye and Lochalsh will happen in July 2010.

Older and disabled people are being offered help with the switchover process through the Switchover Help Scheme.

You are eligible if:

- You are 75yrs or over, or
- you have lived in a care home for six months or more, or
- you get (or could get) Disability Living Allowance, or Attendance or Constant Attendance Allowance, or Mobility Supplement, or
- you are registered blind or partially sighted.

You will be offered:

- easy-to-use digital equipment to convert one television set in your home;
- home delivery and installation if you wish;
- an aerial check and replacement if needed;

- a helpline and retuning advice;
  - a 12 month digital TV aftercare service.
- If you are eligible, you will be written to directly and you will get help in plenty of time before switchover.

Most people will be asked to pay £40 towards the standard offer of help. However, for eligible people who are also on Pension Credit, Income Support, Income-based Jobseeker's Allowance or Employment and Support Allowance, it's FREE. For more information, please phone 0800 4085900

or visit [www.helpscheme.co.uk](http://www.helpscheme.co.uk).

To find out your area switchover date, see [www.digitaluk.co.uk/postcodechecker](http://www.digitaluk.co.uk/postcodechecker).

Skye and Lochalsh Council for Voluntary Organisations will be carrying out information sessions on the switchover, including details of funding available to organisations that are prepared to cascade information to their own members'

*Switchover to digital TV for Skye and Lochalsh will be happening next year*

## Social Work Update

The new housing development and Day Centre in Dornie will be ready by July next year. The 8 special rented properties will be available to adults over 18 with complex needs.

An Acarsaid, currently closed for refurbishment with the majority of service transferred to Graham House, will reopen in April or May next year.

In the face of ever tightening budgets, Social Work is doing its best to maximize the use of limited resources by working more closely with other service providers locally such as Alzheimer Scotland and Crossroads Care.

If you have anything to say about the care service you receive, good or bad, please let Jim Towers know.





Highland Hospice has developed a new Outreach Team to provide a similar service to the Day Hospice available in Inverness to the remote and rural areas of the Highlands. The aim of the Day Hospice is to help people maintain the best quality of life throughout their illness.

We have already started a Day Hospice on The Isle of Skye at the Skeabost Hotel, alternate Wednesdays between 11.30am and 2.30pm. We would appreciate your support if you are able to volunteer as a driver to provide transport to and from the venue for people participating.

If you would like more information about volunteering with the Outreach Team please contact Julie, Amanda or Carol on;

**01463 227910**

If you are interested in applying to volunteer please contact

**Fiona MacGregor**  
**( Volunteer Co-Ordinator)**  
**on tel 1463 227902**

**Email:**  
**f.macgregor@highlandhospice.org.uk**

Ness House, 1 Bishops Road,  
Inverness, IV3 5SB SCO11227



## Alzheimer Scotland, Skye and Lochalsh Services



Alzheimer Scotland is Scotland's leading dementia charity, providing services to people with dementia, their carers and families.

Please get in touch if you want to know more about what we offer locally with Day Care services, Care at Home, or with carer support and training.

Contact Details:

Service Manager - **Kevin Lawley**  
Service Administrator - **Margaret McGlynn**

The service office is based at Taigh an Oisien, Bridge Road, Portree, Isle of Skye, IV51 9ER  
Phone/Fax 01478 613450  
Email [Skyeservices@alzscot.org](mailto:Skyeservices@alzscot.org)  
Website [www.alzscot.org](http://www.alzscot.org)

## Are You Worried About 'Fuel Poverty'?

If you are a customer of **Scottish Hydro** or **Scottish & Southern Electric**, you may qualify for the **Energyplus Care** tariff which offers 20% discount on their current prices. When you apply for the Energyplus Care tariff, an assessment will be made to determine your scale of 'fuel poverty'. This is based on:

- Spending more than 10% of your total **disposable** income on energy bills.
- The type of property and how energy efficient it is.
- Your household income/benefits received.
- Your disability/special needs.

If you would like further information or a referral made to **Energyplus Care** on your behalf please contact **Jim Towers**, tel 07918 747 754, email [jtowers@hccf.org.uk](mailto:jtowers@hccf.org.uk). Please be aware that, due to increases in fuel costs, if you tried but failed to qualify for the Energyplus Care tariff in the past you may well qualify now - it may be worth your while trying again.



### Carers Can Training

*Training for Carers  
- contact Tina on 01463  
723573 or  
[tmorrow@hccf.org.uk](mailto:tmorrow@hccf.org.uk) OR  
check our website below for  
details of local workshops,  
free to unpaid carers.*

HCCF draft Highland  
Community Care Plan  
summary. If you would like a  
copy of the Stage 1 report  
contact Jim Towers

*We're on the Web!*

*See us at:*

<http://www.hccf.org.uk>

### Highland Community Care Forum

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[hccf@hccf.org.uk](mailto:hccf@hccf.org.uk)

Carers Information  
Line  
01463 723561

Charity Number  
SC 020501

### Crossroads Care - Skye and Lochalsh

The main purpose of Crossroads Care - Skye and Lochalsh is to provide respite care/short breaks for the carers of people of all ages, including children, who have a disability or condition that means that they need the care of another person. They aim to provide a break from caring whenever the carer requires it. The carers can be of any age, including young carers. Referrals can be received from Social Work Services and NHS Highland or directly from family/friends.

### New hccf website

A brand new website for HCCF with lots more information and news for carers will be launched at the HCCF AGM on 27th November.

We decided that we needed more technology than our existing website provides to improve communication with members, professionals and also to allow service users and carers to communicate with each other.

As well as being easier to navigate, the new site allows us to gather opinion on all sorts of subjects using a quick

For further information please contact :

Jennifer Millington,  
Co-ordinator, Crossroads Care  
Skye & Lochalsh,  
Tigh Lisigarry, Bridge Road,  
Portree, Isle of Skye IV51 9ER  
Telephone : 01478 612399  
e-mail:  
[crossroadscaresl@bopenworld.com](mailto:crossroadscaresl@bopenworld.com)

feedback poll, which is very simple to use. We will also have a facility to conduct larger scale consultations with members on chosen topics.

The discussion room will facilitate unlimited topics of conversation and we would encourage you to use this to chat to other carers about the situations you experience in Highland.

The new website will replace the existing one at the same address as soon as the AGM launch has taken place.

### About Our Organization...

My name is Jim Towers and I am the Local Worker for the Highland Community Care Forum in Skye and Lochalsh. I work alongside the Skye and Lochalsh Community Care Forum to be a voice for people who use community care services and for people who are unpaid carers. We believe that community care is about choice in the support and services that service users and unpaid carers require, about helping you to live at home as long as possible, about providing services tailored to your needs, and about providing support if you are looking after family, friends



or neighbours. We believe these aims can only be achieved if agencies that plan and provide services listen to what you, carers and users of care, say is needed. We are here to help make this happen so please, if there are any local community care issues or questions you have, do contact me on

Tel; **07918 747 754** or email  
[jtowers@hccf.org.uk](mailto:jtowers@hccf.org.uk)

**Or drop me a line c/o SLCCF,  
Victoria Cottage,**

**Hedgefield Rd,**

**Portree,**

**Isle of Skye, IV51 9HF.**