

# Carers Gateway South Ayrshire

## September 2025 Newsletter

### New Self-Help Service for Carers!

Carers Gateway South Ayrshire is pleased to announce a new Self-Help Service designed to support unpaid carers of all ages. This free service is available 24/7 and aims to help you care for others and yourself.

#### What is it?

The Self-Help Service is a free online tool for carers of all ages. It helps you look after the person you care for – and look after yourself too.

This online tool is available 24/7 and offers:

Tailored advice and wellbeing tips

Local events and support info

Regular check-ins via email or text

Whether you care for someone full-time or just help occasionally, this service is designed to support you.

Visit: [carersgateway.org.uk](https://carersgateway.org.uk) or give us a call 01292 263000 for more information.

Caring can be tough. This service is designed to help you feel less stressed, find local support, events and stay connected.



01292 263000



[southayrshire.carers@unity-enterprise.com](mailto:southayrshire.carers@unity-enterprise.com)



43 Sandgate, Ayr, KA7 1DA



[SouthAyrshireCarersCentre](https://www.facebook.com/SouthAyrshireCarersCentre)



[carersgateway.org.uk/south-ayrshire](https://carersgateway.org.uk/south-ayrshire)

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## Excellence for Carers Award for Carers Gateway South Ayrshire

Carers Gateway South Ayrshire has been honored with the prestigious Excellence for Carers award following a comprehensive quality assurance assessment by the Carers Trust.

Over the past year, the service has supported more than 5,000 unpaid adult and young carers across South Ayrshire. This support has included respite and short breaks, financial guidance, and condition-specific assistance—ensuring carers receive the help they need to sustain their vital roles.

As a valued member of the Carers Trust's UK-wide network of local carer organisations, Carers Gateway South Ayrshire was evaluated across several key areas: the quality of its services, leadership, staffing, internal processes, and its collaboration with partners and stakeholders.

The Carers Trust assessment team praised the Gateway's passionate and dedicated staff, as well as its innovative use of digital tools to extend reach and improve support for carers. These were highlighted as standout strengths that exemplify the service's excellence.

Alexandra Roberts, Director of Network and Innovation at the Carers Trust, said: "This award demonstrates the commitment of everyone at Carers Gateway South Ayrshire to delivering outstanding services that truly make a difference in the lives of unpaid carers in their local community. We were particularly impressed by the organisation's positive culture and the creative use of digital technology to broaden access and support for carers."

This national recognition reflects the tireless efforts of the Carers Gateway team in ensuring carers receive the respect, resources, and support they deserve.



## Unity Enterprise Achieves Silver LGBT Charter Award!

We're absolutely delighted to share the fantastic news that Unity Enterprise has been awarded the Silver LGBT Charter!

This achievement is a powerful reflection of the commitment, effort, and care that Unity has put into making our services a safe, inclusive, and welcoming space for LGBTQ+ people.

From inclusive practices to staff training and visibility, Unity's dedication has truly made a difference and it's now been formally recognised with this prestigious award.

Now it's time to celebrate this milestone, Well done to everyone involved!



# WELCOME

We have a few new faces in the office, let's meet them:

- Rachel joined us at the start of August on a six-month work placement. She recently applied for and was successful in securing the Short Break Officer position, following Nicole's move to our sister centre, Carers Gateway North Ayrshire.
- Michael also joined us at the start of August on a six-month work placement and will be focusing more on the admin side of the job.
- Megen joined us at the end of August and is our new Social Work Student. Megen will be working with both the Adult Service and Young Carers Service.



Rachel



Michael



Megen

# Upcoming Events

## Carers Gateway South Ayrshire's Race Night

Join us for a thrilling night in support of Young Carers!

Enjoy an evening of fun and excitement where you can place your bets and cheer on your favourite!

100% of what is raised goes directly to helping young carers in South Ayrshire.



Friday 10<sup>th</sup> October  
7-10pm  
Doors open 6:30pm for a 7pm start



Ally MacLeod Suite, Somerset Park, Ayr,  
KA8 9NB

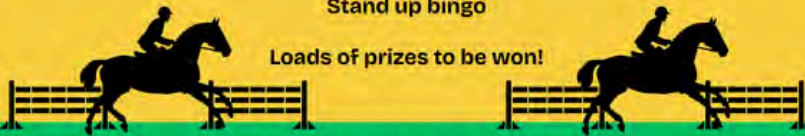
£10 per entry ticket - buffet included!

Buy and name a horse for £5, and win a prize if your horse wins!

Raffles for children and adults

Stand up bingo

Loads of prizes to be won!



To book a ticket, buy a horse or for more information contact the Young Carers Team on telephone: 01292 263000 or email [Tonya.Galloway@unity-enterprise.com](mailto:Tonya.Galloway@unity-enterprise.com) or [Brad.mellor@unity-enterprise.com](mailto:Brad.mellor@unity-enterprise.com)



## Carers Rights Day 2025

Carers Rights Day is an annual awareness event, led by Carers UK.

This year, Carers Rights Day is on Thursday 20 November and the theme is 'Know your rights, use your rights'.

As a carer, knowing your rights empowers you with information about what you're entitled to.

This helps you feel confident asking for what you need, as well as challenging things when your rights are not being met, whether that be in the workplace or education, in accessing health or social care, or when interacting with other professionals or at home.

More information on our plans for the day will be available soon.

# IMPORTANT

Please note that our office will be closed on Friday 28<sup>th</sup> November from 12pm for a staff Christmas celebration.



Carers Gateway South Ayrshire's Adult Carers

## Christmas Lunch

It's nearly that wonderful time of years again!

Join us for a festive three course meal at The Horizon Hotel in Ayr.

Wednesday 10<sup>th</sup> of December 12:30pm for a 1pm start

Contact the centre on 01292 263000 to book your space!

Price to be confirmed.

# Adult Carers Groups & Drop in's

## Ayr's Adult Support Worker is Runa.

### CONNECT DROP IN

EVERY MONDAY  
SOUTH AYRSHIRE HUB,  
53 SANDGATE, AYR.  
10AM-12.30PM AND  
1-4PM

### NATTER GROUP

2nd Monday of the  
Month  
The Local, Ayrshire  
Housing, 119 Main Street,  
Ayr, KA8 8BX.  
1:30 - 3pm

### AYR SOUTH GROUP

Last Wednesday of the  
month  
The Local, Ayrshire  
Housing, 119 Main Street,  
Ayr, KA8 8BX.  
1:30 - 3pm

### ASDA & TESCO DROP IN

EVERY FRIDAY  
AYR ASDA & TESCO  
CAFE ON ALTERNATE  
WEEKS  
1:30 - 3PM

## Prestwick & Troon's Adult Support Worker is Sheila.

### TROON GROUP

Second Monday of the  
Month  
Troon Library in  
Municipal Buildings at 8  
South Beach, Troon.  
10-11:30am

### NEW CARERS DROP IN

Second Wednesday of  
the month  
65 Club Community  
Café, Main Street,  
Prestwick  
10:00am - 11:30am

### PRESTWICK GROUP

Fourth Wednesday of the  
month  
65 Club, Main Street,  
Prestwick  
10:00am - 11:30am

## Girvan & Maybole's Adult Support Worker is Georgina.

### MAYBOLE GROUP

First Tuesday of the  
month  
Kincaig Room  
Carrick Centre  
10:15-11:45am

### MAYBOLE GROUP 2

Second Thursday of  
the month  
St Oswald's Church  
Hall  
1-3pm

### MAYBOLE DROP IN

Every Thursday  
Carrick Centre Cafe  
9:30am-4:30pm



### GIRVAN GROUP

Second Wednesday of  
the month  
Film Room  
Girvan Library  
10:15-11:45am

### GIRVAN GROUP 2

Third Tuesday of the  
month  
McAdam Room  
Carrick Opportunities  
1-3pm

### GIRVAN DROP IN

Every Wednesday  
Girvan Library  
9:30 am - 12:30pm

### BALLANTRAE DROP IN

First and third Friday  
of the month  
BRICC House  
9:30am-12:30pm

# Ayr Carers

## Three Bridges Cruise

11 Adult Carers enjoyed a coach trip to Edinburgh with Milligan's Coaches to join a boat trip to see the 'Three Bridges' and they were also pleased to be offered a delicious cream tea while on board the vessel by the helpful crew who looked after everyone well, and who provided commentary on all the history and sea life that could be viewed during the cruise.

Passengers were able to move about to get a good view of all three Bridges comprising the Forth Bridge which opened in the 19th century, The Forth Road Railway Bridge which opened in the 20th century and lastly the Queensferry Crossing which opened last year. All are iconic landmarks, both collectively and in their own right.

This was followed by a bus trip to Peebles where carers had a few hours to themselves to go shopping and do some sightseeing. The weather was kind, and the rain held off, so a good time was had by all.

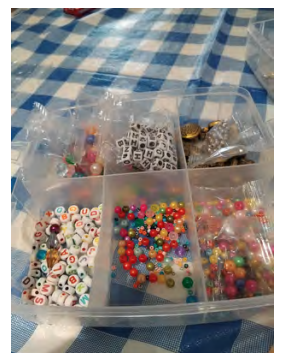


## New Venue

Our Ayr South Carers Group & Carers Natter Group are now being held in The Local, Ayrshire Housing, 119 Main Street, Ayr, KA8 8BX.

During our August Ayr South Carers Group, Janet was kind enough to come along and enjoyed helping everyone to make a pair of earrings.

Thank you for your kindness and talent Janet, we will certainly have fun wearing these and showing them off.



# Prestwick Carers

## Prestwick Support Group

The Prestwick carers support group celebrated its first year where we meet up in the Community Cafe, formally The (65 Club). Carers celebrated with cake and coffee.

This was also attended by members of the Prestwick Locality Planning LPP and Lauren from Health & Social Care Partnership who helped fund the support group.

During the support group carers have a chance to meet up with other carers in a warm, inclusive environment, where they are supported, have access to information, respite, time out from their caring role.



Over the past year, Carers who attended the group have enjoyed :

Wellness sessions with Colette where carers had tasters in: Mindfulness, aromatherapy oils, Reiki, Neck & back massage, Feng Shui, Movement & Dance.

6 week & 4 week sessions to help with Stress, anxiety, and social isolation, that many carers may experience in their caring role.

Relaxing painting thanks to Marie from Pick me up paints.

Day Trip Arran with Lunch in the Royal Hotel.

A walk along the beach followed by tea & scones helping carers combat Social Isolation.

Information session for Alzheimer Scotland by Louise Robertson.

O.T Wellness & Anxiety toolkit.

Power of Attorney information session by S.W Lyndsay Mc Mannis.

Mindfulness taster session with George Mitchell.

What a fantastic 1<sup>st</sup> Year!

# Troon Carers

**New Venue, same great support!**

**The Troon carers support group meets in the Library which is now located on the ground floor of the Municipal Buildings at 8 South Beach, Troon.**

**The group meets on the second Monday of each month between 10am-11.30am.**

**During the support group carers have a chance to meet up with other carers in a warm, friendly, inclusive environment, where they are supported, have access to information, respite and time out from their caring role.**



**Carers who attended the group have recently enjoyed :  
Wellness & Anxiety toolkit talk by  
Occupational Therapist.**

## **Carers Week**

**The Theme for this year was "Caring about Equality"**

**During Carers Week our aim was raising awareness , promoting equality, & connecting carers to support. We held a drop-in for carers in the Lido Restaurant in Troon. Where carers were able to access information on services that are available to them to help support them in their caring role.**

**Also have a chance to meet up with other carers to socialise and enjoy coffee & cake giving them some respite from their caring role.**



# Carrick & Girvan Carers

The past few months have been a whirlwind of fun and connection for carers in the Carrick locality!

From scenic day trips and empowering personal safety workshops to lively coffee mornings with live entertainment and joyful family arts and crafts days there's been no shortage of laughter, learning, and unforgettable moments.

Carers Week is the highlight of our year and this time, we truly went all out to make it unforgettable for carers across South Ayrshire! In Carrick, the celebrations kicked off with a buzzing coffee afternoon at the Carrick Centre in Maybole, where the fantastic Maybole Over 50s Ukulele Group lit up the room with music, singing, and plenty of laughter.

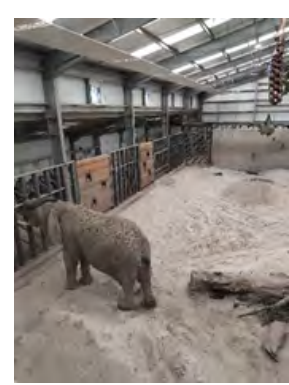
The energy didn't stop there next up was a vibrant coffee morning at the beautiful Girvan Community Gardens, where the ukulele magic continued, filling the air with joy and community spirit.



Some of our Carrick carers have been soaking up the fun with a couple of fantastic day trips alongside fellow South Ayrshire carers!

One standout adventure was a journey with Milligan's Coaches to the wild and wonderful Blair Drummond Safari Park. With the sun shining and spirits high, the day was packed with incredible animal encounters, laughter, and new friendships.

A perfect blend of nature, joy, and connection.



# Carrick & Girvan Carers

Our Girvan Carers Café recently welcomed a special visit from The Scottish Centre for Personal Safety and what an empowering session it was!

With expert demonstrations from Alan and Barbara, carers gained valuable confidence-boosting tips and practical safety techniques for staying secure while out and about.

A huge thank you to our fantastic guests for bringing such energy, insight, and inspiration to the day!



School holidays can be a tricky time for carers with school-age children but we turned that challenge into an opportunity for fun and creativity!

To make things easier and more inclusive, we hosted two vibrant Carer Family Arts & Crafts Events one in Maybole and one in Girvan, where carers brought their families along to join the fun.

Both events were filled with colour, laughter, and relaxation, and carers shared how much they loved the experience. Many said they felt refreshed and would love to see more events like these in the future... so stay tuned, exciting things are on the horizon!



# Adult Carers Support Plan

As an adult carer you have the choice to complete an  
Adult Carer Support Plan.

An Adult Carers Support Plan gives you the opportunity to identify the  
following:

Your thoughts and feelings about caring.

Your relationship with the person you care for.

Your social and leisure activities.

Your physical and mental health.

Your education and work life goals.

What would help make things easier for you to carry out your caring role  
or plan for the future if you were no longer able to care.

If you would like more information on the Adult Carers Support Plan or  
would like to complete one, please contact us via  
telephone: 01292 263000

email: [southayrshire.carers@unity-enterprise.com](mailto:southayrshire.carers@unity-enterprise.com)

Scan the QR Code to complete an Adult Carers Support Plan



SUPPORT

ASKING  
— for —  
HELP  
is OK

# Young Carers

## Young Carers Summer of Fun!

### Scottish Young Carers Festival

12 Young Carers attended the festival and enjoyed a range of activities including Archery, 3G Swing, Petting Zoo, Bouncy Castles, Arts & Crafts, Live Music, Cake Decorating and much more. With smashing weather, this was a fantastic trip that all who attended enjoyed.



### Taxi Day Out

The Ayr Taxi Day Out is an annual charity event in South Ayrshire where local taxi drivers take children with additional needs and their families and Young Carers on a special trip.

On the 6<sup>th</sup> of August we went to Five Sisters Zoo, with over 30 Young Carers this was a joint trip with South Ayrshire Health and Social Care Partnership and was made possible thanks to the volunteers who attended. Thank you to all the Taxi Drivers involved for an incredible day.



### Summer Programme

We finished off our summer events with a family day at Culzean Castle to complete the Alice in Wonderland Lego trail, had movie sessions, games sessions and art & crafts sessions.



# Dolphin House



## Primary Trip

Our first trip to Dolphin House was with our Primary Aged Young Carers.

Over the three day respite break Young Carers took part and enjoyed a range of activities including Orienteering, Abseiling, Caving, Ditch Challenge, Bushcraft, and more. Young Carers not only had a respite break from their caring role but gain confidence and new skills.



Our second visit to Dolphin House was with our Secondary Aged Young Carers. Their trip was action packed with Abseiling, Archery, Caving and more. However the highlight of the residential was the trip to the River Ayr to do Watersports, from Canoeing, Paddleboarding, Kayaking and swimming this was an amazing afternoon. We would like to thank all the staff at Dolphin House for two unforgettable respite break.



## First Aid Awareness Course for Young Carers: "Courage; Knowledge; Action."

In July 2025, Carers Gateway South Ayrshire delivered two First Aid Awareness Courses for young carers across South Ayrshire. These sessions aimed to equip young carers with essential first aid skills, boost their confidence in emergency situations, and support their emotional wellbeing.

The training was split into two age-appropriate groups from 5 to 17 years of age to ensure content was accessible and engaging for all participants. Feedback from attendees was overwhelmingly positive. Young carers reported feeling more confident in knowing what to do in an emergency and more willing to act if someone needed help. The training also helped build personal resilience, giving participants a greater sense of control and preparedness in challenging situations.

Importantly, the course directly supported young carers in their roles at home. Many shared that they now feel better equipped in their caring role and more capable of managing the responsibilities they carry. This reflects the programme's wider goal of empowering young carers not only with practical skills but also with emotional tools to navigate their unique challenges.

We were especially pleased to welcome two young trainee peer mentors to the session. In addition to developing their own first aid knowledge, they played a supportive role throughout—offering encouragement and relatable guidance to younger carers. This was a meaningful step in their growth and confidence as future peer mentors.

Overall, the First Aid Awareness sessions proved to be a valuable experience, blending practical skill-building with emotional support.

Special thank you to Helen Bath for hosting the training.



# Young Carers Statements

It's out with the old and in with the new! Over the past couple of years young carers have given feedback on South Ayrshire Young Carers Statements. Given the feedback the South Ayrshire Health and Social Care Partnership and the Carers Gateway South Ayrshire worked together and in consultation with young carers to create the Wee Carers Statement and Young Carers Statement. These have been approved and are now our new statements.

A Young Carers Statement can be completed for any young carer under 18 or over 18 years old, but still at school.

The Young Carers Statement is completed by having a conversation with a professional who works in health, education, social work, Carers Gateway South Ayrshire or someone you feel comfortable talking to in order to establish if it is appropriate for you to care for someone else.

A Young Carers Statement will help identify your individual outcomes and what matters to you, such as:

- Details about the person you care for and support provided
- The impact caring has on your mental health and wellbeing
- The extent that you are able and willing to provide care
- The nature and extent of the care provided is appropriate
- Any support that is needed, either for you or the person you care for

If you would like more information on the Young Carers Statement, or wish to complete a Statement, please contact the young carers team.



## Mental Wellbeing Backpacks

We're pleased to share that we've received £600 from the Participatory Budgeting Fund to support young carers in our community.

Over the past year, we've seen a rise in young people caring for a parent with mental health challenges.

To help ease the emotional toll, we're creating 10 Mental Wellbeing Backpacks for carers aged 10–18 to borrow.

Each backpack will include:

Pre-loaded headphones with meditations

Mindfulness colouring & journals

Breathing & grounding card decks

Sensory stress relief tools

These portable kits offer discreet support at home, school, or wherever it's needed.



## Young Carers Package

The Young Carers Package is an extra bundle of treats available to all Young Carers aged 11 to 18 inclusive to Scotland.

It's filled with special treats to help Young Carers make the most of their free time and support them in their caring role.

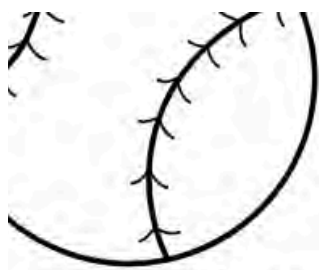
Best of all it's completely free!

If you have a Young Scot Card and need any help signing up to the Young Carers Package, contact our young carers team to help.

If you are 11 or do not yet have a Young Scot account, your young carers team can help get it sorted for you.

Give us a call on 01292 263000 for more information.





# LEISURE MEMBERSHIPS



If you are a young carer and you live in South Ayrshire, then you can enjoy free access to a fantastic range of sports and leisure activities.

For more information or to apply, contact our young carers team on 01292 263000.



## Young Carers Grant



The Young Carers Grant is a yearly payment of **£390.25** for Young Carers in Scotland.

You could be eligible to receive this grant if you are aged 16-18 years old and you care for someone for 16 hours or more a week.

How you spend the Young Carer Grant is up to you, use it for things like new clothes, days out, driving lessons or a holiday.

The person you care for must receive one of the following benefits:

Daily living component of PIP

Middle or highest care rate of DLA

Middle or highest care rate of Child Disability Payment

Daily Living Component of Adult Disability Payment

Attendance Allowance.

If you would like more information on the Young Carers Grant or would like help to apply, please contact our young carers team.

# DID YOU KNOW?

South Ayrshire Carers Gateway now supports Young Carers from the age of 5.

South Ayrshire Health and Social Care Partnership are now identifying Young Carers under the age of 5.

For more information, see the Teeny Carers poster!

**TEENY CARERS**

SOUTH AYRSHIRE ARE NOW IDENTIFYING YOUNG CARERS UNDER THE AGE OF 5.

SUPPORT AVAILABLE INCLUDES:

- **ACTIV8+ MEMBERSHIP**  
(ENJOY FREE ACCESS FOR A CHILD AND AN ADULT TO GENERAL SWIMMING AND FUN & FLOAT SESSIONS, LEARN2 SWIM, LEARN2 DIVE (ENTRY CRITERIA APPLIES), GYMNASTICS & MINIS PROGRAMMES. SPORTS CAMPS, CRASH COURSES & BOUNCE & PLAY SESSIONS RUN DURING HOLIDAY PERIODS AND CAN BE ACCESSED FREE OF CHARGE).
- **FREE ACCESS TO ACTIVE COMMUNITIES SPORTS CAMPS.**  
(NORMALLY £10 PER DAY)
- **FUNDING OPPORTUNITIES.**
- **SUPPORTED TRANSITION TO PRIMARY SCHOOL.**

FOR MORE INFORMATION, PLEASE EMAIL [CARERS@SOUTH-AYRSHIRE.GOV.UK](mailto:CARERS@SOUTH-AYRSHIRE.GOV.UK).

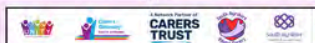
## YOUNG CARERS ACADEMY SCHOOL DROP IN SESSIONS

Once a month our Young Carers Support worker host drop in sessions in academy schools in South Ayrshire.

Our drop in sessions are for anyone to attend to get information/advice, support and more on Young Carers in South Ayrshire.

For more information call us on 01292 263000 or speak to the Young Carers Champion in your school.

Ayr Ms Young	Belmont Mrs Ferguson	Carrick Miss Neil
Girvan Mrs Woods	Kyle Mrs Boal	Marr College Ms McCartan
Prestwick Mrs Boyce	QMA Mrs Paterson	



## Young Carers Support Workers

*Brad Mellor*

Young Carers Support Worker

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Young Carers Support Worker

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📞 07799 075078



To refer a young carer to the service

Scan Here

