

NEWSWIRE

Police warn fans as Euro 2016 starts

POLICE across the North-east have warned football fans they will be tackling antisocial behaviour and violence as Euro 2016 begins. The tournament started last night with France playing Romania. Chief Inspector Murray Main, who leads the Divisional Alcohol & Violence Reduction Unit, said: "While Scotland is unfortunately not participating this time round, there will be many people across the North-east supporting their home nations and others who are looking forward to watching their favourite teams play."

"For some this may involve sharing time with family and friends and potentially drinking alcohol at times of the day, or days of the week, they don't normally."

"I hope everyone really enjoys the tournament, however for the minority who risk spoiling the fun, they should know in advance that officers will be in villages, towns and cities right across the region and we won't take drunken, violent or antisocial behaviour lightly."

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Club's plan for former toilets

A NORTH-EAST boat club could soon have a new base in a former toilet block. Rosehearty Sailing Club has lodged a proposal with Aberdeenshire Council to take on the village's disused public toilets.

The club would make the facilities, off Shore Street, their base, with a workshop and meeting area. The plan was first mooted in 2014 when club secretary Graham Souter revealed the authority had agreed to sell the structure to members for £1. The toilets had been kept open before that by the efforts of local people. Club member Peter Crawford said the council had been "very helpful" with the application process so far.

"The intention is that we'll make the back third of it a workshop where we can service the boats in the winter," he said. "In the front we'll have a cafe, and in the middle we'll have a toilet and showers for people to use. "Right now we have what was called the Red Kirkie, where we build the boats, in the village but we don't have anywhere social."

City woman in appeal to make caring a team effort



CARING: Faith Jason Robertson-Foy with her dad Robert Robertson.

THE full scale of Aberdeen's unpaid carer community can be laid bare today – as new figures reveal one in 10 people in the city is supporting a loved one.

Health and social care bosses say there are between 20,000 to 25,000 unpaid carers in Aberdeen – but they warn it could be the tip of the iceberg, as many people do not realise they fall into that category.

News of the figures came as Faith Jason Robertson-Foy, who spends at least four evenings a week caring for her war veteran dad Robert, 75, called for more support for unpaid carers.

Faith, 43, who is the manager of a podiatry clinic, is one of two carer representatives to join an Aberdeen City Health and Social Care Partnership committee in an effort to raise the profile of unpaid carers.

Faith's dad struggles with serious health difficulties – including heart problems and short-term memory loss.

Faith said: "I go and visit my dad at least four times a week.

"When he isn't well I'm up every day or sometimes twice a day on my days off."

"It's about finding time to do everything when you're there – you've got to check his fridge and tidy the entire house."

"I'd love to learn a foreign language or go to a gym but I don't have time to do that because I'm caring for my dad and my dad comes first."

Robert is from the Buchan area and he joined the Gordon Highlanders when he

By Rachel Loxton

left school. In 1960, he was injured in the Mau Mau uprising in Kenya – a military conflict in the former British colony between 1952 and 1960.

Faith said: "He doesn't really talk about his injuries. "He was left for dead in really hot weather so by the time they found him he was very ill, dehydrated and injured. He was 19. He spent 193 days recovering."

After a stint in Germany, Robert returned to the North-east and became a fish merchant. He married Faith's mum Rosemarie, who died 13 years ago.

Faith remembers her dad had heart problems when she

It's finding the time to do everything

was growing-up. She said: "He had his first heart attack when I was at school. I was 13. He retired from work then."

"My mum did a lot of caring for him but he has deteriorated now."

Faith, who lives in Rosemount, does not own a car so she takes the bus to visit her dad at his sheltered housing complex in Stockethill.

Some weeks she spends more than 15 hours visiting her dad.

She said: "He's had heart attacks. He's got diabetes and angina."

"He's also got short-term memory loss. It means that if I



HAPPY FAMILY: Faith, aged 14, pictured with her dad Robert at home in Aberdeen's Cummings Park.

go to his house and ask him if he's eaten anything he won't know."

"Another challenge I find is that I work full time and I'm a community councillor, so it's finding the time to do everything."

Robert has support workers who visit him during the day, while Faith does a variety of tasks at night.

She said: "I cut his hair, cut his nails, put cream on his back, take dry skin off."

"I do his personal cleaning as well, take up shopping to his house, sit and speak to him, get DVDs for him so he's got something to do."

Faith said both unpaid and paid carers should work together so the patient's quality of life can improve.

And she said introducing a health form that could be filled in during each visit by carers could help.

She said: "My dad does have some support workers who come up a few times a week but I don't know what they do."

So I thought it would work better if we were a team. Call it something simple like the Carer's Support Plan. It could be filled in on every visit. Things like personal hygiene – has he been showered? Has he been out for fresh air?"

Sandy Reid, service manager at the Health Village in Aberdeen, urged Faith to bring the idea forward at the next committee.

He said Faith's responsibility was not uncommon.

"It's like having a part-time job or potentially another full-time job on top of your day job," Sandy said.

"Based on national data we think there's between something like 20,000 to 25,000 unpaid carers in Aberdeen City."

"And that means one in every 10 people in the city is a carer. I suspect that's an underestimate."

Visit www.vsa.org.uk for more details. ● "Find a way to care for the carers," Page 18