

ELCAP Members Update

SSSC Registration, renewals and fees

Another year and another £25 due to the SSSC for renewal of your registration. Please watch out for reminder email, text or letter and get it paid as soon as you can. Failure to renew could see you placed on unpaid leave, not only resulting in loss of earnings for you but loss of support for the individuals we care for.

For new employees, please make sure you register as soon as you can.

Scottish Governments £500 'Thank you' payment

Details are now being released on the above payment, and, as I'm typing, Kelly has just sent out an email advising staff that the date of payment should, hopefully, be on the 24 March 2021. Thanks for the quick response Kelly.

Anybody wishing to check on eligibility etc can find frequently asked questions and answers on the Scottish Governments website. As most of you will be Facebook users, can I point you in the direction of a FB group by Deborah Clarke, UNISON Care workers for Change – Scotland.

You can keep up to date with all issues relating to care staff on there.

One last detail on the payment of this 'thank you'. It looks as if the money will be released to local authorities first, then passed on to the employers. This is not ideal and it could delay payment. Watch this space....

If you need any further advice, information or representation, please contact:

Carole McCaldin
UNISON Shop Steward
on 07921 155 652

Mental Health

To say that we are living and working in difficult times would be an understatement. It is stressful and can feel very overwhelming. UNISON needs members to think about their mental health and that of their colleagues. They have issued some tips for talking about Mental Health and they are as follows:

- 1) **ASK THE QUESTION** - ask if they are okay? Ask twice if needed and show you care.
- 2) **REALLY LISTEN** - Take time out and really listen to what they have to say.
- 3) **REASSURE** - Let the person know that what they tell you will remain confidential.
- 4) **KINDNESS** - Show empathy and kindness and let the person know that you are there for them.
- 5) **FIND A SAFE SPACE** - Have the conversation in a safe, comfortable space.
- 6) **ASK FOR HELP** - Look after yourself and ask for help if you need to.

Links to support can be found on the UNISON website:
<https://unison-edinburgh.org.uk>

BE KIND TO YOURSELF AND YOUR COLLEAGUES

Membership

UNISON is the biggest trade union in the voluntary sector.

UNISON has been campaigning for care staff across all sectors to get the living wage, training and time to care for their clients.

UNISON has a Recognition Agreement with Elcap and our bargaining strength lies in our numbers. So, talk to your colleagues, encourage them to join.

They can do this easily online or if they prefer, they can call the branch office on 0131 558 7488 and ask for an application form.

Membership has recently been on the increase and we want to keep this trend going. Remember, we are stronger together!