

## CREATIVE breaks

Helensburgh & Lomond Carers SCIO has been awarded £5,000 funding from **Creative Breaks – Time to Live Fund**. The fund is to give carers an opportunity to apply for a grant that will improve their health & well-being, enjoy a life outside their caring role and feel better supported. A short break is a time when carers and those they care for can recharge their batteries. It might be a few hours to pursue a hobby or activity, catch up with friends for lunch, or read a book. Or it might be a few days away from the daily routine either together or separately. You can be 'creative' in making an application, for instance, it could go towards paying for a gym membership or sessions to help improve your physical health & wellbeing, to cover the cost of a flight to visit family, or having a relaxing day at a Spa. The fund is open to young and adult carers and the application will need to fit with certain criteria with a maximum award of **£300**. For more information and an application pack, please contact **Christine, Lynn or Pamela** on **01436 673444** who will be more than happy to assist you to complete the form. Deadline for completed applications is **Friday 3rd March 2017** The Panel will meet **Wednesday 8<sup>th</sup> March 2017** to consider applications. Open to those not previously benefited.

A huge thank you to the knitting group for their fantastic efforts selling their knitted items at the Winter Festival in the Square on Sat 26 and Sunday 27th November raising £1,110.00 this year

Also a huge thank you to Davie Stewart and Robert Morley at the Terrace Coffee House for sponsoring the table and supplying the banner .



You are welcome to drop in and speak to us or call for an appointment, the kettle is always on.

### OPENING HOURS:

Tuesday - Friday  
10am-3pm

Due to staff shortages we have returned to our original opening hours.

Closed Monday,  
Open Tues - Fri 10am-3pm



## Pamper Night



Thursday 2nd March, 6-9pm at

The Carers Centre

Tickets £3.00

All Therapies are pre-bookable at  
Helensburgh & Lomond Carers,  
Lomond House, 29 Lomond Street

Helensburgh, G84 7PW

01436673444



## Regular Activities

**Friendship Group** - Last Friday of every month at the Dementia Resource Centre, West Princes Street, Helensburgh 2- 4pm, Next meeting 27th January 2017

**Walking Group** - DTBC. If you would like to take part in a walk of your choice, please contact Lynn at the Carers Centre.

**Parent Carers Drop in** - Wed 18th Jan & 1st, 15th Feb, Carers Centre, 11am - 1pm.

**Knitting Group** - Wed 11th Jan & 25th Jan & 8th Feb & 22nd February, Carers Centre, 11am - 1pm.

## Kilcreggan Carers Cafe

Come along for a chance to get together and/or some advice or support. A cup of tea /coffee and a cake await you between 10am-12noon

**Wednesday 2nd February**



## Frontal Temporal Disorder (FTD) Support Group

The next meetings of the FTD will be on **5th Jan and 9th Feb** in the Dementia Resource Centre between 7pm - 9pm. Please contact Victoria McLeod on 01436 678050

## Grey Matters

Third Sector Interface (TSI) runs a Grey Matters Forum **every Saturday** morning for the over 60s. Meeting takes place in the Brownies Hall, John Street, Helensburgh. Call Alison Gildea on 01436 671613 for further information.

## WINTER WORD SEARCH



WORDS TO FIND:

BLIZZARD	BOOTS	GILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		

Any Mascott of teachmeania.com for Scholastic

## Information & Advice



### Twitter & Facebook

We are now on Facebook and Twitter, to find out what's on at The Carers Centre and get updates on events

[Search for us on Facebook:](#)

Helensburgh Lomond Carers SCIO

[Search for us on Twitter:](#)

Helensburgh Carers

Our Twitter handle is: @CarerCentreSCIO



Carers Missing Vital Pension Boosts - If you are caring for someone for more than 20 hours a week, you are entitled to a credit that could increase your state pension by £200 per year.

Contact 0345 608 4321 for details.

### HOT MEALS DELIVERED TO YOUR DOOR

Hot nutritious two-course meals are available for home delivery at lunch time through a partnership between the Royal Voluntary Service and Argyll & Bute Council for £4.88per meal. Please contact Karen on 07736 825342 or Theresa on 01475 781814.

The Knitting group have kindly suggested that some of the proceeds they raised this year by selling their knitting, go towards a social activity for carers in January or February. We will keep you posted when this has been organised.



## 200 Club

Join our 200 Club and YOU could be a WINNER!

**Monthly draw**

1st Prize £100& 2nd Prize - £50

**SPECIAL CHRISTMAS DRAW**

1 Number costs JUST £1

(limit of 5 numbers)

Christmas draw winners

1st - Bill Courtney - 2nd - Ewan Hedger



[Carers Scotland](#) has worked with carers to produce a range of videos to help carers find out how to get support for themselves and the person they care for. Topics include getting online, technology for health and care, respite, online resources and online communities. Please watch the series here and circulate to your networks or anyone who may find them of interest:

[www.carersuk.org/scotland/videos](http://www.carersuk.org/scotland/videos)

## Helensburgh and Lomond Carers SCIO

The Annual Report and Financial Statements are now available on our web page [www.helensburgh-carer-support.org](http://www.helensburgh-carer-support.org) or if you would like a copy sent to you, please call the centre.

# Training & Workshops

## Helensburgh and Lomond, Adult Learning and Literacies Team

### Computers Skills for Absolute Beginners

*Confused by Computers? Don't know your Apps from you emails?*

Mondays 10am -12:30 pm Helensburgh Library

Starts 9th January for 10 weeks Free

#### Get More...

*Know the basics and want to get more from your computer?*

*Social media, photos, using memory sticks, internet shopping and more... .*

Mondays 5:45pm—7:45pm Helensburgh Library

Starts 16<sup>th</sup> January for 6 weeks Course fee applies

#### Next Steps in Computing

*Progression from Beginners Course or for those with basic skills.*

*Improve your keyboard skills and typing, learn more about spreadsheets,*

*Internet, email. Opportunity to work towards SQA ICT level 3.*

Mondays 1:30-3:30 Helensburgh Library

Starts 16th January for 10 weeks Free

For more information or to book your place on a course please call Jackie on 01436 658992



**It's a New year....**



**Let it be a New You ...**

**Let's start the New Year stress free.....**

**Call Lynn at the centre who will be**

**delivering taster sessions on how to**

**manage Stress and Anxiety.**



### USEFUL TELEPHONE NUMBERS ARGYLL & BUTE COUNCIL



Website: [www.argyll-bute.gov.uk](http://www.argyll-bute.gov.uk)

Email: [enquiries@argyllbute.gov.uk](mailto:enquiries@argyllbute.gov.uk)

Text: 07624 808798

Council Tax Enquiries: 01546 605511

Benefits Enquiries: 01546 605512

General Enquiries: 01546 605513

Roads, Waste, Pest Enquiries: 01546 605514

All types of payments: 01546 605515

### Holistic Therapies



The Charity has faced increasing difficulty over the past few years in securing funding to continue to provide holistic therapies for carers. Therapy sessions will continue as usual for the meantime and new funding bids have been submitted to secure further investment. In an effort to stretch resources, we would like to ask those carers who access therapy sessions at the Carers Centre, GP Surgeries in the outreach areas, to please consider making a donation towards covering these costs.

### Free To Good Home

ROTATOR

LARGE NUMBERED  
CLOCK



If any of carers are interested in these items, Please contact the centre on 01436 673444



### VOLUNTEER CO-ORDINATOR

Volunteers are a vital part of assisting the organisation ,we are looking for a Volunteer co-ordinator to work with our team leader and existing volunteers .

- This would be an unpaid position
- Available for a few hours per week
- Assist & co-ordinate volunteers with social events / activities & fundraising
- The Volunteer co-ordinator will gain personal development, update their existing skill set, training, fulfilment & fun

If you are interested in this position please contact Sharon at the Centre .

## Share your experience - help improve services - Emotional Touchpoints

Helensburgh and Lomond Carers Centre have joined with the Health and Social Care Partnership to find out about people's experience of local services.

Pamela has been trained to interview people using the Emotional Touchpoints. This is a new toolkit for interviewing people and is designed to capture the individual's experience of the service.

The programme of interviews is funded by the Helensburgh and Lomond Integrated Care Fund – this fund is an allocation from Scottish Government to help Health and Social Care Partnerships work effectively together with local providers, third sector organisations and communities to improve services.

The aim of the interviews is for people who are receiving services and their carers to share their experiences of what is good about services and importantly how services could be better. Local health and social care staff will use the information from the interviews to demonstrate the positive impact of community care services in keeping people at home and to improve services where possible.

**If you have recently been in receipt of a service from health, social care or the carer's centre Pamela would be interested to hear your experience.** If you are interested in taking part, please call Pamela and she will be able to answer any questions you have about this before you make a decision about going ahead with the interview.

For more information, please call Pamela on 01436 673444/670555.

## Looking Back on 2016 Social Activities

Here are some of Helensburgh & Lomond Carers enjoying a well deserved break from their caring role, this included a trip to Inverary Jail, a cruise on Loch Lomond, a day out in Glasgow on the Open Top Bus and a weekend break to the Angus Hotel Blairgowrie and much more.



### Staffing

Eileen McCrory - Manager

Sharon Richardson - Carer Services Team Leader

Christine MacTaggart - Carers Support Worker

Shirley McHugh - Carers Support Plan Worker

Pamela Burns - Young Carers Support Worker

John Izatt - Carer Befriending Support Worker

Lynn Callaghan - Carers Training Support Worker

Helensburgh and Lomond Carers SCIO  
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Email: [admin@helensburgh-carer-support.org](mailto:admin@helensburgh-carer-support.org)  
[www.helensburgh-carer-support.org](http://www.helensburgh-carer-support.org)  
Helensburgh & Lomond Young Carers Tel: 01436-670555