

Jan/Feb 2018

## HAPPY NEW YEAR

# EDWARD REID

Carers News



Do you want to laugh so hard that your sides split? Why not come along to hear **Edward's hilarious new material**

Commodore Hotel,  
Helensburgh  
20th April. 2018  
7:30pm - late

see the FABULOUS & HYSTERICAL Edward Reid

from Britain's Got Talent!

Plus a Disco to finish the night

Tickets are £12.50

And are available from Helensburgh & Lomond Carers Centre , Lomond House,  
29 Lomond street, Helensburgh, G84 7PW Tel : 01436 673444

All proceeds raised on the night will go to Helensburgh & Lomond Carers SCIO

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



## Pamper Night



Thursday 22nd 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



# Funding, Information & Advice

## CREATIVE breaks

**Helensburgh & Lomond Carers SCIO has been awarded £3,150 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. The maximum award is **£300**. For more information and an application pack, please contact **Christine, Tony or Pamela** on **01436 673444** who will be more than happy to assist you to complete the form. Deadline for completed applications is **Friday 9th March 2018**. The Panel will meet **Wednesday 15th March 2018** to consider applications.

This fund is open to those who have not previously benefited.

### Grants available for Carers

Name of fund: **Family Fund Scotland**

Web link [www.familyfund.org.uk/scotland](http://www.familyfund.org.uk/scotland)

Who it is for: For the parent or carer of a disabled or seriously ill child or young person aged 17 or under. have evidence of entitlement to one of the following: Universal Credit, Child Tax Credit, Working Tax Credit, Income-based Jobseeker's Allowance, Income Support, Incapacity Benefit\*, Employment Support Allowance\*, Housing Benefit and Pension Credit.

\*Please note: They may need to contact you for further information about your household income.

If you do not receive any of the above, you can still apply, but you will need to provide some extra information about your household income.

Contact Details 01904 550055 or email [info@familyfund.org.uk](mailto:info@familyfund.org.uk)

Name of fund: **Take a Break**

Web link <https://takeabreakscotland.org.uk/>

Who it is for: Take a Break can accept applications from either a parent carer of a disabled child, or from a disabled young person in their own right. Take a Break can accept one application per household. Grants are usually between £200-£400 in value. Children and young people must have additional complex needs, or have a serious or life threatening illness, and the child or young person's condition must be long-term or life-limiting. They are open to applications from 30 May – 30 June 2018, giving you a month to apply.

Contact Details 01904 571093 or email [info@takeabreakscotland.org.uk](mailto:info@takeabreakscotland.org.uk)

**Carers Allowance** If you care for someone for 35 hours or more each week you may be entitled to carers Allowance of £62.10 per week. Carers allowance can affect other benefits that you and the person you care for might receive. Ask for more details.

**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.

### 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
Complaints and feedback:	01546 605516
Social Work & Social Care:	01546 605517



### 200 Club

Join our 200 Club and YOU could be a WINNER!

### Monthly Draw

### SPECIAL CHRISTMAS DRAW

**1<sup>st</sup> Prize £150 Lindsey Spence & 2<sup>nd</sup> Prize - £75 Pamela Burns**

**Drawn at the Carers Christmas Lunch**

**1 Number costs JUST £1 (limit of 5 numbers)**

**If you would like to take part in the draw, give us a call at the centre and we will allocate you a number**

**Monthly Winners receive 1st prize £25, 2nd prize £10**



## Regular Activities

**Friendship Group** - Last Friday of every month at the Dementia Resource Centre, West Princes Street, Helensburgh 2-4pm, Next meeting 26th January 2018.

**Parent Carers Drop in** - Wed 17th, 31st January 14th, 18th February, Carers Centre, 11am - 1pm.

**Knitting Group** - Wed 10th, 24th January & 7th & 21st, 18th 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 7th February 2018**



### Frontal Temporal Disorder (FTD) Support Group

The next meetings of the FTD will be on **11th January & 8th February** in the Dementia Resource Centre between 7pm - 9pm. Please contact Victoria McLeod on 01436 678050 for more information.

## Carers Training

### 1-2-1 Training

Lynn our Training Support Worker is available to work with carers on a 1-2-1 basis. She is delivering various training to help you focus your Health & Wellbeing including:

**Stress & Anxiety**  
**Mindfulness and**  
**Caring with Confidence**

### Tai Chi - Beginners Class

Starting February 2018, At Victoria Halls, Sinclair Street, Helensburgh

### Basic IT Skills

Do you feel like this ?????

Time to update your knowledge with the IT world



- Know your way around the PC
- How to use the internet
- How to send and receive emails

If you are interested in any of the above courses, please contact Lynn at the centre on 01436 673444

Community Chaplaincy Listening (CCL) Raymond Deans NHS chaplain is still available to offer his listening service to carers.

This service offers carers time to talk in confidence, this can be as little as one visit or however many you find helpful. Please contact the centre for more information. Contact the carers centre for more information.

### Raffle prizes

We are running various fundraising events throughout the year to raise much needed funds for the centre and would be extremely grateful for any donations. Please drop off next time you are in the centre.

## Dates For Diary

### Valentine's Coffee Morning

Wednesday

14th February 2018

10am-12 noon

At the Carers Centre

Home Baking Donations Welcome



### Valentine Afternoon Tea Dance

Friday 16th February 2018

2-5 pm

Commodore Hotel

Helensburgh

Tickets £3.00

Available from Helensburgh & Lomond Carers Centre

Lomond House, 29 Lomond Street,

Helensburgh G84 7PW

Tel: 01436 673444



### Power of Attorney, Guardianship Care Home Fees

Karen Wootton, Associate, from Morison's Solicitors will be at the centre on Friday **12th January 2018 10am -1pm and the second Friday of every month thereafter** to answer questions on any legal concerns you may have, Karen's particular specialist areas are:

- Power of Attorney and Guardianship,
- Care Home Fees and Funding,
- Wills and Succession,
- Inheritance Tax,
- Estate Planning Trusts and forward planning for parent carers,
- Advising on estates following a bereavement.

Call 01436 673444 to make an appointment or drop in on the day. There will be a room available for carers to speak to Karen in private.

Hi everyone, and especially those with green fingers. I'm hoping to hold a community consultation event about creating a community garden.

I have the backing of St Modan's Parish Church to use the hall and a cuppa will be available for those who want one. I will confirm the date by phone or email to anyone that is interested in coming along. I understand that it may be a far way to travel for some of you, but I hope you would be interested in coming along. Please either call me on 01436 673444 or email me at [tony@helensburgh-carer-support.org](mailto:tony@helensburgh-carer-support.org). Tony



## Helensburgh & Lomond Carers SCIO awarded National Lottery Funding



We are delighted to announce that Helensburgh & Lomond Carers SCIO have received a **National Lottery Award** from the **BIG Lottery Fund** totalling **£192,783**, to sustain the young carer's service.

The three year Improving Lives activity will allow us to employ two additional Young Carers Support Workers, one full-time and one part-time, to assist in the delivery of the **Connecting Young Carers Programme**, which will provide one to one support, group work activities, information and advice and crisis support to young carers within Helensburgh & Lomond area.

**Big Lottery Fund Scotland Chair, Maureen McGinn, said:** *"I am delighted that Helensburgh & Lomond Carers SCIO has been successful in securing a Big Lottery Fund grant. The funding will make a big difference where it is needed most and I wish the Connecting Young Carers service every success as it goes on to develop and expand its project for the benefit of their local community."* This will be a welcome addition to our current staff team and will help us to reach more young carers. We look forward to letting you know more in the New Year. *Eileen and all the Team*

### A HUGE THANK YOU TO ALL OUR SUPPORTER AND DONORS

Helensburgh & Lomond Carers SCIO would like to say a huge thank you to all those who have supported our efforts throughout the year. One of our sponsors, Robin Dutfield, Investment Manager of Redmayne Bentley Stockbrokers, said:

*"I am more than happy to personally help support Helensburgh and Lomond Carers SCIO to continue the amazing work that they do providing support to unpaid carers"*

**Others include:**

- Chris Bowman Fitness
- Anna & Michael Curley at the Deli in the Square
- Debbie McCallum
- Helensburgh Rugby & Cricket Club
- Agrekko Dumbarton
- Knit 'n' Natter Group
- Cameron House Hotel
- Co-op Funeral Care
- Stewart Maule
- Ardardan Farm Shop & Tea Room
- Karen Wootton, Morrison's Solicitors, Glasgow
- David Stewart & Robert Morley at the Terrace Coffee House
- Alan Rae
- Submariners Buddies and Boats Group
- Oonagh Hayes
- Gladys Stephenson

And all those Individuals who donate to our Charity on an Annual basis.

*Thank you*

### QUIZ NIGHT WAS AN AMAZING SUCCESS

Around twenty teams had a fantastic night competing for a £100 Jackpot - there was hardly a spare seat left in the Logie Baird and the charity benefitted from takings of more than £450.

The quiz consisted of six rounds of ten questions covering subjects from music to film and general knowledge. Every one could keep track of the scores on a white board as they were updated at the end of each round, helping the tension mount throughout the evening.

The winning team, called 'three men, three women and a baby', were happily accepting their prize when a worthy gentleman in the crowd pointed out the team had broken the rules by exceeding the maximum of six members - nice one!!!

A massive thank you goes to Lillian, Martin and their team for putting so much time and effort into arranging and running the quiz making it such a great success. Another massive thank you goes to our Christine who beavered away selling raffle tickets and ended up generating more than half the income from the evening! Grateful thanks also go to all the generous people who donated the raffle prizes. We must do it again sometime!! John



[Twitter & Facebook](#)

If you have not already done so please take a look at our FB, Twitter pages to see what's happening at The Carers Centre

[Search for us on Facebook:](#)

Helensburgh Lomond Carers SCIO

[Search for us on Twitter:](#)

Helensburgh Carers

Our Twitter handle is: @CarerCentreSCIO



### Staffing

Eileen McCrory - Manager

Sharon Richardson -

Carer Services Team Leader

Christine MacTaggart -

Carer Support Worker

Shirley McHugh -

Carer Support Plan Worker

Pamela Burns - Young Carers Support Worker

John Izatt - Carer Befriending Support Worker

Lynn Callaghan - Carers Training Support Worker

Tony Knight— Outreach Carer Support Worker

Morgan Baller - Reception & Administration Assistant



Helensburgh and Lomond Carers SCIO  
Lomond House, 29 Lomond Street, Helensburgh, G84 7PW  
Tel: 01436 673444 / 670555  
[www.helensburgh-carer-support.org](http://www.helensburgh-carer-support.org)  
: 01436-670555