

# Helensburgh and Lomond Carers SCIO July—August 2017

## Carers News



## Tiara Walk 2017

It is that time of the year again, come and join us for our

### 5k Charity Walk

in aid of

*Helensburgh and Lomond Carers SCIO*

*ENABLE Scotland Helensburgh & District Branch*

and

*Helensburgh & Lomond Autism Group*

Friday 8th September - 8pm till midnight

Signing in starts at 6:30pm at Helensburgh Cricket & Rugby Club.

A BBQ, Disco & Fun and games with DJ Stewart Maule and Raffle will follow after the walk.

Register your interest at

Helensburgh and Lomond Carers SCIO

Lomond House, 29 Lomond Street, Helensburgh, G84 7PW, 01436 673444

£10 registration fee

(entrants are requested to collect a minimum of £25 in sponsorship money and must be over 18)



## Become a Member of the Carers Centre

Would you like to become a MEMBER of

Helensburgh & Lomond Carers SCIO to demonstrate your support for the Charity?

It costs just £2.00

Here are some of the benefits:

- ✓ entitles you to vote at our Annual Members Meeting and allows you to be nominated for election as a Trustee;
- ✓ entitles you to regular updates, including copies of our newsletter and annual reports;
- ✓ gives you an opportunity to speak out during consultation exercises.

If you would like to join us and help improve our service to Carers, please speak to any of the staff and it will all be arranged.

**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**

# Information & Advice

## Turn2us Response Fund

New fund is still available to Carers

The fund will give targeted support to assist carers to meet the challenges posed by a life changing event which has happened in the last 12 months, and help them to improve their situation. Grants will be provided for specific needs which are essential to the financial stability, wellbeing and independence to maintain normal daily living. Please contact us for more information if you would like to apply.



## Demonstrating Our Performance

It is necessary for the Charity to capture and evaluate feedback from carers about their experience of the services provided to help determine if these are having the expected impact and are meeting their personal needs. The methods adopted for collecting this information have taken various forms over the years and usually make provision for gathering outcome data funders require as a condition of grant allocations.

Over the last year, the Management Committee felt compelled to rethink how it collects the information required to evaluate the impact of what it does, to try and minimise any inconvenience to carers and greater emphasis was placed on analysing information gleaned from focus group discussions, backed up by a smaller number of questionnaires and evaluations of specific services. This 'mixed method' approach, draws from both quantitative and qualitative data sources and whilst this model is still considered to be 'experimental,' and it continues to be refined, the Management Committee is content this is on the right track and has introduced a rigour to the process without adding to the workload of staff and volunteers in the collection of the data and information required.

We would like to thank you for the time and effort you make to attend the focus groups and completion of the various evaluation forms we give out after each event. We understand this can be somewhat tedious, but we hope you understand how important it is for us to collect this information. We appreciate your support in assisting us to do this.

Thank you  
Eileen and all the Team

**Kidz to Adultz Scotland**  
Thursday 14th September 2017, 9.30am - 4.30pm  
Highland Hall, Royal Highland Exhibition Centre,  
Edinburgh, EH28 9NB

One of the largest FREE UK events supporting children & young adults up to 25 years with disabilities and additional needs, their families, carers and the professionals who support them.

- FREE Entry
- FREE Parking
- Easy Access
- FREE CPD Seminars
- 130+ Exhibitors
- Children Welcome

Win £250 worth of vouchers! Register online & attend an event in 2017 to be entered into the draw. The winner will be announced on our website December 2017.

Register for your visitors' FREE entry tickets from our NEW website: [www.kidztoadultz.co.uk](http://www.kidztoadultz.co.uk) or simply contact Disabled Living. Email: [info@disabledliving.co.uk](mailto:info@disabledliving.co.uk) or Tel: 0161 607 9200  
Tickets are not compulsory, you can register on arrival.

Sponsored by: Slater Gordon  
Organised by: Disabled Living  
Registered Charity number 20464

## Model of Care Framework

### CHANGES TO CARE AT HOME SERVICES

If you have been affected by these changes a representative from the Care Commissioning Team and the Social Work Department would be willing to attend a carers question and answer session to explain the new model of care.

If you would be interested in attending this session please contact Christine or Lynn at the centre and we will arrange a suitable date and time.

Helensburgh & Lomond Carers SCIO have been nominated to be one of the beneficiaries of the local community fund. So Please Help us raise funds as by using your co-op membership card. 1% of purchase price or costs of co-op own branded goods and services purchased by co-op members will be donated to a good cause in the community.



Radars Key for accessible public conveniences 'The Carers Centre has a Radar key which is available for Carers to borrow, however, we have discovered that you can purchase the keys on Amazon for £2.98. If you would like to borrow this key please call us on 01436 673444

## 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

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.

### Winners

June- 1st Seanine McCrory, 2nd Jake Muir

July - 1st Cathy Hedger, 2nd Lindsey Spence

**SPECIAL CHRISTMAS DRAW**

**1<sup>st</sup> Prize £100 & 2<sup>nd</sup> Prize - £50**

## Regular Activities

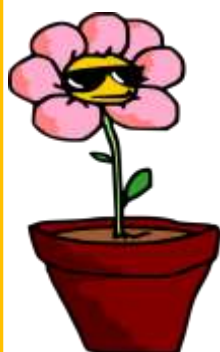
**Friendship Group** - Last Friday of every month at the Dementia Resource Centre, West Princes Street, Helensburgh 2- 4pm, Next meeting 28th July 2017.

**Parent Carers Drop in** - Wed 5th, 19th July 2nd, 16th & 30th August, Carers Centre, 11am - 1pm.

**Knitting Group** - Wed 12th & 26th July & 9th, 23rd August, Carers Centre, 11am - 1pm.

## These boots were made for walking

How would you like to take part in a leisurely walk once a month. We would like to re-establish our infamous walking group now that the weather is improving. Anyone interested please contact Christine or Lynn at the centre, ping us an email or PM us on Facebook/Twitter. A date, time and walk to suit all will be decided by the group. Lots of time to chat and off load on the walk and then finally tea/coffee and cake at the finish line.



## Call out to all you green fingers

We would be grateful if you could donate any shrubs, plants, pots or soil to help soften the appearance outside of our office at Lomond House.

If you have anything spare please contact us and we will make arrangements to collect the items. Many thanks.



## 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 5th July & 2nd August**



## Frontal Temporal Disorder (FTD) Support Group

The next meetings of the FTD will be on **6th July & 3rd August** in the Dementia Resource Centre between 7pm – 9pm. Please contact Victoria McLeod on 01436 678050 for more Information.

## 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.

## 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

Coffee Morning & Food Tasting Session  
**Wednesday 23rd August, 10am-12 noon**  
At the Carers Centre

Anna & Michael from the Deli in the Square have kindly offered to come along to our coffee morning with some of their delicious homemade ready meals for you to sample. We will be combining this with a focus group to enable us to gather feedback about the services offered to you as a carer.

Please put the date in your diary and contact us here at the centre to let us know if you would like attend.

## 2017 Annual Members Meeting

The Management Committee is busy preparing the Annual Report and Financial Statements for the year ending 31 March 2016/17. The Report will be presented to those attending the Annual Members Meeting (AMM) on Thursday 28th September 2017. This is being held at Helensburgh Civic Centre and will be followed by lunch. The doors will open at 10.30am, with the proceedings starting at 11.00am. The AMM is open to all carers and members registered with the Charity. Please register your attendance by contacting the carers centre on 01436 673444. More information to follow in the next edition !

## Training & Workshops

We have been successful in securing funding from the Santander Discovery Fund, which will enable us to deliver training to carers.

The following courses will be available very soon:

Tai-chi

Caring with confidence

Stress & Anxiety workshops

De-Stress **Friday 28th July 10am –12pm**

This session will give you time to relax, unwind and learn techniques you can use when you are feeling stressed.

Please call Lynn at the centre for more Information and to register your attendance for any of the above.

## Community Chaplaincy Listening (CCL)

This is a service which has been developed by NHS Scotland Chaplaincy.

NHS Chaplains do not represent any church or faith group: we're here for everyone and work from an inclusive, non-judgemental, person centred base. The listening service offers people time, usually 50 minutes, to talk with a chaplain in confidence. This can be for as little as one visit or however many a person finds helpful.

We are not offering counselling or other psycho-therapies but rather offering space for someone to explore the issues that they are dealing with at this time. It puts an individual at the centre as the 'listened to person' within a safe, respectful and bounded setting.

It (CCL) does not seek to offer solutions but rather to encourage reflection, to journey with people as a fellow traveller and to see people as whole persons and not as a defined illness.

It allows the possibility to arise that solutions might come from within the person, i.e. it is asset based. If you think that this could be of help to you then please ask about making a referral through the Carer's Centre staff. This will be available on alternative Tuesday afternoons from 1.00 to 2.00 and 2.00 to 3.00 pm Starting on (Tuesday September 12<sup>th</sup> 2017). Do ask if you have any further questions.

**Raymond Deans, NHS Chaplain**

# CARERS WEEK 12TH-18TH JUNE 2017

## Mystery Bus Tour

As you can see from the pictures below, we had a busy carers week. This included, carers enjoying a day out in the charming little village of Aberfoyle on the banks of the River Forth.

Prior to departing all of the carers were asked to guess the destination of the mystery bus tour and the winners of the competition were Irene Dalrymple and Gladys Stephenson.

On the journey to Aberfoyle we had "Name That Tune" quiz where John Izatt played the guitar and sang some country songs. The winner of the quiz was Elaine Stoops.

While in Aberfoyle the carers had a lovely lunch in the Forth Inn then a leisurely walk round the local shops and enjoyed watching the Indian Runner Ducks been rounded up by the working sheep dogs.



## **Carers Information Day**

Carers were invited along to our information day where a range of our partners were on hand to give out information and advice relating to welfare rights, POA, guardianship, nursing home fees, health checks and much more. Everyone enjoyed a light lunch and lots of chat.

Throughout Carers Week the Centre staff were out and about in various locations, Tesco, Rosneath and Garelochhead raising awareness in the hope to identify and support new carers.

Not forgetting the young carers who were treated to an overnight retreat at Centre 81 in Garelochhead. The retreat focused on relaxation, mindfulness techniques, exercise, healthy eating and of course a lovely massage session from our very own therapist Cherry.



## [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 -

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

Louise Gallacher - Reception /Administration Assistant



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[www.helensburgh-carer-support.org](http://www.helensburgh-carer-support.org)  
Helensburgh & Lomond Young Carers Tel: 01436-670555