

As we approach the end of our current fundraising year we would like to tell you we have raised in excess of **£17,000**. A big thank you to all of you who have contributed their time, efforts and donations, we could not do it without you. Our fundraising target for 2017/18 is **£20,000**. We would like to invite you to help us achieve this and beat last year's target. If you have any ideas or spare time, please get in touch.

### Helensburgh & Lomond SCIO Calendar 2018



One of our ex-carers Janet Tidswell has kindly offered to produce a Helensburgh and Lomond Carers calendar 2018. Calendars will be on sale later on in the year and will go towards our fundraising efforts. Janet said "Photographs will be accepted from anyone who would like to see their work in print and help a good cause". Ideas for pictures are of the local area, the Arrochar alps, a bluebell wood, winter snow scene, Yachts on the Clyde, Colquhoun Square, your favourite place, animals and wildlife, the list is endless. Any number of photos may be presented. Photos preferably sent to Janet at [buxbrand@btinternet.com](mailto:buxbrand@btinternet.com) Or if not prints 5 1/2" x 8" may be handed in to the Centre. They must have your name and phone number on the back and be captioned, and a brief description i.e.: Bluebell wood Kilcreggan. The copyright stays with you. If a picture of yours is chosen you will receive a free copy of the calendar. Entries to be in by Friday 29<sup>th</sup> April 2017. Thank you for your support.

"As you may or may not know, my name is Oonagh and I am running the London Marathon in April 2017 in aid of Helensburgh and Lomond Carers SCIO. My sister has benefited from and been supported by HLCC for many years. In preparation for the marathon I am to be found most days, pounding the streets of Fleet and Church Crookham. I am currently running between 30-40 miles per week interspersed with fast walking and swimming. If you would like to donate/sponsor me I would be really grateful if you could use the link below and look at my fundraising page to see if you can help, every penny counts"



<https://mydonate.bt.com/fundraisers/oonaghhayes2>

If you would like a sponsorship form to pass around, please call the centre.

"Thank you for caring your support is greatly appreciated". Oonagh

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



**SPONSORED CHARITY SPINATHON**  
In aid of  
**HELENSBURGH & LOMOND CARERS SCIO**  
In partnership with  
**CHRIS BOWMAN FITNESS & ARDARDAN FARM**  
Saturday 25th March 2017  
9.00am - 5.00pm  
at Ardardan Farm, Cardross,



You can help us raise funds by spinning for 1 hour, entry is free all you have to do is raise a minimum of **£25.00** through sponsorship.

For more information, contact Sharon at  
Lomond House, 29 Lomond Street, Helensburgh  
G84 7QU

Tel: 01436 673444/670555

email: [sharon@helensburgh-carer-support.org](mailto:sharon@helensburgh-carer-support.org)



# Training & Workshops

## *Lynn's Training update:*

### **Cognitive Behavioural Intervention (CBI)**

I am currently studying CBI at The Centre of Therapy & Counselling Studies. By completing this programme I will be able to provide a most important and beneficial service to Helensburgh & Lomond Carers. Keep watching this space for updates.

### **Mindfulness**

Mindfulness can enable people to change the way they think & feel about their experiences.

Mindfulness can be used as a tool to manage your Wellbeing & Mental Health.

I will be delivering 4 Mindfulness sessions in April at the carers centre. If you would like to book a place or would like to know more please give me a call, I look forward to hearing from you all.

If you would like further information about any training needs you may have please contact Lynn at the centre.

## Information & Advice

### **Are you eligible for a Council Tax Reduction?**

We are going to do a series of articles about Council Tax reduction for Carers looking after people with physical disabilities and mental health problems. Each article will explain different aspects of this.

#### **Carers**

Carers who care for someone for more than 35 hours may be eligible. For example, if a daughter brings her Mother to live with her and her husband and is caring for her for 35 hours, she can apply for a 25% reduction in Council Tax. They may be eligible for a 50% reduction if her husband is also caring more than 35 hours. If her Mother's house is empty because she has moved to her daughter's for care or taken into residential care, then her home will be eligible for a reduction too. You must have certain Welfare Benefits which can be found on the form and your GP needs to confirm your caring situation.

The application forms are very short for claiming a Council Tax reduction and the Council Tax staff are extremely helpful. The forms can be found on the Argyll & Bute Council web site or at the Helensburgh Civic Centre or Helensburgh & Lomond Carers SCIO. It is well worth asking if you are able to have this reduction.

The phone number for the Council Tax office is 01546 605511.

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

### 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.



**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.

### **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 £4.88 per meal. Please contact Karen on 07736 825342 or Theresa on 01475 781814.

## Regular Activities

**Friendship Group** - Last Friday of every month at the Dementia Resource Centre, West Princes Street, Helensburgh 2- 4pm, Next meeting 31st March 2017.

**Parent Carers Drop in** - Wed 1st, 15th, 29th March & 12th, 26th April, Carers Centre, 11am - 1pm.

**Knitting Group** - Wed 8th & 22nd March & 5th & 19th April, Carers Centre, 11am - 1pm.

## Healthy Eating Corner Lemon Chicken

### INGREDIENTS

2 chicken breasts  
2 tablespoons of plain flour  
1/2 teaspoon Rosemary  
1 cup sliced mushrooms  
1 clove of garlic, crushed  
1 tablespoon olive oil  
Juice of 2 lemons



1/2 cup of chicken stock

### METHOD

1. heat olive oil in pan and add the crushed garlic sliced mushrooms, cook until golden brown then remove.
2. Slice chicken and dust with flour and rosemary, add to pan and cook for 5 mins
3. Add the lemon juice, chicken stock & mushroom to pan, cover and simmer for 15mins on a low heat

Cooking time: 25mins

Prep: 5 mins

Serves: 2

## 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.



## Daffodil Coffee Morning



Wednesday 12th April 2017

10-12

at the carers Centre

Home baking we would be very gratefully received

All welcome

## 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 1st March & 5th April**



## Frontal Temporal Disorder (FTD) Support Group

The next meetings of the FTD will be on **9th March & 13th April** 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.

## Raffle prizes

We are running various fundraising events throughout the year to raise much needed funds for The Centre and we would be extremely grateful for any donations.

## Supermarket Sweep £1 per entry

Try to unscramble the letters to find 23 different items from a supermarket.

Once you have finished, return the form to the centre. All correct entries will be put into a prize draw. The first one out of the hat will win a great prize! Good luck!

### Anagram

Sebwrrtary ajm  
Aalmmader  
Raedcdh eecehs  
Temas dgdupni  
Ruanieloimls aohesbrdr  
Nttnsia fofece  
Rcon esfalk  
Ocacothele reasdp  
Ate bgsa  
Rtaso ekccihn  
Agoner eijuc  
ltoetp llsro  
Esooatpth  
Poccrose  
Paos rdpowe  
Efubersegrb  
Taomto urepe  
Mucburec  
Ifwcalorleu  
Rpriedog saot  
Ehcnitk ollr  
Eriunmesg  
Ppaepneli

### Answers

## **Befriending**

There are currently thirteen active befrienders and one active mentor making a positive difference to the lives of unpaid carers and young people in the Helensburgh and Lomond area.

The feedback I receive from befrienders shows that befriending can be an enjoyable, interesting and worthwhile experience for themselves as much as it is for the carer and the person being cared for.

There are currently sixteen carers who are waiting for befrienders, three of them have been identified by our outreach worker as being a priority. Priority is allocated to carers who are experiencing the most serious levels of loneliness and isolation including a lack of social interaction and care input.

The number of inactive volunteers is two, one befriender, and one mentor who is destined to be matched with a young carer. This means that we have reached that stage in the befriending process where we need to find more volunteers. To this end, I have an article, soon to be published in the Community Advertiser, which extols the benefits of befriending and encourages new volunteers to come forward and register. This has proven to be quite successful in the past.

Volunteers are welcome from all walks of life including ex-carers who, by virtue of their caring experience, make excellent befrienders and often find their own level of social interaction improving.

Why don't you give it a try and find out just how rewarding befriending can be. Just phone or email me at Lomond House any time on a Tuesday or on a Wednesday afternoon. I look forward to hearing from you.

John, Carers Befriending Support Worker

## **WOULD YOU LIKE TO BE OUR 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, receive appropriate training, be part of an excellent team delivering a much needed service.

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



### **200 Club**

Join our 200 Club and YOU could be a WINNER!

#### **Monthly Drawer**

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

January - 1st Lynn Callaghan, 2nd Mike Blair

February - 1st Liz Wilson, 2nd Jean Walker

#### **SPECIAL CHRISTMAS DRAW**

1st Prize £100 & 2nd Prize - £50



## **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



### **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

**Helensburgh and Lomond Carers SCIO**  
Lomond House, 29 Lomond Street, Helensburgh  
G84 7PW

Tel: 01436 673444

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

## **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