

Helensburgh and Lomond Carers SCIO

May - June 2017

Carers News

Colours.

[FUN]DRAISING
FASHION SHOWS

Colours Fashion Show

Thursday 25th May

Doors open 6.30pm, Show starts at 7pm

The Commodore Hotel, Helensburgh

Tickets - £5 available from The Carers Centre
and the Commodore Hotel

At least 50% discount off ex High Street Fashion



M&S, Wallis, Next, River Island, Hobbs, Phase Eight, Top Shop, Oasis,
Planet, French Connection, Coast and many more

CARERS WEEK 12TH-18TH JUNE 2017

This years theme is Carer Friendly Communities



Programme of Events

To help us celebrate Carers Week



Mystery Bus Tour ,Wednesday 14th June

We would like to invite our carers on a mystery bus tour, leaving the centre at 10am, returning at 3pm. If you would like to join in the fun, please contact the centre. Surprises along the way!

Awareness Raising

Staff from the centre will be out and about in a range of different venues throughout Helensburgh & Lomond raising awareness of unpaid carers and hopefully identify new carers

Bring a friend, Information day

Friday 16th June

We are inviting a range of partners along to the carers centre between 10am—2pm to give information & advice on carers right & entitlements. We will have our local district nurse on hand to provide health checks. Also in attendance, Scottish War Blinded, Welfare Rights, Karen Wooton, Associate from Morisons Solicitors Glasgow, Karen will be here to answer any questions on POA, Guardianship, nursing home fees and much more. If you don't require any of the above information & advice why don't you just pop along for a chat and a coffee.

If you would like to attend these events, please contact the centre on 01436 673444 to register your attendance.

You are welcome to drop in and speak to us or call for an appointment, the

Opening Hours

Tuesday - Friday

10am - 3pm

Turn2us Response Fund



New fund available to Carers

Turn2us, the national charity helping people in financial hardship to gain access to welfare benefits, charitable grants and support services, has set up a new charitable fund to help the growing numbers of people coming to the charity for financial assistance. The Turn2us Response Fund supports people when they need it most - when they are coping with a life-changing event such as bereavement, job loss, ill health or disability.

It will sit alongside the charity's core fund, the Turn2us Elizabeth Finn Fund, which has been providing grants to professional people in need for over 120 years. The charity also manages a further seven funds giving direct financial help to individuals and provides a Grants Search tool to enable people to seek support from over 3,000 charitable funds across the UK and Ireland, and an easy-to-use Turn2us Benefit Calculator. The fund will give targeted support to assist individuals 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.

The Turn2us Response Fund will accept applications for support from anyone in financial hardship who meets the eligibility criteria of the fund. Applications to the Turn2us Response Fund must be made through one of the fund's intermediary partners, who will check that an individual is eligible to apply to the fund and then complete an application.

Helensburgh & Lomond Carers SCIO are proud to be partners of the Charity and can assist you to make an on-line application provided you meet the criteria. For more information, please speak to a member of staff.

Are you eligible for a Council Tax Reduction?

This is our second article about Council Tax reduction for Carers looking after people with physical disabilities and mental health problems. Each article will explain different aspects of this.

House adaptations

If you care for someone with a disability and an additional bathroom, kitchen or some other additional room has been added to meet their needs or where the person uses their wheelchair all the time inside the house, you may be able to get a reduction on your Council Tax. Your Council Tax will be reduced to the banding below the one you are paying and both owner occupiers and people renting qualify. There is no age limit so you can be looking after a child or an adult. No Welfare Benefits require to be in payment.

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 upon request. It is well worth asking if you are able to have this reduction. The phone number for the Council Tax office is 01546 605511.

USEFUL TELEPHONE NUMBERS ARGYLL & BUTE COUNCIL

Website: www.argyll-bute.gov.uk

Email: 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 Drawer

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

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

Winners

March- 1st Janet Doherty Griffiths, 2nd Pamela Biagi

April - 1st Helen Ogle, 2nd Joan Thomson

SPECIAL CHRISTMAS DRAW

1st Prize £100 & 2nd Prize - £50

Regular Activities

Friendship Group - Last Friday of every month at the Dementia Resource Centre, West Princes Street, Helensburgh 2- 4pm, Next meeting 26th May 2017.

Parent Carers Drop in - Wed 10th, 24th May 7th, 21st & 29th June, Carers Centre, 11am - 1pm.

Knitting Group - Wed 3rd & 17th & 31st May & 5th, 14th & 28th June, 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.

Attention All Book Worms

Would you like to join an elite book club at the carers centre. If you are interested in becoming part of this group enjoying reading and discussing books please contact Christine or Lynn at the centre.

All welcome.

We look forward to hearing from you .



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 3rd May & 7th June**



Frontal Temporal Disorder (FTD) Support Group

The next meetings of the FTD will be on **11th May & 8th June** 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 we would be extremely grateful for any donations.

TIME FOR YOU



New Look

Do you fancy a new look, maybe a blow dry or a set, one of our carers who is a hairdresser would like to offer her services to our lovely carers, if you are interested please call the centre. We are trying to generate interest in this and will keep you all posted.

Singing Together

Would you like join our carers choir and sing all your worries away?

We need an aspiring Gareth Malone to form our choir and take us to the Royal Albert Hall

(well maybe the carers Christmas lunch)

If you would like to take part in the choir or volunteer to lead the group, please contact the Carers Centre .



Training & Workshops

Mindfulness for beginners

This course will provide an introduction to Mindfulness, Breathing Techniques and Meditation., the course will be delivered at the Carers Centre, maximum 6 spaces available to carers, so places are limited

Friday 26th May 10am - 12pm

Week 1 - Introduction to Mindfulness, Learn to Meditate

Friday 2nd June 10am - 12pm

Week 2 - Having a Mindful approach, Understanding the Key Concepts of Mindfulness, Breathing Techniques

Friday 9th June 10am - 12pm

Week 3 - Being in the Moment with Mindfulness, Practical Sessions

Friday 23rd June 10am - 12pm -

Week 4 Having a Mindfulness Approach in my Daily Life, Mindfulness Tips

De -Stress

Friday 28th July 10am –12pm

This session will cover - Impacts of Stress, How Stress Affects Our Daily Life, Coping Strategies

A Mindful Morning

16th August, 10am - 1pm

This first session will be available to carers who have completed the first 4 week Mindfulness course.

During this session carers will have the opportunity to practice a number of meditation and mindfulness exercises.

I have the capacity to deliver this course on various dates to accommodate interested Mindfulness Learners to suit your needs.

If you are interested in booking a place, please call Lynn at the Carers Centre, I look forward to hearing from you all. Lynn



SCOTTISH WAR BLINDED

FOR ALL VETERANS WITH SIGHT LOSS

New local support service for veterans with sight loss launched in Argyll and Bute

Veterans of the Armed Forces with sight loss, are set to benefit from the expansion of a free outreach service in Argyll and Bute. The charity Scottish War Blinded has appointed Allison West to a newly created outreach position, to be based out of Helensburgh & Lomond Carers offices at Lomond House.

This new local service provides support to assist veterans in improving their quality of life after the devastation of sight loss. Support will range from providing veterans struggling with sight loss with free low vision equipment, to facilitating home adaptations to regain independence, and assistance to re-integrate into the local community. The new role is part of Scottish War Blinded's gradual expansion of service provision in the West of Scotland. A new centre is to be opened in Paisley, Renfrewshire in October, which will further increase visually impaired veterans from all over the West of Scotland's access to rehabilitation, sporting and social opportunities.

Scottish War Blinded's Head of Operations and Development Rebecca Barr said:

"We are delighted that Allison's appointment has extended our outreach support to assist more veterans in Argyll & Bute. Allison brings a wealth of experience on veterans' matters and sight loss to this new post. Her appointment will be of great interest to eligible veterans, and their families, in this area."

Allison, a qualified rehabilitation officer for the visually impaired, with years of experience of working with veterans with sight loss, said:

"I'm delighted to be part of this expanding service, as I live locally I know there is much demand for more support for military veterans."

Scottish War Blinded aims to reach more eligible ex-service men and women across Argyll & Bute by encouraging family, friends and healthcare professionals to refer someone they know to the charity. Referrals will enable more veterans to access a programme of free support and social opportunities facilitated by Allison and a nationwide outreach team.

Rebecca Barr continued:

"If you know someone who served in the Armed Forces or did National Service and who now has severe sight loss, Scottish War Blinded can provide them with a lifeline of practical and emotional support irrespective of when or how their sight loss occurred. Call us on freephone – 0800 035 6409 or visit scottishwarblinded.org."

Eileen McCrory, Centre Manager said

"We are delighted to welcome Allison to share office space with us and look forward to new opportunities for working together. Hopefully you will get to meet Allison at our Carers Week event 12th –16th June"



[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



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



Helensburgh and Lomond Carers SCIO
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G84 7PW

Tel: 01436 673444

Email: eileen@helensburgh-carer-support.org

www.helensburgh-carer-support.org

Helensburgh & Lomond Young Carers Tel: 01436-670555