



All the staff would like to wish you all a Merry Christmas and a Happy New Year

Carers News

CARERS RIGHTS DAY

This year's theme is

“Missing out? Know your rights as a carer”

When you're caring, getting the right information at the right time can make all the difference!

Focusing on ensuring that carers understand their rights and get access to good quality advice that can support them to care

If you are a carer, we can support YOU in YOUR caring role and invite you to join us at our

Carers Information & Coffee Morning

A range of partner organisations including Social Work, Solicitor, Welfare Rights and many others will be available to give you advice on your rights and entitlements

Friday 24th November , 10am – 12noon

The Carers Centre, Lomond Street, Helensburgh

Carers Christmas Lunch

Funded by J & J R Wilson

After such a great time last year, we are returning to

The Carrick, Loch Lomond

Wednesday 13th December At 12 noon

If you would like to attend please call the centre to book your place and menu choice. Limited places available, transport can be arranged upon request.



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

Christmas & New Year Holidays

The centre will be closed from **22nd December** until **10am on 3rd January 2018**.

Helensburgh & Lomond Carers



Halloween Tea Dance



at

The Commodore Hotel

Friday 3rd November

2 - 5pm

Includes afternoon tea

Tickets £3.00 each,

available at the Carers Centre

**Lomond House, 29 Lomond Street,
Helensburgh 01436 673444**



QUIZ NIGHT!



**The Logie Baird,
Helensburgh**

Thursday 9th November 2017

8.00pm till 11.00pm

Tickets £3.00

Winning Team receives £100

Maximum 6 people per team

All proceeds in aid of

Helensburgh & Lomond Carers Centre

Tickets available from the Carers Centre

Information & Advice

Be Aware, Prepare - It's Winter!

If you are over 60 and would like to make your life just that little bit easier over the winter months, please come along for a cuppa, home-baking and see some exhibitors such as Grey Matters, Dementia Resource Centre, Police Scotland & many more at the **Parish Church Hall on Wednesday 1st December between 1.30-3.30pm**

Helensburgh & Lomond Carers Fundraising Calendar 2018

We still have some of our 2018 calendars with beautiful landscapes of our local area for sale at the bargain price of £6.00 so please help us raise some funds by purchasing one, it is a fantastic Christmas present.

Available at the Carers Centre

Power of Attorney, Guardianship care home fees

Karen Wooton, Associate, from Morison's Solicitors will be at the centre on **Friday 10th November 10am –1pm** to answer questions on any legal concerns you may have but Karen's particular specialist areas are: power of attorney and guardianship, care home fees and funding, wills and succession, inheritance tax and estate planning trusts and forward planning for parent carers, and advising on estates following a bereavement. Call 01436 673444 to make an appointment or drop in on the day.

Self-directed Support and Dementia – Information, choice and control Together with Life Changes Trust we are hosting six events across Scotland; the events will run from 10 a.m.- 2.45 p.m. Helensburgh, Venue To Be Confirmed .

These events are for individuals interested in finding out more about Self-directed Support for people affected by Dementia; we will explore the possibilities and share experiences. We will share knowledge, signpost, advise on resources and share our own approach to Self-directed Support. How will these events benefit you? • Better understanding of Self-directed Support. • Improved understanding of local authority processes and language around SDS. • Opportunity to identify improvements and gaps. • Opportunity to identify areas of development e.g. information sharing, local authority processes, peer support. • Opportunity to identify new outcomes and changes that would be beneficial.

We want these days to be meaningful and have a positive impact on every attendee. To reserve your place, please email julie@livingtogether.co.uk or phone Julie – 07949037772

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.

Helensburgh Food Bank

On Saturday the **11th of November**, Morgan Baller our Receptionist & Administration Assistant will be hosting a Food Bank donation day in Colquhoun Square Helensburgh between 10am - 3pm. The aim of the day is to collect more food for our local Food Bank, but also to raise awareness that people do need the Food Bank and that is it an asset to Helensburgh. "On the day I will be very honoured that Helensburgh & Lomond Carers SCIO will be supporting the food bank donation day and they will have a stall with information to raise awareness of unpaid carers and the work within the charity. I really hope you can all come along and donate, and really make this day a success" **Morgan**.

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 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

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

October - 1st Alan Rae, 2nd Gladys Stephenson

November - 1st Sharon Richardson, 2nd Irene Dalrymple

SPECIAL CHRISTMAS DRAW

1st Prize £100 & 2nd Prize - £50

Drawn at the Carers Christmas Lunch



Regular Activities

Friendship Group - Last Friday of every month at the Dementia Resource Centre, West Princes Street, Helensburgh 2-4pm, Next meeting 24th November 2017.

Parent Carers Drop in - Wed 8th, 22nd Nov 6th, 20th December, Carers Centre, 11am - 1pm.

Knitting Group - Wed 1st, 15th & 29th Nov & 13th, 18th December 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 1st November & 6th December**



Frontal Temporal Disorder (FTD) Support Group

The next meetings of the FTD will be on **9th November & 14th December** in the Dementia Resource Centre between 7pm - 9pm. Please contact Victoria McLeod on 01436 678050 for more information.

Training & Adult Activities

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.

Stress & Anxiety
Mindfulness and
Caring with Confidence

If you are interested in 1-2-1 Training please contact Lynn at the Centre 01436 673444

Tai Chi - Beginners Class

Starting December 2017

Victoria Halls, Sinclair Street, Helensburgh

If you are interested in booking a place please contact Lynn at the Centre

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



Lynn will be delivering training at the centre in the New Year

If this is something you would be interested in please contact the centre on 01436 673444

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



Christmas Shopping Trip to Livingston Outlet

Sunday 5th November

Pick up points

Garelochhead old garage -9am

Helensburgh train station -9.20

Returning 4.30pm

Tickets £14

Call: Gladys on 01436 671861

or Caroline on 01436 810661

All proceeds to Helensburgh and Lomond Carers SCIO

Donations for raffle welcome -bring along to bus



Christmas Coffee Morning

Wednesday

6th December

10am-12 noon

At the Carers Centre

Home Baking Donations Welcome



The knitting group will have a stall at the Winter Festival on Sat 2nd and Sun 3rd December, Please pop along and support them.

Christmas Coffee Morning/ Focus Group
Centre 81, Garelochhead, 10am - 12pm

Do you live in a rural area and find it hard to travel to Helensburgh? Well we are coming to you to host a coffee morning/ focus group to find out the needs/support carer need in rural areas. Please come along for a coffee and a chat. Call the centre for more info 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.

Contact the carers centre for more information.

The Co-op local community fund



The Co-op are hosting a celebration day on Saturday 25th November to say thank you to Co-op members and customers for supporting the local community fund £1,631.00 has been raised for Helensburgh & Lomond Carers. All carers welcome to attend, please call the centre 01436 673444 for more information

Annual Members Meeting held at the Rosslea Hall Hotel on 28th September 2017

“The Act”

The main purpose of the AMM is to provide an opportunity for the wider membership of the charity to hold the trustees to account for the way it is being governed and managed, traditionally, this has involved the Chair, Treasurer and Manager providing reports on the key developments and performance of the organisation over previous financial year and these make it clear whether or not the charity achieved what it set out to do in its business plans.

The management committee decided to change the format of the AMM this year. It was jointly compared by Sharon and Lynn, who started it all off with a humorous video produced and directed by Iona Shanks of the two of them trying to get to the venue. There were also table talks which gave the trustees and staff members a chance to engage with those present in short information sharing sessions. There was a flash mob role play acted out by members of staff and young adult carers, demonstrating the stresses and strains a carer can face and the importance of supports and partnership working within the charity.

Irene Dalrymple and Andrew Bain have retired from being trustees, Andrew has served as a trustee for 3 years, Irene Dalrymple is the charity's longest standing trustee and has served in this capacity since it first established 17 years ago. There was a surprise finale by all the staff who formed a song called the “Carers Chorus” a humorous song about carers based on the tune the 12 days of Christmas.



So now that Irene and Andrew have retired we have two trustee vacancies to fill. We are in particular looking for individuals with relevant managerial or organisational experience to help us fulfil our future plans, by acting as one of our office bearers. If any reader is interested in becoming a trustee or knows someone the Charity might approach, please give Eileen McCrory a call at the centre for further details.



Hello All, I'm Tony, the new Outreach Carer Support Worker (that's a mouthful right?) at Helensburgh & Lomond Carers SCIO. It's an absolute pleasure to be here, and I'm looking forward to getting to know you all. Please forgive me if I don't remember all your names straight away, there seems to be quite a few of you. For over a decade before coming to this job I had been working within the care sector and I'm hoping to be able to bring a fresh perspective to the charity to enable us to help you further. I already have some ideas about what sort of direction I would like to go and how I think I can help (Now I just have to sweet talk the boss). Feel free to contact me, even if it's just to say Hi.

Men's respite group (Mr) So I want to get straight down to business. I'm just letting you know that I'm planning to contact all the male unpaid carers that we have registered and get your thoughts and ideas on the set up of a group aimed specifically at men (Our own version of the Knit & Natter). I'll be sending something out in the post shortly that will be asking for your opinions and what you would like to see on offer for us blokes. Please feel free to contact me in the office or via email if you would like to discuss anything in particular. **Tony**



[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

Tony Knight— Outreach Carer Support Worker

Morgan Baller - Reception & Administration Assistant



Helensburgh and Lomond Carers SCIO
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Tel: 01436 673444
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www.helensburgh-carer-support.org
Helensburgh & Lomond Young Carers Tel: 01436-670555