



CARERS RIGHTS DAY

This year's theme is

“Missing Out? Know your rights as a carer”

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

To support YOU in YOUR caring role we welcome you to:

Carers Information & Coffee Morning

A range of partner agencies will be available to give you advice on your rights and entitlements.

Friday 25th November, 10am – 12noon
at
The Carers Centre



Pamper Night



Friday 11th November, 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



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

Due to staff shortages we have returned to our original opening hours.

Closed Monday,
Open Tues - Fri 10am-3pm

Carers Christmas Lunch

After such a great time last year, we are returning to
The Carrick, Loch Lomond
Wednesday 14th December At 12 noon

If you would like to attend please call the centre to book your place and for menu choice.

Limited places available.



Upcoming Events

Helensburgh & Lomond Carers
Presents
Halloween Tea Dance



Friday
4th November
2pm - 5pm
The Commodore Hotel
Helensburgh.



All Welcome

Tickets £3.00 each, available at the Carers Centre
Lomond House, 29 Lomond Street, Helensburgh.



Christmas Shopping Trip
to
Livingston Outlets
Sunday 6th November

Pick up points:

Garelochhead old garage – 9am

Helensburgh train station - 9.20am

Dumbarton Police station - 9.45am

Returning - 4.30pm

Proceeds to:

Helensburgh and Lomond Carers SCIO

Donations for raffle welcome – bring along to bus

Tickets £14.00

Call: Gladys on 01436 671861 or
Caroline on 01436 810661



Regular Activities

Friendship Group - Last Friday of every month
Dementia Resource Centre, West Princes Street,
Helensburgh 2– 4pm, 25th November.

Walking Group - DTBC. If you would like to take part
in a walk of your choice, please contact Lynn at the
Carers Centre.

Parent Carers Drop in - Wed 9th & 23rd November,
Carers Centre, 11am - 1pm.

Knitting Group - Wed 2nd & 16th & 30th November &
21st 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 2nd**

November.



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.

Frontal Temporal Disorder (FTD) Support Group

The next meetings of the FTD will be on **10th Nov and**
8th Dec in the Dementia Resource Centre between
7pm – 9pm. Please contact Victoria McLeod
on 01436 678050



Christmas Coffee Morning
Wednesday
7th December
10am-12 noon
At the Carers Centre



Home Baking Donations Welcome



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 URC Church Hall on
Wednesday 30th November, between 1.30-3.30pm.

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.



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.

Training & Workshops

Helensburgh & Lomond

Adult Learning Courses

November

Elementary Food Hygiene

One day REHIS accredited course

For more information or to book a place on a course please contact Jackie on 01436 658992

Foot-Care Awareness Training 2016

Available to those with a caring role. Runs monthly, sessions held at 2pm in The Jeanie Deans Unit. 16th November and 7th December.

Call podiatry dept on 01436 655074 for more information.

Call out to all carers who care for someone with mental health issues



Lynn will be facilitating a focus group
Thursday 1st December,
10am-12noon

To discuss how to move forward in assisting you with your caring role.

Call Lynn for more Information

Stress & Anxiety Course

Open to all Carers

I will be delivering a Stress and Anxiety course throughout the month of November. The course will cover: raising awareness of stress, identifying the symptoms and coping strategies. It will be delivered over 4 weeks, 1 morning session per week at the Carers Centre.

STEPS to Excellence—24 years +

I will be delivering a STEPS to Excellence course in the New Year. STEPS to Excellence is a development programme that becomes a powerful tool for improving your life, builds confidence, increases motivation, self belief and an insight to how your mind works. If you are interested in attending and would like to put your name forward, please contact Lynn at the carers centre.

Information & Advice



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



200 Club



Join our 200 Club and YOU could be a WINNER!

Monthly draw

1st Prize £25 & 2nd Prize - £15

SPECIAL CHRISTMAS DRAW

1 Number costs JUST £1

(limit of 5 numbers)

September winners

1st - Willie Rae - 2nd - Cathy Hedger

October winners

1st - Margaret Kelly - 2nd - Mike Blair

Phil Reville - Solicitor - Wills & Power of Attorney

Phil Reville has kindly offered to prepare Wills free of charge for any carers instructing a Power of Attorney. The inclusive cost for a POA is £300. Alternatively he is offering Wills at half price to Carers who don't need POA. The inclusive costs would be £75 Contact 07730329994

p.reville@estateandassetprotection.co.uk

Carers Scotland 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

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

SDS Blether Group - Every Wed from 10.30am. We are hosting a weekly drop in at the Carers Centre for people who are looking for more information on Self Directed Support Contact Audrey Cullen on 07880786963 for more info.

Share your experience - help improve services - Emotional Touchpoints

Helensburgh and Lomond Carers Centre have joined with the Health and Social Care Partnership to find out about people's experience of local services.

Pamela has been trained to interview people using the Emotional Touchpoints. This is a new toolkit for interviewing people and is **designed to capture the individual's experience of the service.**

The programme of interviews is funded by the Helensburgh and Lomond Integrated Care Fund – this fund is an allocation from Scottish Government to help Health and Social Care Partnerships work effectively together with local providers, third sector organisations and communities to improve services.

The aim of the interviews is for people who are receiving services and their carers to share their experiences of what is good about services and importantly how services could be better. Local health and social care staff will use the information from the interviews to demonstrate the positive impact of community care services in keeping people at home and to improve services where possible.

If you have recently been in receipt of a service from health, social care or the carer's centre Pamela would be interested to hear your experience. If you are interested in taking part, please call Pamela and she will be able to answer any questions you have about this before you make a decision about going ahead with the interview.

For more information, please call Pamela on 01436 673444/670555.

Free counselling for Armed Forces Veterans

With the summer behind us and following a well received and very successful launch in June, Aged Veterans Counselling (AVC) is in full operation! Just to reiterate, AVC has been commissioned by the MoD to offer **free counselling** to any armed forces (including national service) UK veterans born before 1st January 1950, and also to their carers or relatives affected by their caring responsibilities.

We know that as the temperature plummets and the evenings darken, older people can become even more isolated and just having someone to talk to can make all the difference, therefore I am writing to you because as a partner and stakeholder I need your help to make sure nobody slips through the net.

To arrange counselling:

The easiest way is to go to the website: www.agedveteranscounselling.org.uk

Download, complete and email back our simple Counselling Application form.

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

Free To Good Home



If any of our carers are interested in these items, Please contact the centre on 01436 673444

A huge thank you to the knitting group for their fantastic efforts at the market in the square on the 8th October raising £212. Also a huge thank you to Davie Stewart and Robert Morley at the Terrace Coffee House for sponsoring the table.

The knitting group will have a stall at the Winter Festival on Sat 26th and Sun 27th November

Please pop along and support them.



Helensburgh and Lomond Carers SCIO
Lomond House, 29 Lomond Street, Helensburgh G84 7PW
Tel: 01436 673444

Email: admin@helensburgh-carer-support.org

www.helensburgh-carer-support.org

Helensburgh & Lomond Young Carers Tel: 01436-670555

Christmas & New Year Holidays

The centre will be closed from **23rd December until 10am on 4th January 2017.**

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

