

WORDSEARCH

P	D	A	I	S	Y	D	A	D
D	A	T	R	V	R	D	P	L
L	A	V	I	Y	C	F	I	L
U	L	F	S	C	R	A	S	I
P	A	O	F	R	O	I	U	D
I	T	O	L	O	S	F	C	Y
R	N	L	L	C	D	V	V	S
S	C	P	U	U	A	I	E	R
V	F	I	E	S	N	O	L	E
R	F	L	L	Y	D	L	L	R
E	I	U	A	I	E	E	T	C
L	E	T	E	S	L	T	S	A
I	U	T	O	S	I	Y	C	D
S	C	R	U	U	O	V	O	Y
Y	S	U	H	T	N	A	I	D

DAFFODIL

DAISY

DANDELION

IRIS

DIANTHUS

CROCUS

LILIC

TULIP

VIOLET

Healthy Eating Corner

Lemon Chicken

INGREDIENTS

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



Cooking time: 25 mins

Prep: 5 mins

Serves: 2

METHOD

1. Heat olive oil in pan and add the crushed garlic and 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 & mushrooms to pan, cover and simmer for 15 minutes on a low heat.

GREY MATTERS

Argyll Voluntary Action (AVA) runs a Grey Matters Forum every Saturday morning for the over 60s. Their meeting place is in Brownies Hall, John Street in Helensburgh. For more information please call Alison Gildea at AVA's centre in Colquhoun Square on 01436 671613.

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. Please contact Karen on 07736 825342 or Theresa on 01475 781814.



200 Club



Join our 200 Club and YOU could be a WINNER!

Monthly draw – 1st Prize £25 & 2nd Prize - £10
SPECIAL CHRISTMAS DRAW – 1st Prize - £100 & 2nd Prize £50

1 Number costs JUST £1 (limit of 5 numbers)
Ask in Carers Centre for an application form

March winners: 1st Debbie Gordon & 2nd Alan Rae
April winners: 1st Noreen Stewart & 2nd Mike Blair

The Autism Strategy

Listening to Community

Wednesday 20th May
Perth Subud Centre

Contact tracy.wenzl@strath.ac.uk

FRONTAL TEMPORAL DISORDER (FTD)SUPPORT GROUP

The next meeting of the FTD will be on 14th May & 10th June in the Commodore Hotel Meeting Room between 7-9pm. Please contact Victoria McLeod on 01436 678050 or Anne Miller on 01436 268476.

July Events



Strawberry Summer Tea! Wednesday 15th July
10am - 12pm at The Cares Centre
Donations for raffle and home baking welcome

Helensburgh and Lomond Carers SCIO
17E East King Street, Helensburgh G84 7QQ
Tel: 01436 673444

Email: admin@helensburgh-carer-support.org
www.helensburgh-carer-support.org
Helensburgh & Lomond Young Carers Initiative
Tel: 01436-670555

Marie Curie

Delivering Choice Programme

Phases one & two of the Delivering Choice Programme focused on assessing palliative and end of life care needs in Argyll and Bute; reviewing perceived gaps in service provision and developing local solutions to these issues. We are now in phase three, where these local solutions are at various stages of implementation in the form of six projects. These include the Marie Curie Nursing Service, palliative care in care homes, training and information for carers, support from trained volunteers, health-promoting palliative care and out-of-hours care and transport pathways.

For more information contact

Jennifer Dryden - T: 0141 557 7538

MAY/JUNE 2015

Carers Week! 8th - 14th June

Mon 8th - Awareness Walk to Kidston Park 10.30am

(meet at Carers Centre) Coffee and scones at Kidston Café at the end of the walk



Wed 10th - Open Day - Carers Centre - 10 - 12pm

Some of the partner agencies from Helensburgh will be here to offer advice and information to Carers

Jane Young from Rituals, home & body cosmetics @ Jenners will be here to offer taster sessions

Fri 12th - Tea Dance - The Commodore - 2pm - 5pm



Tea Dances

Fri 1st May - 2pm - 5pm - Centre 81, Garelochhead

Fri 12th June - 2pm - 5pm - The Commodore



Pamper Night

Friday 8th May 2015, 6 - 9pm

Helensburgh Rugby & Cricket Club

All treatments must be pre-booked and paid for in advance,

Tickets £3.50

Reflexology, Acupressure,

Indian Head Massage, Swedish Massage

Aromatherapy Massage

Nail Painting & Various Stalls

Massage



£7.50

Nails



£5

Quiz Night

Plus Prize Raffle

FAB PRIZES!

In Aid of
Helensburgh & Lomond Carers

carerstrust
action · help · advice

Tuesday 5th May 7.30pm

THE
LOGIE BAIRD
BAR & KITCHEN

JAMES ST. HELENSBURGH

Tickets available @ the Bar

£2.50 each
includes **FREE** Buffet

You are always welcome to come in and speak to us during

opening hours: Tuesday-Friday 10am-3pm

Tel: 01436-673444 - Young Carers Tel: 01436-670555

Family Fun day "Tea in The Park"

30th May - 12-4pm at Hermitage Park

Music, Entertainment, dog show, duck race,
plant stall & bouncy castle and much more

Afternoon tea and home baking



15th Anniversary Ball

4th December 2015

Cameron House Loch Lomond

Winter Wonderland Theme

Tickets - £50 On sale soon Watch this space!!



Tia Chi - Tia Chi has moved venue! We are now meeting in **RSR Braeholm on a Monday, 10 - 11am**. All carers are welcome to come along and join in our gentle exercise class.

Watch this space - We are currently putting together a Health & Wellbeing Programme with Chris Bowman's Gym. We are taking bookings for spaces which are limited. This programme has been funded by The Armed Forces Community Covenant Fund who recently awarded The Centre a fabulous £6,500.00. If you would like to know more about any of the above events please contact Janey at the centre.

Parent Carers Drop-In - The Parent Carer drop-in is a chance for Parents to get together and have a cuppa and a wee blether. Most importantly is the laughter and the peer support which is always plentiful. The next dates are:
13th, 27th May & 10th, 24th June

KILCREGGAN CARERS CAFÉ

Come along for a chance to get together and or some advice.

A cup of tea / coffee and a cake
await you between 10am-12noon,
Wednesday **6th May & 3rd June**



Knit n Natter

The group meets fortnightly at the Carers Centre between 11am-1pm. They next meet on **6th, 20th May & 3rd, 17th June**. A selection of knitted goods are for sale in the centre. Just pop in and have a look. All funds go towards the Centre.

If you want to take part, just come to their next meeting, no need to book.

THESE BOOTS ARE MADE FOR WALKING!!

If you have a spring in your step, your boots ready dubbed and would like to get together with similarly minded carers, why not join our walking group for some exercise, a cup of tea/coffee to follow and a chat. They next meet on **27th May & 24th June**. Please call the Carers Centre for more information.

FUNDRAISING EFFORTS, Donations & Grants

Our recent fundraising events have been a great success! To date we have raised £1,400 for The Tiara Walk with more sponsor money still to come in, £388 at our Young Carers Easter Party & £86 at our Daffodil Tea

Upcoming fundraising

1st May - Tea Dance, Centre 81, 3-5pm

5th May - Quiz Night, Logie Baird, 7.30pm

8th May - Pamper night, Helensburgh Rugby Club, 6-9pm

THANKS FOR ALL YOUR SUPPORT !!!!!!!!!!!!!!!!!!!!!!!

FRIENDSHIP GROUP

A joint HLC and Alzheimer Scotland Coffee Morning for people with dementia, their families and carers. Why not drop in for a cup of tea or coffee and meet new friends in relaxing surroundings on the last Friday of every month between 10.30am-12.30pm at RSR Braeholm, 31 East Montrose Street, Helensburgh, G84 7HR. This meets on **29th May & 26th June**.

Carer's Support Worker

The title of my job has changed from Carer's Assessment Worker to Carer's Support Worker. This is because new Carers' legislation has abolished the term 'Carer's Assessments' and replaced it with 'Carer's Support Plans' as most Carers thought this meant that their ability to care was being assessed rather than an assessment of their needs and they felt this was confusing. So they told the Scottish Government they wanted this clarified. They felt that 'Support Plan' would be more acceptable to Carers. The Government has listened and introduced this new term. This may take a while for other agencies to adopt so 'assessments' may continue to be used for a while. My role has not changed as I have not been using an assessment form but have tried to describe and record each Carer's situation following the conversation we have had and then given support if possible and I hope Carers have found this a helpful approach. I hope this new term will make it clearer for Carers as I know many people were unsure about what Carer's Assessments were about. If anyone wants more information about Support Plans, please ask myself or one of the staff. If you would like to see me to discuss a Support Plan for your own situation, please give me a ring on 07824 557 635 or ask one of the staff. Shirley McHugh, Carer's Support Worker.

MOVE TO LOMOND HOUSE – PROGRESS UPDATE

Hi All,

I thought I'd give you a wee update on the progress of the plans to co-locate services with Children & Adolescent Mental Health Services (CAMHS) and Children 1st in Lomond House, Lomond Street, Helensburgh.

Plans are moving forward at a steady pace, however there is a delay in completion of the works at Clyde Street and this is having a knock-on effect on the co-location. It is not possible to give a firm indication of when Lomond House will be ready to accept us; however, this is likely to be closer to the end of the year. Meantime, the Joint implementation Team (JIT) are working to agree on matters relating to refurbishment, layout, equipment, reception areas, parking, young carers space, co-production of services and finally, the launch of our new service. The HLC Team are excited about the forthcoming move and all involved are anxious to achieve a smooth and stress free transition to the Lomond House. An important factor for us is to ensure the new premises are a safe and welcoming environment for YOU.

So it's business as usual at East King Street for the time being. I will keep you posted of any developments and should you have any questions, comments or suggestions, I would be more than happy to discuss these with you.

Best wishes

Eileen McCrory

New Posts

Young Carers Support Worker

The Young Carers Initiative has a new member of staff taking on the new post, of young carers support worker.

Gillian McDiarmid has over ten years of experience in youth work supporting young people who are "hard to reach". Gillian will be supporting young carers in accessing the centre and other support that may be required and will be organising and running activities for young carers.



Carers Services Team Leader

Sharon Richardson (previously Young Carers Support Worker) has taken on a new Role within the organisation, Carer Services Team Leader. She will now be line managing both The Adults and Young Carers services. She is very excited to be starting in this position and is ready for the challenges with passion, enthusiasm and commitment to Carers across Helensburgh and Lomond.

VISIT HELENSBURGH & LOMOND CARERS WEBSITE BY LOGGING ONTO:

www.helensburgh-carer-support.org

The website offers a wide range of useful information about forthcoming events together with up-to-date news, training opportunities, the 200 club lottery results, archived newsletters giving access to articles and other information, volunteering opportunities, the Young Carers Initiative plus much, much more. Our webmaster is also keen to hear from you if there is any other useful information you would like to see on the website. Please contact the Centre with your suggestions.