



The Princess Royal Trust
for Carers

HELENSBURGH AND LOMOND CARERS SCIO

CARERS NEWS

DECEMBER 2012/JANUARY 2013

WISHING ALL OUR READERS

A VERY MERRY CHRISTMAS & A HAPPY NEW YEAR!

As 2012 draws to a close the staff and I have been taking great pleasure in reviewing the year and remembering all the many successful events and other happy occasions that we have shared with carers, HLC members, our trustees, partners and many supporters over the past year. Fortunately we have managed to capture most of these on camera and we are able to share these with you on pages 2 & 3 of the Newsletter.

With the success of this year's carers activities programme I am delighted to let you know that we have secured another years funding from the People's Health Lottery which will let us continue to provide activities such as weekend breaks for carers, tea dances, therapies and counselling sessions in the Centre. We are grateful to the Carers Trust who recommended us to receive this funding. We continue to investigate other funding streams to enable us to provide outreach activities and events. Keep looking out for the Calendar of Events enclosed with the monthly Newsletter and ring or visit the Centre to register your interest. Please come along and join in the fun!

We all look forward to seeing you in 2013!

Eileen, April, Sharon, Katrine, Inge and Janey



CHRISTMAS & NEW YEAR HOLIDAYS—CENTRE CLOSURE DATES



The Centre will be closed from 2pm on Friday 21st December 2012 until 10am on Tuesday 8th January 2013. Staff will return to work on Monday 7th January but as normal on a Monday will be engaged in administrative work on that day and the Centre will be closed.

CREATIVE SHORT BREAKS—SHARED CARE SCOTLAND

The Argyll & Bute Carers Network has received £21,000 of funding for short breaks for carers. The funding is available for the next 12 months but must not be used where other Argyll & But Council funding is already available to benefit either the carer or the cared for. Application can be made on behalf of a carer by any of the four Carers Centres located within Argyll & Bute or a carer can apply directly if they prefer.

Breaks requested can be for 2-3 hours, a weekend or a longer break. The carer and cared for can take a break together but the funds will not cover the costs of the cared for's break away.

Application forms are now available from the Centre or can be emailed to carers on request. Completed applications are to be forwarded to the Carers Network for consideration and a decision will be received within four weeks. Please contact the Centre for further information or assistance in completing the form.

DATES FOR YOUR DIARY

DECEMBER 2012

Race Night, Station Bar, Helensburgh—**Saturday 1st Dec 2012—EVENT POSTPONED**

Cinderella Panto Matinee & Meal, King's Theatre Glasgow **Wednesday 5th December**, 11.40am departure from Helensburgh Central for 1pm Matinee with a meal afterwards at the Griffin Bar opposite the Theatre.

Carers Christmas Lunch, The Carrick Loch Lomond, **Wed 12th December at 12 noon**

Christmas Coffee Morning, Carers Centre- **Fundraiser— Donations of Homebakes, please! Wednesday 19th December 10am -12 noon**

JANUARY 2013

Winter Warmer Coffee Morning, Carers Centre—**Wed 23rd January 2013 10am-12 noon**

FEBRUARY 2013

NOTE: Change of Date for the **Valentine's Tea Dance—Wednesday 20th February 2-5pm**, Osprey Suite Commodore Hotel. Tickets £3 available from the Carers Centre. Book early as this popular event is filling up quickly.

Music by Jim & Sue Brown to suit all dancers and abilities.



CARERS CENTRE TEAM

Eileen McCrory, Manager

Katrine Wreford, Outreach Carer Support Worker
April Walker, Young Carer Development Coordinator
Sharon Richardson, Young Carer Support Worker
Inge Fik, Administrative Support Worker

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



Regular Events

Please come along and support our events in 2013!

THANK YOU FOR SUPPORTING HELENSBURGH & LOMOND SCIO EVENTS IN 2012 WHAT FUN WE HAD!

JANUARY



HLC SCIO is grateful to the many organisations and individuals who have donated funds to the charity over the past year. **THANK YOU!**

The Therapy Room gets a make-over!



FEBRUARY

The Valentine's Day Tea Dance at the Commodore Hotel



MARCH



Daffodil Tea Fundraiser



The Spinathon – expert Chris shows Eileen & Sharon how its done!

Enjoying the dip at the Dip'n'Dine, Loch Fyne Hotel

APRIL

Katrine Wreford, April Walker & Sharon Richardson join the HLC staff.



Visit by Stuart McMillan MSP meeting carers and Local Councillors at the Centre.



MAY



An Evening with Edward Reid at the Commodore

Carers Walking Weekend at Carnoustie. Visiting Broughty Ferry Castle



Health Minister Michael Matheson MSP meets young and older carers.



JUNE

Annabel Goldie MSP visits the Carers Centre



Helensburgh & Lomond Councillors join carers for a cuppa at the Diamond Jubilee Afternoon Tea!



The Sugar Craft Class



Regular Events

Please come along and support our events!

THANK YOU FOR SUPPORTING HELENSBURGH & LOMOND SCIO EVENTS IN 2012 WHAT FUN WE HAD!

JULY



US Independence Day celebrations were enjoyed by everyone! Including the teddies.



AUGUST



Scottish Young Carers Festival was enjoyed by Young Carers from Helensburgh & Lomond.



Pamper Night delights!



A carers weekend break at Dalmellington House, Ayrshire

SEPTEMBER



The Young Carers car wash proved a great fundraiser at the Community Safety Day at Helensburgh Fire Station.



Carers Weekend Break at the Angus Hotel, Blairgowrie.



The Helensburgh 5K Tiara walk proved a great success for HLC and Enable.

OCTOBER



The Halloween Tea Dance attracted an interesting crowd!



Poised ready to enjoy a carers weekend break at Dalmellington House Hotel.



A delicious Afternoon Tea was enjoyed at Ardardan Tea Room

NOVEMBER



Partners attended the launch of the new Hospital Discharge Pack



The Carers Christmas Dance at the Cameron House Hotel was great fun and enjoyed by everyone there.

DECEMBER

Staff and Volunteers will be working hard to raise awareness of HLC, raise funds and provide first class events for carers to enjoy in 2013.

"Do you think there is room for two more at this Tea Dance?!?"



If you no longer wish to receive a copy of Carers News or you would prefer to receive it by email please let us know. Opting to receive it by email helps us keep our printing and postage costs down.

THANK YOU!

Aileen & Ian Riches Coffee Morning—£50
Gladys Stephenson—Various Donations
Carers Christmas Dinner Dance:
Raffle: £568.80
Auction: £680.00

Thank you to everyone who donated raffle prizes and to Irene Taylor and Loch Lomond Sea Planes for generously providing the items auctioned during the evening. Thanks also go to Cameron House Hotel and staff for an excellent evening, The Chancers for providing the music, Garelochhead Coaches for transport and to all the Volunteers who put so much work in to making the evening such a success. And finally a huge thank you to our Funders the Peoples Health Lottery and J & JR Wilson for making the evening possible.



November 200 Club Draw



The lucky **Winners of our November Draw** were

LIZ WILSON—First Prize £25
HELEN COLWELL —Second Prize £5

To join in the 200 Club Draw you must be a Member of HLC. Lifetime HLC Membership costs just £2 and application forms are available from the Carers Centre. Membership of the 200 Club costs £12 per annum but **JOIN NOW** and pay just £1 for the December 2012.

Members may have up to five numbers in the Draw.
Please help us reach our target of getting 200 members.
Contact **Inge** for further information.



CARER SURVEY MENTAL HEALTH SERVICES ACROSS SCOTLAND

"The Scottish Recovery Indicator 2 (SRI2) is here.
A tool aimed at improving and developing Mental Health services across Scotland.

A big part of the tool is gathering feedback from Carers and Service Users so that NHS Greater Glasgow & Clyde Mental Health care teams can determine an action plan and take their service forward, focusing on recovery principles.

If you are caring for someone who is also receiving input from your local Community Mental Health Team, we would like to hear your comments on the service."

More information can be found at:

www.sri2.net

www.scottishrecovery.net

GRAND CHRISTMAS 200 CLUB DRAW AT THE CARERS CHRISTMAS LUNCH WEDNESDAY 12th DECEMBER 2012

There will be a Grand Christmas Draw for the December 200 Club Draw which will take place at this year's Carers Christmas Lunch being held in the Claret Jug at the Carrick on Wednesday 12th December 2012 at 12 noon.

The amount of prize money to be won will be announced at the lunch but make sure you join the 200 Club before 12th December 2012 if you want to be in with a chance to win!

To join you must be a Member of Helensburgh & Lomond Carers SCIO; lifetime membership costs just £2. The monthly cost for the 200 Club is £1 per month or £12 for the whole of 2013.

For further information or membership forms please contact Inge on 01436-673444.

USEFUL TELEPHONE NUMBERS ESPECIALLY DURING THE CHRISTMAS HOLIDAYS!

Contacting Argyll & Bute Council

Website: www.argyll-bute.gov.uk
Email: enquiries@argyll-bute.gov.uk
Text: 07624 808 798

Council Tax Enquiries: 01546 605511
Benefits Enquiries: 01546 605512
Roads, Waste Pest Enquiries: 01546 605514
All types of payments: 01546 605515
Complaints and feedback: 01546 605516
Social Work & Social Care: 01546 605517
Planning Services: 01546 605518
Switchboard/General Enquiries: 01546 605511

Customer Service Point:

Scotcourt House, 45 West Princes Street, Helensburgh

Emergency Phone Numbers

If an emergency arises out of office hours,
please call:

Emergency Services 999
NHS24: 08454 24 24 24 Social Work: 01546 605 517

PARKINSON'S UK Info & Support Worker Scotland

Susanne McCardel covers Helensburgh & Lomond area and can provide information & support.

Tel: 0844-255-9820 or Mob: 07827-982639

NHS SCOTLAND PATIENT TRANSPORT BOOKING HOTLINE

This new service will take requests from patients with a medical or mobility need who require hospital transport to get them to an appointment in NHS Greater Glasgow & Clyde, NHS Highland and the Golden Jubilee Hospital.

Phone the NHS Hotline: 0300-123-1236

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

Registered Scottish Charity No. SC033382

A Scottish Charitable Incorporated Organisation