

MARCH 2013

New Member of Staff - Carers Assessment Support Worker



Shirley McHugh

Shirley McHugh took up the part-time post of Carers Assessment Support Worker on 25th February 2013. She will be working 24 hours a week in the Helensburgh & Lomond and Bute & Cowal areas.

Many Carers do not realise that they are entitled to an assessment which can help them think about their situation and find out if there is anything which can help to make life easier for themselves and the person for whom they are caring. Shirley wants to meet Carers who would like an assessment so she can give them information, advice and support.

Shirley has worked with Argyll and Bute Council for over 20 years, initially as an Occupational Therapist and then as a Manager of Disability services, particularly for people with visual and hearing problems. She has also worked with Carers for much of this time and has an understanding of the issues faced by Carers on a day to day basis so she is keen to assist Carers in any way she can. She hopes to get to know Carers through the Carers' Centre in Helensburgh and from anyone else who has contact with Carers.

As Shirley has some difficulties walking herself, she can fully understand how life can present problems but she also knows there are lots of ways to get assistance and how that can make a great difference to get as much out of life as possible and that is what she hopes she will be able to do for Carers. Shirley can be contacted through the Helensburgh Carers Centre or Email: shirley@helensburgh-carer-support.org

DATES FOR YOUR DIARY: MARCH

FUNDRAISING PAMPER NIGHT—Friday 1st March 6-9pm Helensburgh Rugby & Cricket Club. Reflexology, Acupressure, Indian Head Massage, Foot & Hand massage, Spray Tan, Nails by Sandra Barr and Jewellery by "Helensburgh All That Glitters". Book your appointment now for a relaxing pamper. Tickets £3 plus the cost of any treatment booked.

CLYDE TREFOIL JAZZ EVENING & FINGER SUPPER—Friday 1st March at 7.30pm with "Allander Jazz Band" - **FUNDRAISING** on behalf of Helensburgh & Lomond Carers SCIO. **FREE** tickets for Carers are available from the Centre or £5 on the door.

FISH TEA—Wednesday 13th March 4-6pm Palace Restaurant, Helensburgh. Contact the Carers Centre to book your place at this ever popular event.

SPONSORED 12-HOUR SPINATHON—Saturday 23rd March 9am-9pm The event organized by **HLCC SCIO** in partnership with **Chris Bowman Fitness** will be held in the station Bar, Helensburgh. Support the intrepid cyclists Sharon & Eileen who are undertaking this grueling challenge in aid of Helensburgh & Lomond Carers SCIO by sponsoring them or drop in to the Station Bar and cheer them along. Sponsor sheets are available from the Carers Centre.

VISIT HELENSBURGH & LOMOND CARERS SCIO @ IT'S WEBSITE: www.helensburgh-carer-support.org

If you are unable to visit the Centre in person don't forget that you can pay us a virtual visit on our website. 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 information that you would find useful to have on the site so please contact a member of staff at the Centre if you have any suggestions.

Log on now to www.helensburgh-carer-support.org to see what's happening!

CARERS CENTRE TEAM

Eileen McCrory, Manager
Eileen Churchill, Outreach Carer Support Worker
April Walker, Young Carer Development Coordinator
Sharon Richardson, Young Carer Support Worker
Janey Macdonald, Carer Training Coordinator
Shirley McHugh, Carer Assessment 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 support our events!

Carers/Ex-carers

Coffee Morning & Drop-in

Every Thursday, 10am - 12 noon, at Carers Centre

Why not drop in for a cuppa and a chat with other Carers and ex-Carers.

Parent Carer Support Group

2nd Thursday of each month, 10am - 12noon, at Carers Centre

If you are the Carer of a child or young person and want to meet other Parent Carers come along for a coffee and a chat. Sharing ideas and discussing problems can often help you in your caring role.



Contact Eileen Churchill, Outreach Carer Support Worker for more details on 01436-673444

Friendship Group

A joint HLC & 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.

The last Friday of every month, 10am-12 noon at West Kirk Cottage, Colquhoun Street

IT CLINIC

**HELENSBURGH LIBRARY
WEDNESDAYS 12.45-2.45PM**

If you need some help using your computer or have an IT question drop in to the Library on a Wednesday and help will be at hand.

Sugar Craft Classes

Have fun while learning a new skill! Why not join us at our class.

Every Wednesday, 10am - 12.00noon, Carers Centre
Learn how to prepare and ice a cake and make floral decorations.

Carers Evening Drop-in

3rd Thursday of each month, 7pm - 9pm, at Carers Centre

If you are a Carer who works or just can't get to the Carers Centre during the day, we are open in the evening on the 3rd Thursday of every month. No appointment necessary, just drop in for a cuppa and a chat! Discuss your caring issues with staff and other Carers and find out how we can help you in your caring role.

Walking Group

Do you enjoy walking and good company? Join our walking group! Dogs welcome. **The next walk is to Balloch Park on Wednesday 13 March. Meet at Carers Centre at 1.30pm. Refreshment stop on completion.**

Remember to wear sensible shoes and bring water.

Walks are relatively easy and to the ability of the slowest walker.



Upcoming Events

"T+U"

Helensburgh Baptist Church

Every Friday between 2-4pm

Helensburgh Baptist Church extends a warm welcome to anyone wanting to drop in for a cup of tea/coffee and a home-bake between 2-4pm on a Friday afternoon. Enjoy some peace and quiet or a friendly chat. No need to book—just turn up!
Helensburgh Baptist Church, 7 East King Street, Helensburgh.

Day Trip To Largs

Saturday 30th March

Coach leaves Garelochhead at 10.30 am and AVA office, Helensburgh at 11 am returning for an early dinner which is included in ticket price. All you have to do is buy your own refreshments. Tickets £3.00 available from AVA office.



Argyll  Voluntary Action

GREY Matters

meets between 10.30am-12.30pm at Argyll Voluntary Action offices

14 Colquhoun Square, Helensburgh

An exciting new way for older people to get involved and have their say in community life. Run by Argyll Voluntary Action they meet every Saturday and have a programme of events and guest speakers. New members are welcome. Forthcoming events include:

Saturday 2nd March: Nick Cowie, Editor Community Advertiser

Saturday 9th March: Kirsteen Fraser, Helensburgh & Lomond Community Trust—Food Bank

Saturday 16th March—Chris Bowman Fitness

Friday 22nd March 1.30-3pm —Welfare Rights Officer

For further information about Grey Matters call AVA on 01436-671613

THE WALKING GROUP—OPEN MEETING

Wednesday 6 March 10am-12 noon



The Walking Group has proved a great success for walkers of all abilities giving carers the opportunity to get out in the fresh air, take

exercise to suit their individual ability and enjoy a relaxing social occasion in good company. It is hoped that more carers can be encouraged to join the group. An open meeting has been arranged for Wed 6th March when discussing and organising the walks in advance will take place. If you are interested in joining the walking group please come along!!

CLYDE TREFOIL GUILD FUND RAISING EVENT

JAZZ CONCERT FRIDAY 1st MARCH 2013

7.30pm St Andrew's Kirk King's Street Hall

The Clyde Trefoil Guild supports the Girl Guide UK ethos and each year supports a local charity. This year funds raised from a Jazz Concert featuring the *Allander Jazz Band* will be donated to HLC SCIO.

Some FREE tickets are still available to carers from the Centre or can be bought on the evening at the door for £5.
For more information please contact: Margaret Gilbert on tel: 01436-675136



Carer Training & Information



Janey Macdonald

APPOINTMENT OF NEW CARERS TRAINING COORDINATOR

I missed you all so much I just couldn't stay away! I have been fortunate enough to be awarded the post of Carers Training Coordinator at Helensburgh & Lomond Carers SCIO. As this is a new post I will be involved with the development and delivery of carers training programmes which can include anything that carers feel would benefit them, from moving and handling to creative writing. It is important to me that carers are involved in deciding what training is delivered. For this reason I am very eager to meet and talk with as many of you as possible, so if you have any ideas please let me know. There will also be a short tick box questionnaire available for anyone who can find the time to complete it. Any input that you can offer will be very well received and will be useful in shaping this new service. I am excited to be back and am looking forward to catching up with all the carers I met whilst on placement and the opportunity to meet with carers I haven't already met!!

Useful Information

VISIT OF JACKIE BAILLIE MSP TO DISCUSS PODIATRY ISSUES



Jackie Baillie MSP talks to carers about podiatry issues

Jackie Baillie MSP visited the Carers Centre recently to meet carers to discuss concerns arising from the recent changes to the provision of Podiatry services in Helensburgh & Lomond. She explained how the Podiatry Department now prioritised the type of treatment clients would receive. She coupled this with an explanation about how the Direct Payments System will work and allow carers to buy in podiatry and chiropody care for the cared for person. The Podiatry Department has said that any carer or individual with a question about their services should contact them directly by phoning 01436-655074 and the staff will be happy to discuss the matter with them.



MY JOURNEY WITH BACH FLOWER REMEDIES by Ex-carer Beryl Nelson

My introduction to *Bach Flower Remedies*, and one you may be familiar with, started many years ago through the *Rescue Remedy* which I used to help keep me calm prior to sitting my exams. What I hadn't realised until I saw all the bottles lined up in a shop is that there are 38 remedies in total, all appearing to help with the same sort of problem. I had no idea where to start in understanding their differences so when by chance I saw a Bach Flower Level 1 course advertised I decided to give it a go. The course aimed at providing an introduction to Bach flowers and their use on a personal level so it seemed ideal. I discovered that each remedy treats a specific mood or emotion and a type of person, allowing us to feel better in ourselves and to give us strength to cope with whatever problems we have.

I was a full time carer for my Mum who lived with us for a few years. Much as I loved her, I found that my emotions were on a roller coaster – feeling anger, trapped, tearful, tied, very tired, resentful, losing concentration, overwhelmed and guilty for feeling like this. Of course, there are many more emotions; the list is endless so to try and sort them all out I decided to take baby steps and kept a daily journal of my feelings and emotions. I did everything for Mum 24/7 but one of the most frustrating things was to try and arrange a holiday as respite proved difficult because I had to wait to nearer the date of my holiday before I knew that Mum would be cared for. Unfortunately this took the edge off the excitement of going away. I turned to my Bach flowers and found that Impatiens helped with my frustration as I felt that I was irritated and impatient as I wanted an instant answer as to whether there would be respite for Mum. I then felt sorry for myself feeling 'poor me' and that it was unjust that I had to wait so long for answers and resented this; so Willow was the remedy I chose. These are just a couple of examples, but the point is that when we feel negative about anything, the *Bach Flower Remedies* help to transform our thoughts into positive qualities. When we worry about our loved ones, Red Chestnut is a lovely remedy to help us to care with compassion but without anxiety. My Mum has since passed away and I still take the *Bach Flowers* to help me to cope with my grief. Although we had our ups and downs, she was still my Mum and the *Bach Flowers* have helped me to have a better understanding of what my Mum went through being cared for and for me being the carer. This has been a fascinating journey for me and the Bach Flowers have helped me in so many ways and I hope that by explaining some of their uses to you, you may like to explore their uses too.

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.

FUNDRAISING & THANK YOUs!

Thank you to the following for their kind donations to HLC SCIO:

The recent Valentine T-Dance raised an amazing £272 from the raffle. A big thank you to all those who attended!!



FEBRUARY 200 Club Draw



The lucky **Winners of our February 2013 Draw** were

Dorothy Ross — First Prize £25

Jean Walker — 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. **JOIN NOW March-December** and pay just **£10** ten months. Members may have up to five numbers in the Draw.



LOTTERY FUNDED

Funded by the National lottery through the Big Lottery Fund

HELENSBURGH & LOMOND YOUNG CARERS INITIATIVE



In a bid to support local Young Carers and young people living in Helensburgh & Lomond, Young Carers in partnership with young people from Route 81, will join forces in an effort to raise funds and climb Mount Everest (well almost)!!

The 'Mount Everest Challenge' will involve a group of young people and adults attempting to climb the height of Mount Everest, (8, 848 metres high), by climbing the Indoor Climbing Wall and the walking Treadmill at Centre 81 every Wednesday night at 6-9pm from 6th March until 3rd April!

Helensburgh & Lomond Young Carers Initiative will be raising funds to allow a group of Young Carers to enjoy an adventure under-sail with the Ocean Youth Trust in July 2013. In June 2013, Route 81 plan to take a group of young people to Portugal to enjoy a Surfing Trip. In a bid to raise as much funds as possible to support young people to make the most of these opportunities, on 4th April, we will be completing the challenge by undertaking a group Hill Walk (pewh)!!!!

In order to make this a joint initiative and encourage as many people to take part and support these amazing young people, we will then have an AWESOME FAMILY FUNDRAISING event on Fri 5th April, where the wall climb will continue and we hope members of the community will support us to continue the challenge and come along and have a go! The event will include a family disco, karaoke, arts 'n' crafts, fun 'n' games, therapies and bouncy castle.

Each young person or adult who signs up for the challenge will be encouraged to raise a minimum of £20 through donations/ sponsorship.

We are asking for donations for items to be included in a tombola stall which will form part of the fundraising event on the 5th April, which will be run between 5-9pm in Centre 81, Garelochhead. All donation will be greatly appreciated.

If you would like to find out more or have any questions you can contact either, Sherpa April at Helensburgh and Lomond Young Carers: 01436 670555, E-mail: april@helensburgh-carer-support.org or Sherpa Michelle at Route 81 Youth Project: 01436 811 100, E-mail: office@route81.org.uk

HELENSBURGH & LOMOND CARERS CENTRE CLOSURES

The Carers Centre will be closed over the following periods:
Staff training weekend Friday 8th March from 2pm to Tuesday 12th March at 10am
Easter weekend—Friday 29th March to Tuesday 1st April at 10am

In case of an emergency please call:

Emergency Services 999

NHS24—08454-24-24-24 Social Work Department 01546-605517

USEFUL TELEPHONE NUMBERS - ARGYLL & BUTE COUNCIL

Website:	www.argyll-bute.gov.uk	Roads, Waste Pest Enquiries:	01546 605514
Email:	enquiries@argyll-bute.gov.uk	All types of payments:	01546 605515
Text:	07624 808 798	Complaints and feedback:	01546 605516
Council Tax Enquiries:	01546 605511	Social Work & Social Care:	01546 605517
Benefits Enquiries:	01546 605512	Planning Services:	01546 605518
Switchboard/General Enquiries:	01546 605511	Customer Service Point:	Scottcourt House, 45 West Princes Street, Helensburgh

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
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