

Helensburgh & Lomond Carers Centre SCIO GREAT CARERS BAKE OFF



Carers bake off and afternoon tea at Cameron House
Wednesday May 29th at 12 noon



The deadline is fast approaching for handing in your new, old or family cake recipes for the Carers Bake-Off. The closing date and time is set for Friday 10th May at 12noon. The recipes will be handed in to Cameron House where the pastry chef will choose the 10 best recipes. The finalists will be notified by telephone and will have to bake their cake and bring it along to Cameron House on Wednesday May 29th for the panel of judges at our Carers Afternoon Tea. You do not have to enter into the competition to come along. Although places are limited. So if you fancy having an Afternoon Tea with us at the beautiful Cameron House please let us know. This competition is only open to existing carers. If you are an ex-carer you are welcome but the cost will be £15.00.

Pamper Night

Friday 24th May 2013, 6 -9pm at
Helensburgh Rugby Club.



Therapies available include: Acupressure, Aromatherapy Massage, Reflexology, Hand Massage, Indian Head Massage and Manicures
Demonstrations from Bach Flower Remedies and Nikken Wellness
Ticket entry £3.00, all therapies are pre bookable at The Carers Centre and must be paid for in advance



Carers Week 10th -14th June "Prepared to Care?"

Programme of events will include:

Tuesday 11th June, **Fish Tea**

Wednesday 12th June, **Health & Wellbeing Clinic**

Friday 14th June, **Coffee Morning with Jackie Baillie MSP and other partner organisations giving information and advice.**

For further information about Carers week please call Janey at the Centre

VISIT HELENSBURGH & LOMOND CARERS SCIO @ IT'S WEBSITE:

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

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.

CARERS CENTRE TEAM

Eileen McCrory, Manager

April Walker, Young Carer Development Coordinator

Sharon Richardson, Young Carer Support Worker

Eileen Churchill, Outreach 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



LOTTERY FUNDED



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Regular Events

Please support our events!

Sugar Craft Classes Change of venue

Sugar craft classes will now be held in Rhu Community Hall every 2nd Wednesday from May 15th between 12.30-2.30pm. So why not come along, have some fun and uncover your creative talent while discovering a new skill. Learn how to prepare, ice a cake and make floral decorations.

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. No need to book, just drop in.

CHIT CHAT MATTERS

Carers Cafe

Kilcreggan Cafe 1st Wednesday of the month, 10am – 12 noon.
Centre 81, Garelochhead,
Cancelled until further notice.
Rhu Community Hall 1st Tuesday of the month, 2-3pm.
Please come along all welcome!!

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 on the last Friday of every month 10am-12 noon at West Kirk

"T+U"

Helensburgh Baptist Church

Extends a warm welcome to everyone wanting to drop in for a cup of tea/coffee and a home-bake between 2-4pm every Friday afternoon. Enjoy some peace and quiet or a friendly chat. No need to book just turn up!

Advancing Community Understanding of Mental and Emotional Needs (ACUMEN)

is a service user and carer led network which aims to promote the wider involvement of service users and carers in shaping mental health services. ACUMEN runs a support group on the second Friday of every month in the West Kirk Cottage, 10am till 12pm and carers of people with mental health issues are welcome.

Kilcreggan Therapies will now take place on the 2nd Thursday of the month. If you are interested in receiving a therapy or would like any other information about other events/activities call Eileen Churchill on 01436 673444 or drop her an email: echurchill@helensburgh-carer-support.org



Knit n Natter

Some interest has been expressed for this new group so it has been decided to hold a meeting on the May 22nd in the Carers Centre at 11am to discuss times, venue and which worthy cause could benefit from your knitting. Feel free to pop along and share your thoughts on this, if you can't make it but are still interested in joining the group, give Eileen Churchill a call at the centre.

Walking Group Dates

Wednesday May 8th, meet in Carers Centre at 1.30pm, Hill House Walk
Wednesday May 22nd, meet in Carers Centre at noon to discuss future walks/routes, after meeting a walk will take place at 1.30pm. All welcome.

Upcoming Events

Dalmellington weekend break



Funding has been made available to the Centre through The Peoples Health Lottery and we are in a position to offer eight carers a weekend break to Dalmellington. We have organised a weekend break leaving on Friday 12th July and returning on Sunday 14th July.

Dalmellington House is a small hotel situated in the heart of the Ayrshire countryside offering a friendly and relaxing atmosphere with comfortable surroundings for a break away from it all. In the past when we visited, we took a trip to Burns Cottage and Culzean Castle and the feedback we received was always positive.

We would like to extend an invitation to all carers to apply for a place, however, priority will be given to carers who have not yet been on one of our breaks.

If you would like to find out more or book a place then please don't hesitate to get in touch with us. Call Janey on 01436 673444, email: janey@helensburgh-carer-support.org or drop in and see us.

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 4th May – My Life in Nursing – Helen Colwell

Saturday 11th May – Phil Worms – Heroes Centre Update

Saturday 18th May – Geri Sinclair – Grab Trust

Saturday 25th May – Councillor Richard Trail

Saturday 1st June – Community Council

All welcome, refreshments provided
For further information contact Alison on 01436 671613



Inverary Jail and Loch Fyne Visit



We have organised a visit to Inverary Jail and lunch at the Loch Fyne Hotel for ten Carers on Friday the 7th June. If you would like to go on this trip please get in touch with Janey, by phone on 01436 673444 by email janey@helensburgh-carer-support.org

Radar Key for access to disabled public conveniences!

The Carers Centre has a Radar key which is available for Carers to borrow, however we have discovered that you can purchase the keys on Amazon for £2.49.

If you are interested in attending any of the activities or events published in this newsletter, please contact a member of staff at the centre on 01436 673444, e-mail admin@helensburgh-carer-support.org or drop into the centre Tuesday to Friday 10am-3pm.

Carer Training & Information

Upcoming Training Opportunities for Carers

Stress and Wellbeing—We still have places available on our Stress and Wellbeing course which will be starting 10th May for four weeks on Friday afternoons from 2pm till 4pm. The course will be held in the Jeannie Deans Unit and will look at how to recognise signs and symptoms of stress and suggest strategies for coping with stress. The purpose of the course is to reduce stress for carers and increase wellbeing. This is not a therapy group, but an educational one. No participant will be asked to speak in front of the group. If you have any questions or would like to book a place, please contact Janey at the centre.

Autism for Parent Carers—Autism for Parent Carers' course is fully booked however, we have a reserve list just in case places become available. If you would like to put your name on the reserve list or be contacted for future Autism workshops please let me know (please note you may be called at short notice to attend).

Basic First Aid Training—There is an opportunity to take part in basic first aid training for carers. If this is something that you would like to be involved in please let me know so that I can gauge demand.

Mindfulness for Carers—Mindfulness encourages us to be aware of each moment, rather than cut off from aspects of our experience. Mindfulness helps us to tune in to what is going on in our mind, body and emotions day to day, and to work directly with the struggle, rather than being 'swept away' by the current of challenging thoughts, feelings, worries, pressures and responsibilities. Mindfulness can really improve the quality of our life. It cultivates a whole approach to life and living rather than just a momentary meditation technique.

The tendency of trying to 'fix' things and avoiding emotional distress is common to all of us, and we persist in trying to resolve stressful situations by repeating habitual patterns. This increases the feelings of stress, fear, anxiety and depression.

Mindfulness increases moment-to-moment awareness so that we can notice and change these ingrained automatic reactions. This enables the individual to respond creatively to the stress and difficulty with more choice.

This training is initially being aimed at carers who support someone with a mental health issue and will start on September 17th from 7pm till 8.30pm for eight weeks.

If you are interested in finding out more about any of the above training events or would like to book a place, please get in touch with Janey at the Carers Centre: Tel: 01436 673444 or email: janey@helensburgh-carer-support.org or why not pop in for a chat.

CARER'S ASSESSMENT SUPPORT WORKER-Shirley McHugh I have now been working with Helensburgh & Lomond Carers SCIO since the end of February and have met some people when they have been in the Centre, especially at the very successful Daffodil Tea when I ate too many cakes. Thank you to all for making me feel so welcome.

I am still at the stage of putting things in place before I start seeing people who would like a Carer's Assessment and I'm sorry I have not been able to do this more quickly. However, I hope things will fall into place in the near future and I will be able to make contact to arrange to see each person. I am looking forward to that. If anyone would like a Carer's Assessment, please contact me on 01436 673444.

Credit Union Established for over 22 years Dumbarton Credit Union is an ethical non profit making organisation which encourages saving and offers low cost affordable loans. The credit union is a responsible lender and a good alternative to any high street bank, money lending shop or indeed any high interest lender. We offer free of charge insurance against death on all loans and pay up to 100% extra on all savings subject to conditions. We also presently operate several Super Savers collections in local schools. With the co-operation of local companies we can offer wages deductions, payment through standing order from your bank and of course cash collections both in Dumbarton and Helensburgh at the AVA office in Colquhoun Square from 11.00 am to 1.00 pm every Friday. If you wish take advantage of our products and at the same time help your local community join us by calling in to the Helensburgh office or phoning 01389 758585 or take a look at our website www.dumbartoncreditunion.org Volunteers are always welcome. If interested please contact Argyll Voluntary Action by email katrina@argyllvoluntaryaction.org.uk or by phone 01436 671613.

Podiatry Service

The Podiatry Service in Helensburgh & Lomond is running a self referral system. If any carers would like to self refer for assessment they can pick up forms from their GP surgeries or the Carers Centre.

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.

HELENSBURGH & LOMOND YOUNG CARERS INITIATIVE

Happy 1st Birthday

Well here we are at the end of our 1st year and what a year it has been!!

Myself and April have always said we have the best job in the world, having the pleasure to work with the most amazing Young People, The Young Carers of Helensburgh & Lomond. We aim to give them every opportunity to be children & Young People first and foremost. We hope we have achieved this in our 1st year. The Young Carers have been involved in and participated in the Young Carers Festival, a 5 day break to Carlogie House, paid a visit to the Scottish Parliament and had lunch with Jackie Baillie MSP, received an invite to the Olympic games and the Young Scot Awards ceremony. The budding actors amongst them really came to life at the set of River City. They have participated in a 1st aid course and successfully completed a PX2 course, raising their confidence and self esteem. Lots of fun and frolics were had at the Christmas Panto and they really shone at the Carers Chorus Performance. We have even managed to find time to fundraise, and took to the streets of Helensburgh in fancy dress for a street collection and more recently the Young Carers pulled on their walking boots to take part in the Mount Everest Challenge, Phew!!! On to year two now and here's hoping it will be as successful as our 1st year.



From Scotland to Wonderland

Fashion Students from City of Glasgow College have organised and will host a fashion show with an added fairytale twist in aid of Helensburgh & Lomond Young Carers on May 30th. The Students have had to arrange promotions, press packs, posters, leaflets etc, which will embrace the shows theme "from Scotland to Wonderland". The fashion show will merge a theme created from melted fairytales, the clothes will range from grungy to fairytale and each piece of clothing will have a Scottish twist to it. Guests will be treated to an exhibition giving the students a chance to show off their work and designs prior to the fashion show. Young Carers will also be involved on the night making sure the show runs smoothly and successfully by welcoming guests, being front of house support and selling raffle tickets. If you would like to attend or require any further information about this even, please contact April or Sharon on 01436 670555

The lucky **Winners of our April 2013 Draw** were
Christine MacTaggart — First Prize £25
William Rae — 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 May-December** and pay just **£8** for eight months. Members may have up to five numbers in the Draw. Contact **Inge** for further information.

Fundraising Total for 2012/13 was a massive **£12,398.44**. Many thanks to all who supported us at our fundraising events.

HELENSBURGH & LOMOND CARERS CENTRE CLOSURE

The Carers Centre will be closed over the following periods:
May Day Bank Holiday Monday 6th May

In case of an emergency please call:

Emergency Services 999

NHS 24—08454-24-24-24

Social Work Department 01546-605517

USEFUL TELEPHONE NUMBERS 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
Customer Service Point: Scottcourt House, 45 West Princes Street, Helensburgh

Fundraising Events: Spinathon raised **£1,686.81**
Tea Dance **£228**, Daffodil Coffee Morning **£88.80**
Racenight **£784.91**.

Two anonymous donations were received from Carers **£80** and **£100**. Thank you very much.

Helensburgh and Lomond Carers SCIO, 17E East King Street, Helensburgh G84 7QQ
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Helensburgh & Lomond Young Carers Initiative Tel: 01436-670555
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