



Tiara Walk 2014

Helensburgh and Lomond Carers SCIO
and
ENABLE Scotland Helensburgh & District Branch

Friday 12 September

POSTPONED TILL FRIDAY 13 MARCH 2015



PUB QUIZ NIGHT



On **Friday 17 October**
we are holding a Pub Quiz Night
at the *Helensburgh Rugby & Cricket Club*
starting 7.30pm

So if you know who won the World Quizzing Championship in 2014, the Constable No. of John Gray, the owner of the famous Greyfriars Bobby or the date of birth of Robert the Bruce, give the quiz a try. Join us for some brain crunching, a good laugh and an excuse to get out of the house. Please come into the centre to register your interest, if you want to put together a team or if you have any questions. Cost of entry ticket is £4. Top three teams will receive £50, £25 and £10 for first, second and third prize respectively. We will also hold a raffle on the evening.



CARERS CENTRE TEAM

Eileen McCrory - Manager
Eileen Churchill - Outreach Carers Support Worker
Christine MacTaggart - Outreach Carers Support Worker
Janey Macdonald - Carers Training Coordinator
Shirley McHugh - Carers Assessment Support Worker
John Izatt - Carers Befriending Service Support Worker
Inge Fik - Administration & Finance Support Worker
April Walker - Young Carers Development Co-ordinator
Sharon Richardson - Young Carers Support Worker
Pamela Burns - Education, Training & Employment 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



Individual Awards for People Affected by Dementia

Do you have dementia?

Do you care for someone with dementia for more than 4 hours a week?

Helensburgh and Lomond Carers SCIO are working in partnership with the Life Changes Trust to deliver a pilot project to support people affected by dementia.

It is estimated that 88,000 people in Scotland have dementia - most are over 65 but 3,000 are under 65. The number of people with dementia in Scotland is increasing, because the population is getting older. Based on current dementia prevalence rates, the number of people with dementia in Scotland is set to double by 2038.

What are Individual Awards?

The Individual Awards project is a trial scheme which aims to provide extra financial support to people with dementia and their carers. These awards are intended to enable those affected by dementia to do something that matters to them which, without the award, they would be unable to do. Eligible people may apply for a grant.

The Life Changes Trust is running this trial project to learn what benefits these Individual Awards can bring to people affected by dementia.

Argyll and Bute is one of the two areas in which the trial project is being run. It will run from 1 October 2014 to 15 January 2015.

Any money awarded comes from the Life Changes Trust but is being delivered through us.

What is the Life Changes Trust?

The Life Changes Trust was established by the Big Lottery Fund in April 2013 with a National Lottery grant of £50 million to support transformational improvement in the quality of life, well-being, empowerment and inclusion of two key groups in Scotland: people affected by dementia and care experienced by young people. For more information, see the website: www.lifechangestrust.org.uk.

For an application pack please contact the Centre and a member of staff will assist you with applying.

PARENT CARER SUPPORT GROUP

The Parent Carers Support Group gives parent carers a chance to come together for some 'me time', have a chat with others in similar situations and have a wee attempt at something arty. Previous arts and crafts experience not required. New members and ideas are warmly invited. The group runs fortnightly at the Centre on a Wednesday morning from 10am – 12pm on the following dates **3 & 17 September and 1, 15 & 29 October**.

KILCREGGAN CARERS CAFE

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, Wednesdays **3 September & 1 October**.

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 Wednesdays 24 September & 29 October. Please call the Centre for more information.

Knit n Natter

The group meets fortnightly at the Carers Centre between 11am-1pm. They next meet on **10 & 24 September and 8 & 22 October**. 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.

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. The next meetings are on **26 September and 31 October**.

HOLISTIC THERAPIES

We deliver holistic therapies at the Carers Centre on Tuesday and Fridays each week, and at Kilcreggan, Arrochar and Garelochhead Health Centres once a month. Therapies available include: Massage, Reflexology and Indian Head Massage. You can choose which type of therapy you prefer (at the Carers' Centre only).

- **Kilcreggan** Thursday 11 September & 9 October
 - **Arrochar** Friday 19 September & 17 October
 - **Garelochhead** Thursday 25 September & 23 October
- Please note that therapy treatments are merely for relaxation purposes. They are NOT for sport or remedial purposes.

Training & Information

UPCOMING TRAINING EVENTS

Stress & Wellbeing Workshop

Stress and wellbeing training is something that most people could benefit from, however, when you are a Carer, stress levels can be high and often your own wellbeing gets put aside. This course aims to help Carers to recognise the signs and symptoms of stress; recognise some of the behaviours that can be caused by stress, and put strategies in place for dealing with stress. It will be delivered on **Wednesday 1st October at RSR Braeholm, 31 East Montrose Street in Helensburgh**. The workshop will run from **10am till 3pm** and a light lunch will be provided. Places are limited so if you are interested, please get in touch soon to book a place.

For more information on training events please feel free to phone, email or pop in for a chat. If you have any requests for training please let Janey know.

SCOTTISH RURAL PARLIAMENT

Building Community Bridges, Argyll Voluntary Action and Scottish Rural Parliament are giving you an opportunity to learn about and influence the Scottish Rural Parliament

Wednesday 17 September 2014

Corran Hall, Esplanade, Oban between 12noon-4pm

Buffet lunch from 12noon-1pm

Key topics: Rural business and employment; Land use, Planning and Reform; Transport Infrastructure; Protecting natural assets and adapting to environmental changes; Broadband and connectivity; and Support for communities to lead with confidence.

Please register to attend or have a stand by e-mailing senga@argyllvoluntaryaction.org.uk

BRITAIN'S BEST BREAKFAST

Carers Trust will launch its 'Britain's Best Breakfast' national fundraising campaign to raise money to help support more unpaid carers and give them a break from their caring role, and to encourage people to wake up to the issue of caring. Breakfast is the most important meal of the day. It gives fuel and energy to start the day off and we know that many carers skip breakfast because they simply don't feel they have the time for it.

Helensburgh & Lomond Carers in partnership with Cameron House will host their own 'Big Breakfast' on **Friday 17 October**.

Final details are still being sorted, but we will keep you updated with the final arrangements

CONFIDENCE & ASSERTIVENESS COURSE

Argyll and Bute Council are offering people a free course in confidence and assertiveness building.

Recognise the link between confidence, assertiveness and self-esteem and the effect of positive thinking.

Develop techniques and tools for dealing with negative situations.

Learn effective communication and practical techniques for building confidence and assertiveness.

Thursday 10am-12.30pm at Helensburgh Library, starting 25 September for 8 weeks.

Limited places available.

For more information, or to book a place, please contact Jackie on 01436 658740.

OCTOBER TEA DANCE



On **Friday 24 October** we will be having another one of our famous Tea Dances. It will be held in The Osprey Suite in The Commodore Hotel, Helensburgh between 2-5pm. Tickets will be on sale soon at £3 each with music by Jim and Sue Browne.

So polish up your dancing shoes and dust the moth balls off your tux or ball gown and join us for laughter, dancing, good food and an altogether good time. Please don a smile though one can be provided upon attendance.

[Home Energy Scotland](http://www.homeenergyscotland.org) can provide information on:

Free, impartial advice about the best energy-saving options for your home; Details of installers in your area; and Grants or discounts to help with the cost.

Home Energy Scotland also manages the Energy Assistance Package on behalf of the Scottish Government. This provides a range of measures to support those likely to have difficulty paying their fuel bills or keeping their home sufficiently warm.

Almost everyone can get some form of help. To find out what the package can offer you, telephone Home Energy Scotland on **0 8 0 0 5 1 2 0 1 2** or visit www.energyassistancepackage.com.

The package has four stages:

1) Free expert energy advice to anyone who contacts the Energy Savings Scotland advice centre network on **0800 512 012**; 2) Provides benefits and tax credit checks and information on low cost energy tariffs to those at risk of fuel poverty; 3) Provides a package of standard insulation measures (cavity wall and loft insulation) to older households and those on one of a range of benefits; and 4) Offers a package of enhanced energy efficiency measures to those who are most vulnerable to fuel poverty.

SILVER LINE SCOTLAND

Silver Line Scotland was launched in November 2013 as a partnership between Age Scotland's existing advice service and Esther Rantzen's new charity 'The Silver Line Helpline'.

Silver Line Scotland extends Age Scotland's information and advice service to include the opportunity for a caller to chat, and provides access to The Silver Line's volunteer Friends who make weekly phone calls to older people who feel they would benefit from this support.

Silver Line Scotland is open 24 hours all day every day and is free to call on **0800 4 70 80 90**.

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.

All sorts

200CLUB

To join the 200Club you must be a member of Helensburgh & Lomond Carers SCIO. Lifetime membership costs £2 and application forms are available from the Carers Centre. Joining the 200Club costs £12 per number per year. If you join now, you will only pay £4 per number for the remainder of the year. Members may have up to 5 numbers in the draw. Contact the Centre for further information.

August's winners are: 1st prize - Willie Rae & 2nd prize - Liz Wilson.

360*		30*			40*
			2-		
6*	5-		3+		
	20*	11+		6	54*
5-			7+		
				10*	

CALCUDOKU

Rules: Fill in the grid so that every row and every column contains the digits 1 through 6. Each box must also be calculated according to number and operator. There is only 1 solution for each puzzle.

Healthy Eating Corner: Creamy tomato, courgette and prawn pasta

Source: BBC Good Food website

INGREDIENTS

- 1 tbsp olive oil
- 2 fat garlic cloves, thinly sliced
- 2 large or 400g baby courgettes, sliced
- 400g orechiette pasta, or any other small pasta shape
- 2X 400g cans cherry tomatoes
- Good pinch of sugar
- 200g raw prawns, peeled
- 100g half-fat crème fraîche
- Small pack basil, leaves only, torn

METHOD

1. Heat the oil in a large pan, add the garlic and sizzle for a few mins, then add the courgettes and cook for a few mins more until starting to soften. Cook the pasta following pack instructions.
2. Add the tomatoes, sugar and seasoning to the pan, stir and simmer, uncovered, for about 10 mins while the pasta cooks.
3. Add the prawns to the sauce and bubble until they just turn pink. Drain the pasta and add to the sauce with the crème fraîche. Simmer for another 1-2 mins, then add the basil and serve.

Cooking time:

Prep: 10mins

Cook: 25 mins

Serves: 4



Other information

FRONTAL TEMPORAL DISORDER (FTD) SUPPORT GROUP

The next meeting of the FTD will be on 11 September & 9 October in the Commodore Meeting Room between 7-9pm. Please contact Victoria McLeod on 01436 678050 or Anne Miller on 01436 268476.

GREY MATTERS

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

AUTISM SUPPORT GROUP

A new autism support group has been formed in the Helensburgh and Lomond area. Mum, Angela Beggs, recently moved to the area and was frustrated at a lack of resources. So along with other mums, Pamela Biagi and Fiona Phillips she decided to set up a local support group called Helensburgh & Lomond Autism / Aspergers Society. The group already has 40 members and hope to have regular activities for their children as well as social get-togethers for parents. For more information on the group, please contact Angela on 01436 673568.

HEART FOR ART

Crossreach Heart for Art offer people with dementia, their carers and family access to therapeutic art sessions based on visual arts and access to support and advice on dementia from dementia experts. They meet between 1-3pm at the Church of Scotland Hall, Old School Road, Garelochhead, G84 0AT. The next sessions will be on 2, 16 and 30 September. If you have any queries, please contact the Heart for Art team on: heartfor.art@crossreach.org.uk or 0141 620 3092.

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 (formerly known as WRVS) and Argyll & Bute Council for £4.88. If you or anyone you know could benefit from this service, please contact Karen on 07736 825342 or Theresa on 01475 781814.

CITIZENS ADVICE BUREAU

65-67 West Princes Street, Helensburgh
Tel: 01436 679111

Drop in times: Tuesday 1.30-4.30pm & Thursday 9.30-1pm

Financial Telephone Advice Line: 01546 605 553 from Mon-Fri between 10am-4pm

Outreach Appointments: 08456 123 808

E-mail: info@abcab.casonline.org.uk

Argyll and Bute Citizens Advice Bureau offer free, impartial and confidential advice.



USEFUL TELEPHONE NUMBERS ARGYLL & BUTE COUNCIL

Website: www.argyll-bute.gov.uk;

Email: enquiries@argyll-bute.gov.uk

Text:

07624 808798

Council Tax Enquiries:

01546 605511

Benefits Enquiries:

01546 605512

General Enquiries:

01546 605513

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: Scotcourt House, 45 West Princes Street, Helensburgh