

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 £2 per number for the remainder of the year. Members may have up to 5 numbers in the draw. Contact the Centre for further information. Our big December draw will be held on Wednesday 10 December at our Carers Christmas Lunch

September's winners are: 1st - Alan Rae & 2nd - Irene Dalrymple and October's winners are: 1st - Irene Taylor & 2nd - Liz Mennie

1-		24*	120*		6*
4+	12+		60*		
48*		10+		20*	
	300*				13+

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: Chicken Katsu

Source: BBC Good Food website

INGREDIENTS

- 4 skinless chicken breasts
- 1 large egg, beaten
- 8 tbsp. finely crushed cornflakes or panko crumbs
- 2 garlic cloves, crushed
- 1-2 tbsp. Korma paste
- 1 tbsp. soy sauce
- 4 tbsp. ketchup
- 2 tbsp. honey
- 2 tbsp. cornflour

METHOD

1. Heat oven to 200C/180C fan/gas 6. Dip the chicken in the egg, then coat in the cornflakes or crumbs. Space the chicken out on a non-stick baking tray and cook for 15-20 mins or until cooked through.
2. Put the remaining ingredients in a pan. Pour in 500ml water and heat, stirring, until boiling and thickened. Cover and leave to simmer for 5 mins.
3. Spoon some sauce onto 4 plates, slice the chicken breasts and place on top. Great served with some rice and soya beans with finely sliced red chilli.

Cooking time: **Prep:**

10mins

Cook: 30mins

Serves: 4



Other information

FRONTAL TEMPORAL DISORDER (FTD) SUPPORT GROUP

The next meeting of the FTD will be on 13th Nov and 11th Dec. 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 2nd, 16th and 30th 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 and Argyll & Bute Council for £4.88. 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@abcb.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

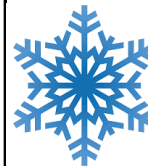
Social Work & Social Care: 01546 605517

Planning Services: 01546 605518

Customer Service Point: Scotcourt House, 45 West Princes Street, Helensburgh.



**A Very Merry Christmas
from Everyone at
Helensburgh & Lomond Carers SCIO**



Carers Christmas Lunch

After such a great time last year, we are returning to
The Carrick, Wednesday 10th December At 12 noon

Please call the centre to book your place and for menu choice. Limited Places

Christmas Bring and Buy Coffee Morning

All Welcome!!

Wednesday 3rd December, 10am - 12 noon at the Carers Centre

Stocking fillers, Jewellery, Home baking and lots more for sale!! The Knit n Natter group have been working tirelessly throughout the year to make everything from tree decorations to hats and scarfs. Please come along and support this event, enjoy a cuppa, some home baking and great chat, you are welcome to bring a friend or two.

All home baking and raffle prize donations will be gratefully appreciated



BUMPER FUNDRAISING MONTHS

September and October have proven to be highly successful fundraising months for Helensburgh & Lomond Carers SCIO thanks to all our carers, staff, Jenners' staff, Cameron House staff, volunteers and dedicated supporters.

In September we held a fabulously decadent **Fashion Show in Jenners, Lomond Shores**, where carers and young carers modelled alongside Glasgow Warrior players, an SOS Fitness Instructor, Jenners staff, trustees and volunteers. They all looked stunning and some wolf whistling was heard in the background. Cameron House provided beauticians for make-up and nails and the total raised was **£1,341.17**.

Friday 17 October was a busy day. early in the morning chefs Ryan and Robert from Cameron House Hotel together with Gail, Eileen Mc Crory and the kind volunteers in Helensburgh Baptist Church, started preparing for the onslaught of deliveries, pick-ups and purchases of breakfast baps. The rolls choc-a-bloc with bacon, link sausage, haggis and potato scone or veggie option virtually walked themselves out of the kitchen into the mouths of hungry men and women. The event gave us a much needed boost of **£436.50**.

The Quiz Night in Helensburgh Rugby Club brought many a wrinkle to foreheads, hushed discussions and loud cheering as 16 Tables of eager quizzers with names such as Cardross Mafia, 3's Company but 6 would be Better, Ken Dod's Dad's Dog's Dead and Gin (L) Fix It were all fighting for the ultimate glory of being the winner. 1st prize went to Ken Dod's Dad's Dog's Dead; 2nd prize - Square Pegs and 3rd prize - Cardross Mafia. All winners kindly donated their winnings to the charity and the final amount raised was **£650.85**.



Individual Awards for People Affected by Dementia

Do you have dementia OR 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.

The Individual Awards project is a pilot 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. Applications are now being invited until January 2015.

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

Afternoon Tea

at

Cameron House, Loch Lomond
19th November, 2 - 4pm

Come along and enjoy a relaxing afternoon, enjoy the scrumptious baking and some good company over a cuppa.

If you would like to attend, please contact the centre ASAP as places are limited.



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 **5 November & 3 December**.

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.

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 meeting is on **28 November**.

SAD FAREWELL



This month has a touch of sadness to it as two of our staff members are moving on to pastures new. April Walker, Young Carers Development Co-ordinator has been with us since the onset of the Young Carers

Initiative in April 2012. She has worked tirelessly to support, guide and advise young carers in their important role reminding them that they are children or young people first. She leaves behind a well established network for supporting young carers. Inge Fik, Administration and Finance Support Worker, started in the Centre June 2012 and managed to support the Adult Services Team, the Young Carers Team and any visitors to the Centre. Carers were always sure of a friendly welcome and a cheery smile from Inge and April. We wish them both all the best in their new jobs.

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 **12 & 26 November and 10 December**.

Knit n Natter

The group meets fortnightly at the Carers Centre between 11am-1pm. They next meet on **5 & 24 November and 3 & 17 December**. 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.

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
- Arrochar Friday
- Garelochhead Thursday

Please note that therapy treatments are merely for relaxation purposes. They are NOT for sport or remedial purposes.

Workshops & Information

Carers Health & Wellbeing Workshops

Tia Chi is back and there are still spaces available. Classes take place in Park Church on a Monday, Beginners from 10-11am and Intermediate from 11-12noon.

A **Stress & Anxiety Workshop** will be held in Centre 81, **27th November, 10am-3pm** lunch will be provided. An ideal opportunity to help us all distress in time for Christmas and it is focused on fun and positivity.

As part of your New Year's resolution why not join us in January for an eight week **Mindfulness** course. Held in The Centre on Tuesday evenings between **7- 8.30pm**, it is an ideal way to help us all look at life in a more positive way.

January will see the start of a series of workshops entitled Caring with Confidence these workshops will aim to raise awareness of services available and build on Carers Confidence. All carers are welcome on any of these workshops. To book a place, please get in touch with Janey at the Carers Centre.

ANNUAL CHRISTMAS SHOPPING TRIP

Organised by Gladys Stephenson and Caroline Brown, a bus to Almondvale Shopping Centre, Livingston has been arranged again to take interested parties for some Christmas shopping. The date is 2nd November and the bus stops at various local points. The cost is £13 and a fun raffle will be held on board the bus and all proceeds will go to Helensburgh and Lomond Carers SCIO. Please contact Gladys on 01436 671861 or Caroline on 01436 810661 for further information.

Be Aware, Prepare It's Winter!

If you are over 60 and would like to make your life just that little bit easier over the winter months, please come along for a cuppa, home-baking and see some exhibitors such as Grey Matters, Dementia Resource Centre Police Scotland at the URC Church Hall on Wednesday 26th November between 1.30-3.30pm. The event will be opened by Jackie Baillie MSP.

Cognitive Behavioural Therapy

Catriona Harper is currently undertaking the COSCA validated SCOTACS Diploma in Counselling and Groupwork - Cognitive Behaviour Therapy (CBT), leading on graduation to the Professional title of "Qualified Cognitive Behavioural Therapist." She will be carrying out her Student Placement at Helensburgh & Lomond Carers SCIO in November offering **FREE CBT sessions to carers**. Catriona has worked for a number of years in the Third Sector, the last six and a half mainly in support and development, working with male and female survivors of rape, childhood sexual abuse and sexual exploitation.

Cognitive Behaviour Therapy (CBT) is a type of talking therapy. It has been proved to help treat a wide range of emotional and physical health conditions in adults, young people and children. CBT can help you to change how you think ('Cognitive') and what you do ('Behaviour'). It focuses on the **'here and now'** problems and difficulties. Instead of focusing on the causes of your distress or symptoms in the past, it looks for ways to improve your state of mind now.

Many Carers have been treated for stress related conditions since they started caring and a large majority admit to feeling anxious. Carers have also reported psychological problems including panic attacks, feeling guilty, insecure or depressed. There is a great deal of research evidence to show that CBT works effectively in treating depression, anxiety disorders (including panic attacks and post-traumatic stress disorder), physical symptoms without a medical diagnosis, sleep difficulties and anger management.

CBT respects the client's ability to work with the counsellor to learn new ways of dealing with distressing emotions. **Please contact the Centre if you would like to take advantage of this service. 01436 673444**

CREATIVE breaks

The Centre has secured funding through Argyll and Bute Carers' Network to provide carers with a chance of a Creative Break either by themselves or with the person they are caring for. Application forms are now available for breaks of up to £500. If your application is successful, you will be expected to complete an evaluation form. Centre staff will be on hand if help is needed to complete the form. You will be informed of any decision after the Management Committee has ratified the recommendations made by the panel.

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**.

Argyll and Bute Carers Conference

Staff, Trustees and Carers from H&LCC went along to share the experience of this years conference, which was well attended and a great success.

The conference was a deliberate mixture of information, advice, support and relaxation for people who rarely have the time or opportunity for any of these. Carers fed back that they enjoyed the day very much especially the guest appearance from Edward Reid.

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.