

CHRISTMAS GIFT SALE & COFFEE DROP-IN

Thursday 5 December, 10am-3pm

At the Carers Centre

Please come along and support this event!!



On sale will be knitted wear made by our **Knit n Natter** group, beautiful hand-made jewellery by Maggie, Christmas tree decorations and stocking fillers by our Parent Carer Support group and home home baking.

So why not pop along, enjoy a cuppa, good company, a chat and bring some friends along.

All proceeds of sales go to the Centre to benefit our carers.



Carers Christmas Lunch
NOW FULLY BOOKED!

We will be holding three prize draws at this event.

The first draw will be our Grand 200Club draw with a first prize of £150 and a second prize of £75.

Our second draw will be for the chance of winning a 2-night break at The Angus Hotel in Blairgowrie courtesy of the People's Health Lottery.

The latter prize is open to carers only.

The third draw is the Silent Auction for the Gleneagles Golf Equipment Bag. Please see inside of newsletter for further details.

We will also be having a Christmas Raffle.



From all the staff at The Centre, have a **MERRY CHRISTMAS AND HAPPY NEW YEAR.**

Office closes for Christmas on Friday 20 December, 2pm and will open again on Tuesday 7 January 2014 at 10am.

PARENT CARER SUPPORT GROUP UPDATE.....

The Parent Carers Support Group has taken off well with different arts & crafts workshops running at each one. We are still a small group and would welcome any new members. It is a chance for parent carers to come together for some 'me time', have a chat with other parent carers and have a wee attempt at something arty. Arts & crafts experience is not required. The group runs fortnightly on a Wednesday morning from 10am – 12pm. January's Dates 8th and 22nd 2014. All parent carers Welcome.

THESE BOOTS ARE MADE FOR WALKING!!

If you are interested in joining the walking group for some exercise, a chat and a laugh, you would be very welcome. The walks will be for all levels of fitness and age, be it a slow walk or a more challenging one. Christine, one of our Outreach Carers Support Workers will organise and facilitate the monthly walk. So if you are interested, please contact Christine at the Centre on 01436 673444.

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. They will next meet on Friday 31 January 2014.

CHIT CHAT MATTERS Carers Café

Rhu Community Hall: Tuesday 3 December 2013 and 4 February 2014 between 2-3pm
Kilcreggan Cafe: Wednesday 4 December 2013 and 5 February 2014 between 10am and 12noon.

Knit n Natter

Our knitting group meets up once a fortnight at the Centre between 11am—1pm. Their next meetings will be on the following dates:
4 December 2013, 18 December 2013, 15 January 2014 and 29 January 2014

Coming Soon

Carers Café at the
Three Villages Hall, Arrochar
Watch this space for further info

Please support our
activities and groups!

We are always grateful for
donations of raffle prizes we hold
at fundraising events. Please
drop them off on your next visit.

SILENT AUCTION

This Gleneagles Golf Equipment Bag has been kindly donated by one of our trustees, Lawrence Bidwell. We would like to invite you to bid for this bag. The winner will be announced at the Carers Christmas Lunch on December 11th. Please call or drop into the centre with your bid.



USEFUL TELEPHONE NUMBERS

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 60551
Customer Service Point: Scottcourt House,
45 West Princes Street, Helensburgh

Citizens Advice Bureau, 65-67 West Princes Street,
Helensburgh, Tel.: 01436 679111

VIEW POINTS SOUGHT

The Scottish Parliament's Welfare Reform Committee is continuing to seek views on how people in Scotland are being affected by the welfare reforms, and is looking to hold an evidence sessions early next year that looks at the impact of reform on people with long-term health conditions. Further information is available here:

www.scottish.parliament.uk/parliamentarybusiness/currentcommittees/68298.aspx

People can write or e-mail the committee with their experiences, and they may be invited to the Parliament to speak at the Committee. All information is contained in the link.

For a wide variety of information and advice please visit HELENSBURGH & LOMOND CARERS website:
www.helensburgh-carer-support.org

VOLUNTEERS INFORMATION

We are pleased to welcome Gail Steven who is a new volunteer at the Centre.

Since September this year Gail has been working through our records, phoning carers to ensure we have up-to-date information on the database. Gail comes from a social care background which includes a wide range of experience in the voluntary sector. As a volunteer Gail is going to take on the role of Volunteer Co-ordinator so that we can re-establish a direct-link person for our greatly valued volunteers.

We are going to kick things off with a volunteers meeting on Thursday 16 January 2014 at the centre. All volunteers are welcome. We would also like to extend an invitation to ex-carers. If you would like to volunteer your time here at the centre, please come along to the meeting. Your help will be much appreciated.

HAVE YOU HEARD ABOUT SELF-DIRECTED SUPPORT?

Imagine for a minute that the person you care for could decide how the money that has been allocated for their social care gets spent? What would make life that bit easier or more fun?

Hi, I'm Simon Richardson and I have recently started working for a new team called Community Contacts. We are one of many projects around Scotland which will be offering support to people who are thinking about what differences the new Self-directed Support Act might make for them, their family or friends. Self-directed Support - often shortened to "SDS" - is a new approach to providing social care which aims to put the person in control of how the funding for their support gets spent. In short, SDS should offer people greater choice. Our situations are all different and so the support we receive should reflect this.

I am the Project Worker for Helensburgh & Dunoon and in these first weeks I am getting out and about to meet people, to hear their concerns and to help to find answers to the questions about SDS. I will be listening particularly closely for people who already have some experience of directing their own care or that of family member - perhaps we can begin to share these stories of how SDS actually works locally and discover what we need to do to make it easier for people to understand. Working with the Carers Trust and other agencies around Helensburgh we will gather as much information as we can and we will get the word out.

A very important part of what Community Contacts will be doing over the next 2 years will be the development of a small team of volunteers who are interested in helping people to get the best out of their support budget. Together we will be training to understand SDS and become skilled in "person-centred planning" so that we can help people with support needs to develop their own plans for their lives and begin to see them happen.

Got any questions, a story to share, interested in volunteering or know somebody who is, then please get in touch with me through the Carers Centre, by calling me on 07766 923654 or by e-mailing simonrichardson@carrgomm.org.

SCOTTISH CAMPAIGN BOARD VISIT 22nd November 2013

I would like to take this opportunity to thank those carers and young carers who attended the recent Scottish Campaign Board visit to the Centre. The Scottish Campaign Board (SCB) is a group of Glasgow based Businessmen and Women who raise funds for the Carers Trust. Rather than meeting in a hotel conference room, the new Chairperson, **Ian Kerr**, was keen to come to one of the Scottish Centres to find out more about the work we do in support of unpaid carers. Ian previously worked alongside Willie Rae, our very own Chairperson, and asked him if we would be willing to host the visit. How could we refuse?

Eight adult and young carers kindly came along to talk about their own experiences. **Ian Kerr** of ID Enquiries, **Joanne Hamilton** of Community Care Choice, **Anne-Marie Hamill** of Go-Escape Recruitment, **Michael Bergson** of SoHo Restaurant and **Niall Loakman** formerly of Allied Irish Bank joined the carers for a chat and lovely lunch after their meeting.

Yvonne Hughes, Corporate Fundraising Manager, Carers Trust Scotland who arranged the visit on behalf of the SCB said: *"apart from having a productive meeting, it was fantastic to be in the centre, hearing from Willie and Eileen only serves to better see the picture at a local level. I found Willie's talk really informative and it only reinforces that it doesn't take much to make a difference to our services and to the carers. What a lovely lunch too and then getting to meet the carers was an absolute privilege."*

The members also told us that they were so moved and inspired by the carer's stories that they wished to help. Michael Bergson has offered to host two events at his SoHo Restaurant in Glasgow. **A Pizza Masterclass** and lunch for Young Carers, and a **Cocktail Masterclass** and lunch for Adult Carers. Both events will take place in February 2014.

If you would like to attend, please call or pop into the Centre and put your name on the list. We don't have details of numbers yet but once confirmed, we will put names in a hat. More details to follow in the New Year. A most welcome treat to look forward to after the Festive Season! The other members of the Board have offered to help us in many other ways, such as giving advice on business continuity, recruitment and in finding new Trustees and Supporters.

It was most encouraging that the Board wanted to actually come to find out what life is really like for a carer, and get a taste of what happens on the ground. It was a very successful day for all involved.

Thank you once again to everyone who made the visit such a success, not least, the staff who gave everyone a huge warm welcome and took care of all our visitors. Yvonne Hughes said **"You have a fantastic team in Helensburgh & Lomond"**. Well done to everyone. *Eileen*

A snap shot celebration of 2013

Tea Dances

Carers Events

Fundraising

Awards

FUNDRAISING AND DONATIONS

Total Fundraising at present: £7434.42

Fundraising Income:

MyDonate: £1331.16; Tiara Walk: £2697.78; Edward Reid: £1296.92

Up-and-coming fundraising events: Christmas gift sale & coffee drop in

Regular fundraising: Hamish' Birthday, Knitting Group Sales, Log Cabin Blanket, Christmas Hamper

200Club Winners for Nov.: First Prize:£25— **Margaret Anderson**; Second Prize:£5—**Lindsay Spence**

To join the 200Club you must be a member of Helensburgh & Lomond Carers. Lifetime membership costs £2 and application forms are available from the Carers Centre. Joining the 200Club costs £12 per number per year. Members may have up to 5 numbers in the draw.

Contact the Centre for further information.

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

You are always welcome to come in and speak to us during

opening hours from Tuesday-Friday between 10am-3pm

Tel: 01436-673444—Young Carers Tel: 01436-670555



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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