



Eileen Churchill

and I have five years experience working with and supporting Carers in South East Glasgow. In my role as Outreach Carer Support Worker it is my intention to put my experience to good use. I will continue to work with and support Carers, raise awareness of Carers within the wider community and promote partnership working with other agencies from the statutory, private and voluntary sectors. I look forward to meeting and supporting the Carers of Helensburgh and Lomond Carers Centre, both old and new, in the future."

We are delighted to welcome Eileen Churchill to the team. She joined us on 17 December as a new part-time Outreach Carer Support Worker to work alongside Katrine Wreford to develop and expand activities in the outreach areas. Eileen said: "I would like to take this opportunity to introduce myself as the latest addition to the team at Helensburgh and Lomond Carers Centre. I come from a busy Carers Centre background



AFTERNOON TEA DANCE

Wednesday 20th February, 2-5.00pm

Osprey Suite, Commodore Hotel

Music and Dance Tuition by Jim & Sue Browne

Tickets £3.00 available from the Carers Centre

Come and dance the afternoon away!

Afternoon tea will be served and there will be a raffle.

BUY YOUR TICKET EARLY TO AVOID DISAPPOINTMENT!

This event has become very popular and we reached our maximum capacity at the last event so tickets will not be available at the door.



CREATIVE SHORT BREAKS—RESPITE BREAKS FOR CARERS

Argyll & Bute Carers Network has £21,000 of funding available for short breaks for carers living in Argyll & Bute. **Application forms are now available from the HLC Carers Centre.** Application for funding can be made through the Centre or directly to the Carers Network if preferred. Breaks requested can be for 2-3 hours, a weekend or a longer break. The carer and cared for can take a break together but funding will not cover the costs for the cared for person. Any application will be dealt with within four weeks. Please contact the Centre for further information about the Creative Short Breaks funded by the Scottish Government through Shared Scotland, to request an application from or to enquire about other respite funding currently available to carers.

Annual Carers Survey 2013

Carers should be aware that two of our Volunteers, Moira Hyatt and Isobel Taylor, have kindly agreed to carry out the 2012/13 Annual Carers Telephone Survey. This will start within the next few weeks and they will be phoning carers in the daytime and in the evening in an effort to speak to as many registered carers as possible. If you do not want to conduct the telephone survey, please let Moira or Isobel know when they call and a survey form will be posted out to you. Carers are also welcome to call in to the Centre to pick up a survey form and either drop it back in to a member of staff or return it by post.

The survey and your feed back - good and bad - is very important to us as it allows us to develop the services and support that we provide to you, the carers. Please help us to help you by completing the survey. Staff are available to assist in completion of the survey form.

CARERS CENTRE TEAM

Eileen McCrory, Manager

Katrine Wreford, Outreach Carer Support Worker

Eileen Churchill, Outreach Carer Support Worker

April Walker, Young Carer Development Coordinator

Sharon Richardson, Young Carer 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



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.

COUNSELLING SERVICE

Carers who feel they may benefit from counselling should contact the Centre for further information.

Contact **Katrine Wreford** or **Eileen Churchill**, Outreach Carer Support Workers 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 in **Luss on Wednesday 23rd January 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.

Everyone welcome!



Upcoming Events

ERSKINE SUPPORTERS SPRING CEILIDH

Saturday 2nd March 7.30pm-midnight

St Patrick's Hall, Dumbarton—Tickets £12

Dance the night away to top ceilidh band *Sileas Sinclair*. Delicious food and a raffle.

All proceeds go to Erskine Hospital for Ex-servicemen and women.

For tickets and further information contact:
Robert Bell 01436-831643

RAFFLE PRIZES REQUIRED

ANY UNWANTED CHRISTMAS PRESENTS?

If you have any unwanted Christmas presents and are looking for a worthwhile home for them, please consider donating them to the Centre as Raffle prizes for fund raising events to be held in 2013. We are always very grateful for the donation of any suitable items which can be dropped in to the Centre at any time. The raffles always prove an excellent fund raiser and are enjoyed by all.

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.

20 FREE tickets are 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



SATURDAYS 10.30am– 12.30pm

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 welcome. Forthcoming events include:

Saturday 2th February—Jackie Baillie MSP

Saturday 9th February—TBC

Saturday 16th February—Loch Lomond & Trossachs National Park TBC

Saturday 23rd February—Councillor Aileen Morton

Saturday 2nd March: Nick Cowie, Editor Community Advertiser

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

Information, Activities & Refreshments

2-4pm St Andrews Church Hall, Colquhoun Square, Helensburgh

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

ARGYLL & BUTE CARERS NETWORK AGM

MONDAY 18th FEBRUARY 2013, 12.15-1pm

LOCH FYNE HOTEL, INVERARY

The Meeting is open to all Carers and Members registered with Carers Centres. The Carers Network deals specifically with issues relating to carers living within Argyll & Bute and it is an opportunity to have your say. If you wish to attend please contact the Carers Centre.

Tel: 01436-673444. Transport can be arranged.

Carer Training & Information

SUGAR CRAFT CLASSES – NOVELTY CAKE & SUGAR CRAFT DECORATIONS

Two of our volunteers, Noreen Stewart and Robert Plunkett, have been running Sugar Craft classes in the Centre for the past year and are keen to encourage new members to come along and join them on a Wednesday morning between 10am and 12 noon. Carers have been asking what the classes involve so Noreen and Robert have provided some background information about the skills they can teach you.

Noreen specialises in novelty cake decoration and can show you how to take your basic cake and prepare it for decorating from applying the marzipan to icing it and building a novelty cake. If you have an idea for a cake, Noreen can show you how to make it. Robert makes exquisite flower decorations to go on to the cake, again, if you have an idea he can show you how to create a floral arrangement.



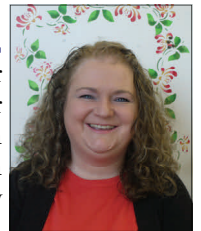
Robert and Noreen at work with a Sugar Craft Class

Fortnightly Classes start in the Carers Centre on Wednesday 6th February. Please call the Centre for more details about them..

Useful Information

Janey McDonald, Student Placement—Thank you & Goodbye!

It's time for me to say cheerio to Helensburgh & Lomond Carers SCIO and get back to University for my final semester. My placement at the centre has absolutely flown by. I think there are two reasons for this. Firstly, I have enjoyed being part of the team at the centre but also because I have been busy. When I came to Helensburgh & Lomond Carers Eileen gave me the task of carrying out a Social Return on Investment (SROI) for the centre. I would like to share with you what this work is about and what my findings were.



As we all know, we cannot run any organisation without money. Charitable organisations depend mostly on funding bodies to provide the financial means that allow them to operate. However, funding bodies require something back from the charities. Funders want to see evidence; not only of the work the charity is carrying out, but that work is having a social impact on the people the charity is working with and the wider community.

Organisations will often ask the people they work with to complete evaluation forms after they have run an event or provided a service. This is an evidence gathering exercise for the organisation. The staff can then correlate all the information on the evaluation forms and use this data in two ways. Firstly, to help the relevant staff to understand whether the service they are providing meets the needs of the client they are serving, then assess what they can do to improve their service. Secondly, it gives the organisation the evidence it needs to present to the funding bodies to show that the work they are doing is in fact making a difference.

This is called input and outcomes; the funders "input", the charity delivers the service, with a view to meeting agreed on "outcomes" for the client. If the funder is happy with the evidence they are presented with then the charity is better placed to receive additional funding.

In life many of the things we need are measured in financial terms. Many charitable organisations work with people and have historically found it difficult to monetise the difference that they make to the lives of their clients. This is because it is hard to translate increased confidence, the benefits on social interaction or the benefit that having a break can have on everyday life, into a monetised figure. As funding for organisations has become so competitive new ways of measuring these things have been developed.

Social Return on Investment is one of these methods available. SROI gives organisations the opportunity to take the "outcomes" that have traditionally been immeasurable in financial terms and place value on it. SROI is about value, rather than money. Money is simply a common unit and as such is a useful and widely accepted way of conveying value. Therefore, SROI provides a collective method of translating value and gives organisations a means to present the impact of their work in this language. The Social Return on Investment that I undertook was for the financial year 2011/12. The analysis finds that Helensburgh and Lomond Carers SCIO produces value of £4.63 in excess of the £1 funding it received.

In real terms this means that for every £100 the charity is awarded from funders it produces a social value equal to £463. I am sure that you will agree that this is a fantastic return and demonstrates the commitment of the Centre to provide the best service possible.

I would like to take this opportunity to thank the staff and trustees at the Centre for all their help and support, but mostly for the amount of time they have invested in me. Also to thank the volunteers who have kept me on the right track and given me guidance and invaluable advice. But my biggest thanks go to the carers who have been gracious enough to share their time, experience and strength with me.

Janey

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:

+St Andrew's Kirk, Helensburgh: **£897**
 +Christian Brethren of Bethesda Evangelical Church, Helensburgh: **£200**
 +Jim & Sue Browne, Helensburgh & District Highland Dance Association: **£1,261**
 +Garelochhead Ceilidh Dance Group: **£400**
CHRISTMAS COFFEE MORNING - Thank you to everyone who provided baking and raffle prizes for this very enjoyable event which got everyone into the Christmas spirit! It raised an amazing **£237.09**.



November 200 Club Draw



The lucky *Winners of our January 2013 Draw* were

GLADYS STEPHENSON—First Prize £25
MARGARET ANDERSON—Second Prize £5

To join in the 200 Club Draw you must be a Member of HLC. Life-time 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 February-December** and pay just **£11** eleven months.

Members may have up to five numbers in the Draw.

HELENSBURGH & LOMOND YOUNG CARERS INITIATIVE

CARERS CHOIR

In the run up to Christmas, Helensburgh and Lomond Carers secured a grant through the Joint Health Improvement Fund, NHS Highland to establish an intergenerational choir. The overall aim of the initiative was to bring together carers of all ages and allow them to develop new interests and widen their social networks. In order to reduce social isolation and increase confidence, the Young Carers Initiative recruited the support of Des and Louise MacFarlane from 'Singer Station' singing academy, to provide singing coaching, over a six week period on the run up to Christmas. 20 carers attended weekly singing and performance classes at Hermitage Primary school.

The Choir started at the beginning of November and very quickly, due to their fantastic enthusiasm and needless to say their unlimited talent, they were asked to perform in the Singer Station Christmas show, **Festival Express**.

The performance took place on Wednesday 19th December at the Denny Civic Centre. In addition to their solo group performance, honestly, they were like a choir of angels singing an ABBA medley, (Agnetha and Benny watch out); the group took part in two other performances. The finale would have brought a tear to a glass eye. Well done to them all, they did us proud. The Carers Chorus (their professional name) will continue to meet into the New Year, who knows where it will end, Hollywood here we come!!!

April & Sharon

If you would like to join the Carers Chorus, please contact April or Sharon on 01436-670555



Funded by the National Lottery through the Big Lottery Fund



CHRISTMAS DINNER DANCE CAMERON HOUSE HOTEL



CHRISTMAS LUNCH—THE CLARET JUG, THE CARRICK



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
 Switchboard/General Enquiries: 01546 605511

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

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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