

Please accept our apologies for the delay in getting the November issue out to you. This was due to unforeseen circumstances.

CARERS RIGHTS DAY

This year's theme is

"Rights, Advice and Support"

Focusing on ensuring that carers understand their rights and get access to good quality advice that can support them to care.

To support YOU in YOUR caring role we welcome you to:

Carers Information & Coffee Morning

A range of partner agencies will be available to give you advice on your rights and entitlements.

Friday 29th November, 10am – 12noon

at

The Carers Centre

Invited guests include:

Don Williamson, Shared Care Scotland
Social Work
Jonathon Clinch, Solicitor, Power of Attorney
Welfare rights Officer

Telecare
Fire Scotland
District Nurse
Occupational Therapist

Please come along and support this event and call the centre to register your attendance for catering purposes

CARERS NEWS

HELENSBURGH AND LOMOND CARERS SCIO

Carers Christmas Lunch

The Carrick, Loch Lomond

On

Wednesday 11th December

12 noon

If you would like to attend please call the
centre to book your place and for menu

choice

Limited Places



Regular Activities

Please support our activities and groups!

PARENT CARER SUPPORT GROUP

The Parent Carer Support Group has had two meetings and they were a great success. The group were treated to a hand massage and nail painting and last week they tried their hand at making Christmas tree decorations. The chat flowed, the company was great all the while offering each other support and advice. The next get together will be on Wednesday 13th November between 10am and 12noon in the Carers Centre. Other activities suggested are aromatherapy workshops, arts and crafts, beading, knitting, and many others. The purpose of the group is to give parent carers an opportunity to have some me-time, get together, give peer support and to address any issues that may arise.

If you are a parent carer, please come along and join us.

CHIT CHAT MATTERS

Carers Café

Rhu Community Hall: first Tuesday of the month, 2-3pm

Kilcreggan Cafe: first Wednesday of the month, 10am-12noon



THERAPIES AVAILABLE

Feeling the pressures of your responsibilities? Could you do with a little time out and relaxation? Do you live around the Peninsula and find it difficult to get to the centre? We are in the following Health Centres once a month:

- **Kilcreggan** 2nd Thursday of the month
- **Arrochar** 3rd Friday of the month
- **Garelochhead** 4th Thursday of the month

Give Eileen or Christine a call on 01436 673444 and arrange an appointment for a Massage, Reflexology or Acupressure.



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 10am-12noon at West Kirk Cottage,



Knit n Natter

This now well established group meets up once a fortnight at the Carers Centre. This month they meet on Wednesday 6th & 20th November between 11am-1pm. A selection of knitted goods made by their fair hands 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. The group is always looking for spare wool to be donated for their efforts. So please have a look around the house, and if you find any, hand it into us please.

THESE BOOTS ARE MADE FOR WALKING!!

We would like to rejuvenate the walking group to encourage more carers to join us. If you are interested in coming along for a walk, 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 the Outreach Carers Support Worker will organise and facilitate the monthly walk. So if you are interested, please contact Christine at the Centre on 01436 673444.



Coming Soon

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

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

UPCOMING EVENTS AND ACTIVITIES

For more information on our regular or special events, please call the Centre on 01436 673444.



Christmas Gift Sale & Coffee Drop-in

Thursday December 5th, 10-3pm

At the Carers Centre

Please come along and support this event!!



Knit n Natter and Jewellery by Maggie Shipman

The Knitting group have been hard at work and now have a fantastic selection of goods for sale. If you are looking for stocking fillers, a wee gift or Christmas tree decorations. Maggie will be here selling her beautiful hand made jewellery. Why not pop along enjoy a cuppa, taste the delicious home baking, some good company and a chat and please bring your friends too.



Tea, Coffee &
Home baking



Carer Training & Information

A big thank you from Beryl Cross Director of Carers Services at Carers Trust



A huge thank you for the amazing welcome I got from carers, volunteers and staff when I visited the Helensburgh and Lomond Carers Centre on 22nd October. Thank you especially to the carers of all ages who took time to come in and talk with me. Carers told me about their own experiences and about some of the social and legislative changes they'd like to see made to benefit carers, including wider recognition of the caring role and of the needs and choices of carers and their families. Everyone said what a positive difference the work of the carers centre makes to their lives. Helensburgh and Lomond, as I expect you know, works in partnership with Carers Trust. My role with Carers Trust includes responsibility for online support services for carers. If you haven't already done so you might like to have a look at www.carers.org (for adult carers) and www.youngcarers.net (for young carers) where you can find opportunities for webchats, discussion and support with carers from all around the UK. *Beryl Cross*

Mindfulness for Carers

For the past eight weeks several carers have been attending a Mindfulness course every Tuesday. This has been a most enjoyable experience for me and the carers involved. We have had the opportunity to explore a Mindful way of life, share experience and most importantly have a great laugh and get to know each other a wee bit better.

As a result of positive feedback and further enquiries from carers, it has been decided to start a new eight week course.

Mindfulness encourages us to be aware of each moment, rather than cut off aspects of our experience. Mindfulness helps us to tune in to what is going on in our mind, body and emotion day to day, and to work directly with the struggle, rather than being 'swept away' by the current of challenging thoughts, feeling, 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.

Any Carers who would like to find out more or book a place please feel free to phone, email Janey or pop into the centre for a chat.

janey@helensburgh-carer-support.org

Hearty Dinner

Sausages with winter veg mash

- 4 Sausages, regular or reduced fat
- 2 Parsnips
- 2 or 3 medium potatoes
- 175g Brussels sprouts
- 4 tbsp milk
- 1 tbsp wholegrain mustard

Method



1. Grill the sausages for 10-12 mins, turning frequently. Meanwhile, peel and roughly chop the parsnips and potatoes, then cook in boiling salted water for about 10 mins. Shred sprouts, add to the pan for the last 2-3 mins and cook until all the vegetables are tender.

2. Drain and mash the vegetables, then beat in the milk and mustard with salt and pepper. Serve with the sausages.

CITIZENS ADVICE BUREAU

New premises

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: Scottcourt House,
45 West Princes Street, Helensburgh



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.

Blairgowrie Weekend

A group of carers visited the Angus Hotel in Blairgowrie for a welcome weekend break. Once everyone had settled in they had the chance to explore the hotel and the stunning scenery of the surrounding area. The first evening was very relaxing with a lovely dinner and drinks, followed by a few fun quizzes. The next day some carers chose to venture to Glamis Castle and Perth while others chilled at the hotel spa and pool facilities or had lunch and went for a walk. The Highlight of the weekend was dinner on Saturday evening followed by a Casino Royale themed cabaret (unfortunately James Bond was unable to attend) with disco afterwards. Some carers and staff managed to stay up until 1am dancing the night away!!! All in all it was a great weekend. A big thanks to all who helped make it a huge success. Here's to the next one.



YOUNG CARERS INITIATIVE Carlogie House



Well we thought it was time to give the wee ones a treat.... So 11, 6-9 yr olds attended a two night break to Carlogie House, Carnoustie. The level of excitement from the YCs set the atmosphere for the trip and this continued throughout the break.

For many of the YCs this was the first time they had stayed away from home over night, and to our amazement we had no tears or home sickness!!

The planned activities including ice skating, again a first for many, proved the wee ones have no fear. Once they learned how to balance themselves on the blades there was no stopping them, falls were no problem, they got straight back up and carried on. The trip to the cinema to see "Turbo" in 3D was a great favourite with everyone. Arts and craft activities allowed them to express their creative side, giving them gifts to take home. We had plenty of fresh air on the walk to the beach and park.

Bedtime was a challenge on the first night, however after story telling, eventually they all fell asleep exhausted. As usual the staff at Carlogie house were amazing with the YCs and their hospitality second to none. All in all this was a very successful trip and everyone had a fantastic time, there was even some YCs wanting to stay an extra night.

FUNDRAISING AND DONATIONS

Our fundraising target had a boost this month from the proceeds of the Edward Reid night, approximately £1500. We are well on the way to our target of £10,600, sitting at 7,100. Many thanks to everyone who attended this event and for your continued support of the organisation.

Fundraising Income:

Carole Glasgow Half Marathon, to date has raised in excess of £500

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

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

200Club Winners for Oct.: First Prize:£25- Margaret Kelly; Second Prize:£5-Gordon Scott

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. If you join now, you will only pay £2 per number for the remaining two draws of the year including the **GRAND DRAW** which will take place at the carers lunch. Members may have up to 5 numbers in the draw.

Contact the Centre for further information.

SILENT AUCTION



This Gleneagles Golf Equipment Bag has been kindly donated by one of our trustee's, 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.

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.