

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 £5 per number for the remainder of the year. Members may have up to 5 numbers in the draw. Contact the Centre for further information.

July's winners are: 1st prize - Robert Plunkett & 2nd prize - Maggie Shipman.

		7			8			
		4		9			5	
		5	7	2				
	4	3				1	2	
7								4
9	1	2				3	8	7
			2	8		9		
	3			6		4		
					1	6		

SUDOKU

Complete the grid so that every column, every row and every 3X3 block contains the numbers 1 to 9. There is only one solution possible to the puzzle.

Healthy Eating Corner: Aubergine & Chilli Tagliolini

Source: BBC Good Food website

INGREDIENTS

- 2tbsp olive oil
- 1 large aubergine, cut into bite-sized cubes
- 1 small onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 red chilli, deseeded and finely chopped
- 1 tsp dried oregano
- 400g fresh tomatoes, roughly chopped, or 400g can chopped tomatoes
- 1 tbsp balsamic vinegar
- 400g dried tagliolini pasta or linguine
- Small bunch basil, roughly chopped
- 50g pecorini, grated, or vegetarian alternative

METHOD

1. Heat the olive oil in a large saucepan and cook the aubergine for 5 mins until starting to brown and soften.
2. Add the onion, garlic, chilli and oregano, and cook for just a few mins. Add the tomatoes, balsamic vinegar and about 200ml water, then reduce heat and simmer gently for about 20 mins, until the tomatoes are reduced and really softened, and the sauce is thickened.
3. Meanwhile, bring a large pan of water to the boil and cook the tagliolini following pack instructions. Drain the pasta and return to the pan. Add the sauce and toss well into the pasta with the basil. Serve with the grated pecorini.

Cooking time:
Prep: 10mins
Cook: 25 mins



Other information

FRONTAL TEMPORAL DISORDER (FTD) SUPPORT GROUP

The next meeting of the FTD will be on 14 August 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 5 & 19 August. 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

AUGUST 2014



Tiara Walk 2014

It is that time of the year again to come and join us for our
5k Charity Walk

in aid of

Helensburgh and Lomond Carers SCIO

and

ENABLE Scotland Helensburgh & District Branch

You can walk for either charity on its own or for both

Friday 12 September - 8pm till midnight

Signing in starts at 6:30pm at Helensburgh Cricket & Rugby Club and a BBQ
Disco with DJ Stewart Maule and Raffle will follow after the walk.

Register your interest at

Helensburgh and Lomond Carers SCIO

17E East King Street, Helensburgh, G84 7QQ, 01436 673444

£10 registration fee

(entrants are requested to collect a minimum of £25 in sponsorship money)



In partnership with
Jenners and Cameron House
Special Charity Evening
FASHION SHOW

CAMERON HOUSE



ON LOCH LOMOND

THURSDAY 4th September 2014, 6.45pm to 9.30pm

at Jenners, Loch Lomond Shores

*Refreshments on arrival

*Complimentary Goodie Bags

*Beauty Demonstrations

*Raffle & Tombola

***Exclusive Shopping Experience with Special Discounts**

Tickets £5.00

Tickets available from

**The Carers Centre, 17E East King Street, Helensburgh. 01436 673444 and
Jenners, Loch Lomond Shores**

All proceeds will go to Helensburgh & Lomond Carers SCIO

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



CARERS' DAYS OOT!!

We have two day trips planned for carers. Places are limited so contact us soon so we can note your interest. Preference will be given to newly registered carers.



CRUISE ON LOCH LOMOND & LUNCH IN LUSS

Why not join us for some relaxation on the water on one of the boats by *Cruise Loch Lomond* sailing from Luss. Afterwards we will use our sea legs and walk to The Village Rest for some much needed lunch.



'OLD COUNTRY ROSE' AFTERNOON TEA

If you like a bit of decadence and indulgence then why not come along with us for the 'Old Country Rose' afternoon tea at *Rosslea Hall Hotel* with:

- Selection of finger sandwiches
- Homemade scones served with jam and cream
- Sweet fancies
- Served in Royal Albert Old Country Rose Fine Bone China
- Tea / Coffee



PUB QUIZ NIGHT



On Friday 17 October we are holding a Pub Quiz Night in an effort to raise more funds for the charity.

So if you know the name of the dog that Detective Harry Callahan got from his friend Horace King in the Dirty Harry movie 'Sudden Impact'; can tell us who the first female British chessboxing champion was in 2012 or remember the name of the third Prime Minister of the UK, give the quiz a try. Join us for some brain crunching, a good laugh and an excuse to get out of the house at the Helensburgh Rugby & Cricket Club starting 7.30pm. Please let us know if you want to put together a team.

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 29 August.

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 14 August
- **Arrochar** Friday 15 August
- **Garelochhead** Thursday 28 August

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

Knit n Natter

The group meets fortnightly at the Carers Centre between 11am-1pm. They next meet on 13 & 27 August. 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.

CHIT CHAT MATTERS CARERS CAFE

Come along for a chance to get together and / or some advice. A cup of tea / coffee and a cake await you.

Kilcreggan Cafe:

10am-12noon, Wednesday 6 August

Arrochar Café (Three Villages Hall):

10.30am-12.30pm, Wednesday 4 August

THESE BOOTS ARE MADE FOR WALKING!!

As you will know, we are trying to revive our walking group to give carers a chance for some exercise and social interaction. After consultation with our regular walkers, it was decided to hold the monthly walk on the last Wednesday of every month. Please intimate your interest by speaking to the staff at the Centre.

Christine

ANNUAL MEMBERS MEETING

NOTICE IS HEREBY GIVEN that the Annual Members' Meeting

of

Helensburgh & Lomond Carers SCIO

will be held at the

Helensburgh Golf Club, 25 East Abercromby Street
Helensburgh

on

Thursday 18 September 2014 at 11am

Doors will open at 10.30am. Members will receive papers in due course.

For catering purposes we need to let the Golf Club know in advance how many will attend and their choice of lunch. We have therefore set the deadline for registering your attendance as **Friday 29 August 2014**, so please register soon.

Training & Information

UPCOMING TRAINING EVENTS

Focus Group on Mental Health Awareness

We are looking to develop training in partnership with the NHS. This training will be designed for people who care for someone who has a mental health issue. We would like to organise a focus group in order to find out the areas where Carers feel training would benefit them most. This group will meet in **The Carers Centre on Tuesday 26th August from 10am till noon.**

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.

Mindfulness

Mindfulness is coming back this September. We have already delivered two very successful eight week courses in Mindfulness and are confident this one will be equally fabulous. It will run on a **Tuesday evening from 7pm till 8.30pm** and will be held in **the Centre.**

Mindfulness encourages us to be aware of each moment, rather than cut off from aspects of our experience. Mindfulness helps us to tune in to what is going on in our mind, body and emotions day to day, and to work directly with the struggle rather than being 'swept away' by the current of challenging thoughts, feelings, worries, pressures and responsibilities. Mindfulness can really improve the quality of life. It cultivates a whole approach to life and living rather than being 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.

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 don't hesitate to let me know.

Thanks

FREE TRAINING OPPORTUNITY

Introduction to DIR®/Floortime™ - Training with Denise Wilson

Saturday 6 & 13 September 2014 (2-day course)

Between 9.30am-4.30pm

AK Bell Library in Perth



DIR®/Floortime™ is a comprehensive, family-centred model of intervention for children and adults with autism and other disorders in relating and communicating. This training course would suit both professionals working with and parents / carers caring for children aged 0-8 years and possibly beyond.

For more information, please contact:

Rachael Grant

TouchBase Glasgow

Tel.: 0141 429 0294

E-mail: rachaelgrant@sensescotland.org.uk

Or go to: www.connectingthroughplay.org/approaches/dir-floortime and register at: www.floortime1.eventbrite.co.uk.

BEFRIENDING UPDATE

Our volunteer befrienders continue to do a sterling job bringing joy to both the carers and those they care for. As reported last time, the number of carers requesting a befriender far outstrips the number of volunteer befrienders available to us. For those of you who are still waiting for a befriender, please continue to be patient, everyone who has asked for a befriender is listed on a spreadsheet and, as soon as a new volunteer gets cleared and suitably trained, the matching process begins.

My thanks goes to Andrew Bennet who is currently on a work placement in the centre and has put a lot of time and effort into distributing our advertising material. Here's hoping his efforts bear fruit, remembering that this is probably the worst time of the year to be asking people to give a little of their time to volunteering.

I am contemplating organising an Autumn Afternoon Tea event for all befrienders, their associated carers (and those they care for where getting to a venue, e.g. The Commodore, would not be too problematic). I think it would be nice for everyone to meet up, have a chat accompanied with good food, What do you think? Let me know and I will take it from there.

John

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.