

SUDOKU

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

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.

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.

Carers Health & Wellbeing Workshops

Tia Chi classes take place in Park Church on a Monday, Beginners from 10-11am and Intermediate from 11-12noon.

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.

Healthy Eating Corner Flu Fighter Soup

INGREDIENTS

1 Red onion (minced)
1 Green chili pepper (minced)
4 Garlic cloves (minced)
20inch piece fresh ginger (minced)
2 Tbs olive oil
2 Medium sweet potatoes (diced, skin on)
4 oz shiitake mushrooms (sliced)
2 Handfuls goji berries
Vegetable stock (to cover)
Salt & black pepper



Cooking time: 20 mins

Prep: 10mins

Serves: 4

Conditions this helps with:

Skin - Joints & Bones - Immune System - Heart & Circulation

Source - The Medicinal Chef

METHOD

1. Put the onion, chilli, garlic, ginger & olive oil in a pan.
2. Cook on a medium heat for 5 mins
3. Add the sweet potatoes, mushrooms & goji berries to the pan.
4. Stir well then add the vegetable stock to cover the ingredients.
5. Simmer for 10—15 mins (until potato softens)
6. Season with salt & black pepper
7. Blend the contents to a smooth, orange, spicy soup.

FRONTAL TEMPORAL DISORDER (FTD) SUPPORT GROUP

The next meeting of the FTD will be on 12th February 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.

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.

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

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@abccab.casonline.org.uk

Argyll and Bute Citizens Advice Bureau offer free, impartial and confidential advice.



FEBRUARY 2015

Helensburgh and Lomond Carers SCIO

Valentine's Tea Dance

Friday 13th February, 2-5pm

Osprey Suite, Commodore Hotel,

Helensburgh

Come And Dance The Afternoon Away

Afternoon Tea Will Be Served

£3.00



Afternoon Tea

Ardardan Farm

Wednesday 25th February—2pm

Only 20 spaces available, please Contact the Centre



200 CLUB

Our 200 club recently had our annual Christmas draw and two lucky winners benefitted to the tune of £100 and £50 respectively. At the moment there are still vacancies for members to participate in the 200 club with each member being allowed to hold a maximum of five chances. Each chance only costs £1 per month and **IF** fully subscribed the monthly first prize could be £50 with a second prize of £25 to be paid. At the moment due to the number of participants we are paying £25 first prize and £5 second prize monthly. In addition to this, **IF** fully subscribed, the participants for the year would also be included in the December Christmas draw with a first prize of £250 and a second prize of £125.

We would appreciate your help in increasing the number of chances sold, so ask that ,if you are already participating, consider increasing your number of chances, and if not consider joining us and having a chance of winning some cash along the way.

PAYMENT CAN BE MADE BY CASH AT THE OFFICE OR BY STANDING ORDER.

The chances of winning are far greater than the national lottery.

Mike Blair , Treasurer



TIARA WALK 2015



Our annual Tiara walk will be taking place on 27th March, 8pm till midnight all sponsorship money should be handed in before 10th April.

This is a joint fundraiser with Cornerstone and ENABLE.

Please collect sponsor forms, information leaflets and register at Helensburgh & Lomond Carers Centre.

Action on Hearing Loss

Come along to find out about local services available and ask any questions, share experiences and try out equipment such as phones and TV listening devices.

Wednesday 18th Feb - 1pm - 4pm
Guide Hall, John Street, Helensburgh
Thursday 12th March, 1pm - 4.30pm
Centre 81, Garelochhead

Refreshments will be provided.

To book call Katy Green 0141 341 5338 or
 txt 07436808978

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, Wednesday 4th February.



Knit n Natter

The group meets fortnightly at the Carers Centre between 11am-1pm. They next meet on **4th & 18th February**. 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.

Self Directed Support

Argyll & Bute Council and APAEN will be giving a presentation on what Self-directed Support is, what it will mean to you and how you can use Self-directed Support.

Helensburgh Tuesday 3rd February , 10-12pm & 1-3pm
Victoria Halls, Pillar Hall, Sinclair Street,
Helensburgh, G84 8TU

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 **11th & 25th February**.

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 25th February. 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 **28th February**.

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.



Pub Quiz Night!



Due to popular demand!

End of February - Date to be confirmed

Call The Carers Centre for full details

Cognitive Behavioural Therapy

Catriona Harper is currently undertaking the COSCA validated SCOTACS Diploma in Counselling and Group work - 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 ('Behavior'). 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.

STAFFING

We would like to welcome **Gail Steven** who has volunteered at the Centre for some time now, Gail has temporarily taken on Coordinating the adult befriending service in John's absence. We also welcome **Shona Smith** our new Finance & Admin Officer,. We wish them both lots of luck and welcome them to the Team. We are saying good-bye to **Dan** who has been on placement with us for 6 months, he is off to finish his last few months of University and we wish him all the success for the future.

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.