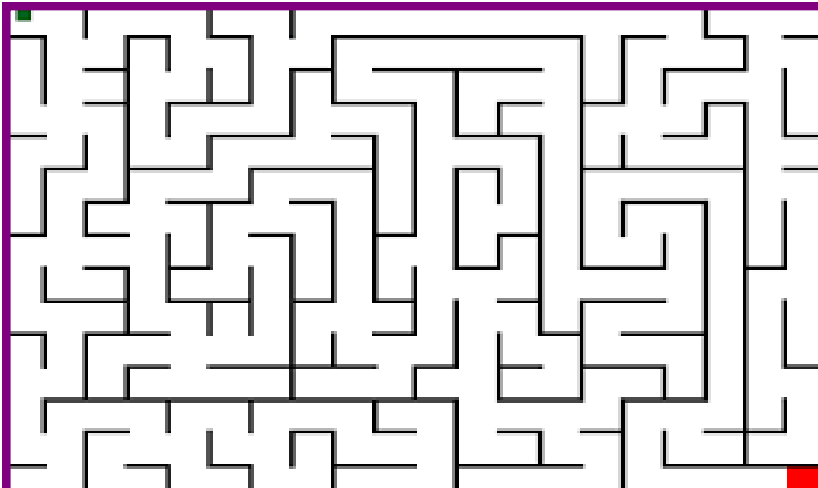


Maze

Complete the maze from the green spot to the red spot!



FUNDRAISING EFFORTS, Donations & Grants

Our recent fundraising events have been a great success! We raised £400 on our recent Pamper Night, £312 at our Quiz Night and £200 at the last Tea Dance.

Upcoming fundraising

15th July– Strawberry Summer Tea, 10am –12pm at the carers Centre

27th August - Tea Dance, 2-5pm at The Commodore Hotel.

THANKS FOR ALL YOUR SUPPORT !!!!!!!!!!!!!!!!!!!!!!!

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@abcb.casonline.org.uk

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



Healthy Eating Corner

Banana Bread

INGREDIENTS

4 bananas
285g Plain Flour
225g Caster Sugar
110g Margarine
1/2 tsp salt
1/2 tsp Bicarbonate of Soda



Cooking time: 60 mins

Prep: 10 mins

Serves: 1 loaf size tin

METHOD

1. Mash bananas
2. Mix the margarine & sugar together then add to bananas
3. Sieve the flour, bicarbonate of soda and salt into the mix and stir well (add a little milk if needed)
4. Pour into a loaf tin
5. Cook at 160 degrees for 1 hour

Staffing

- * Eileen McCrory - Manager
- * Sharon Richardson - Carer Services Team Leader
- * Shona Smith - Finance & Admin Officer
- * Janey MacDonald - Training Co-ordinator
- * Eileen Churchill - Outreach Support Worker
- * Christine McTaggart - Outreach Support Worker
- * John Izzat - Befriending Co-ordinator
- * Shirley McHugh - Carers Support Worker
- * Pamela Burns - Employment, Training & Educational Worker
- * Gillian MCDiarmid - Young Carers Support Worker
- * Young Carers Outreach Support Worker - Vacant

Adult Carers: 01436 673444

Young Carers: 01436 670444



200 Club



Join our 200 Club and YOU could be a **WINNER!**

Monthly draw – 1st Prize £25 & 2nd Prize - £10

SPECIAL CHRISTMAS DRAW

1st Prize - £100 & 2nd Prize £50

1 Number costs JUST £1 (limit of 5 numbers)

Ask in Carers Centre for an application form

May winners:

1st Lindsay Spence & 2nd Mike Blair

June winners:

1st Sharon Richardson & 2nd Maggie Shipman



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

01436 673444 - Email: admin@helensburgh-carer-support.org

www.helensburgh-carer-support.org

Helensburgh & Lomond Young Carers Initiative - Tel: 01436-670555

Tel:

JULY/AUGUST 2015

Carers Week

We had a great turn out for Carers Week, thanks to everyone who attended our event's. Our Awareness Walk which took place on Monday 8th June was finished off with Tea & cakes at Kidston Café.

The Open Day on the Wednesday had a great turn out which was supported by the local GP Practice, Jonathan Clinch Solicitor, Living it Up, Enable, Welfare Rights, Rituals & Ali Energy.



The week was finished off with an Afternoon Tea Dance at The Commodore Hotel on the Friday which we had 50 carers and community members attend.

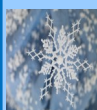


Awards For All Grant

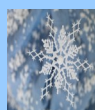
We have recently received an Awards For All Grant to help support our 15th Anniversary Ball as well as 4 Educational trips, 3 Afternoon Teas and a Health & Wellbeing Training Course.



If you would be interested in any of the above activities please enquire within the Centre for details.



15th Anniversary Ball



4th December 2015
Cameron House Loch Lomond
Winter Wonderland Theme
Tickets - £50 On sale soon
Watch this space!!



Strawberry Summer Tea



Wednesday 15th July
10am - 12pm
The Carers Centre

Tea Dance



Thurs 27th August - 2pm - 5pm - The Commodore



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

Become a Member!!

Helensburgh and Lomond Carers SCIO is a membership organisation working to provide a range of support and advisory services for unpaid carers and to ensure that their voice is heard. A strong membership allows us to speak out on issues of concern to carers. Being a member:

- demonstrates your support for our work;
- entitles you to vote at our AMM and allows you to be nominated for election as a Trustee;
- entitles you to regular updates, including copies of our newsletter and annual reports; and
- gives you an opportunity to speak out during consultation exercises.

To become a member, ask for a membership form next time your in the Carers Centre.

KILCREGGAN CARERS CAFÉ

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 **8th July & 5th August**



Focus Group

We are looking to develop training and support; this 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 and support would benefit them most. We will run two sessions which will meet in Breaholm on Tuesday 28th July from 10am till noon or 7pm till 9pm. We are very keen to involve carers in this process if you feel this is something you would like to be involved in please contact Janey at the centre.

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. This meets on **31st July & 28th August**.

Knit n Natter

The group meets fortnightly at the Carers Centre between 11am-1pm. They next meet on **1st, 15th & 29th July, 12th & 26th 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.

Tia Chi - Tia Chi has moved venue! We are now meeting in **RSR Braeholm on a Monday, 10 - 11am**. All carers are welcome to come along and join in our gentle exercise class.

Parent Carers Drop-In - The Parent Carer drop-in is a chance for Parents to get together and have a cuppa and a wee blether. Most importantly is the laughter and the peer support which is always plentiful. Next dates are: **8th & 22nd July then 5th & 19th Aug**

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 **29th July & 26th August**. Please call the Carers Centre for more information.

Workshops & Information

Argyll & Bute Care & Repair

Argyll & Bute Care & Repair is an independent charity for the older and/or disabled homeowner or private sector tenant who requires building repairs, improvements or adaptations to their home. It provides free independent confidential advice and assistance within Argyll & Bute.

For repairs, improvements and adaptations Argyll & Bute Care & Repair will assist clients to obtain estimates, make grant applications (if applicable), co-ordinate contractors, monitor work and ensure satisfactory completion.

If you are aged 60 or over and/or disabled and an owner or private tenant and feel you could benefit from the service, please phone your Area Care & Repair Officer direct on : **01436 678958**

Marie Curie

Delivering Choice Programme

Phases one & two of the Delivering Choice Programme focused on assessing palliative and end of life care needs in Argyll and Bute; reviewing perceived gaps in service provision and developing local solutions to these issues. We are now in phase three, where these local solutions are at various stages of implementation in the form of six projects. These include the Marie Curie Nursing Service, palliative care in care homes, training and information for carers, support from trained volunteers, health-promoting palliative care and out-of-hours care and transport pathways.

For more information contact

Jennifer Dryden - T: 0141 557 7538

E: jennifer.dryden@mariecurie.org.uk

FRONTAL TEMPORAL DISORDER (FTD) SUPPORT GROUP

The next meeting of the FTD will be on 1st July in the Commodore Hotel Meeting Room between 7-9pm. Please contact Victoria McLeod on 01436 678050 or Anne

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.

Care Information Scotland

This fresh new service offers web chat, direct links to social care information, links to social media and the ability to share content and information.

Go to www.careinfoscotland.scot for further information

September Events

Race/Quiz Night - 18th Sept 7pm-12am



Helensburgh Rugby Club

Raffle, Games, Bar, Prizes

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.

Date for The Diary!

Argyll & Bute Carers Network Annual Conference.

16th Sept 10.30am-3.30pm

Munro Suite, Cameron House Hotel, Loch Lomond

Look out for details in Aug Newsletter for when you can register.

Mecca Bingo & Lunch Day Trips

Wednesday 8th July

Wednesday 26th August

9.30am leaving from The Carers Centre

To book a place, please call us on 01436 673444



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.