

## SUDOKU

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

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.

## 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.

## 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 Banana-peanut oat bars

### INGREDIENTS

- 1 tablespoon coconut oil
- 3 very ripe bananas
- 1 tablespoon honey
- 2 tablespoons crunchy peanut butter
- 2 cups rolled oats
- 2 table spoons of flax seeds

Cooking time: 20mins

Prep: 5 mins

Serves: 8



### Conditions this helps with:

Insomnia & Stress,  
High Cholesterol & Constipation  
Source - The Medicinal Chef

### METHOD

1. Grease an 8 inch baking pan with coconut oil.
2. Mash bananas until smooth.
3. Melt coconut oil, honey and peanut butter in a pan over a low heat.
4. Remove pan from heat and add bananas
5. Stir in the oats and flax seeds until a sticky mixture is formed.
6. Put the mixture into the baking pan and press down to compact.
7. Bake for 20 mins until golden brown at 180 degrees.

## May Events



Tea Dance - 1st May 3-5pm

Centre 81, Garelochhead

Pamper Night - 8th May 7pm

Helensburgh Rugby Club



## USEFUL TELEPHONE NUMBERS ARGYLL & BUTE COUNCIL

Website: [www.argyll-bute.gov.uk](http://www.argyll-bute.gov.uk); Email: [enquiries@argyll-bute.gov.uk](mailto: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.

## FRONTAL TEMPORAL

### DISORDER (FTD)SUPPORT GROUP

The next meeting of the FTD will be on 12th March in the Commodore Hotel Meeting Room between 7-9pm. Please contact Victoria McLeod on 01436 678050 or Anne Miller on 01436 268476.

## 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 Mon-Fri 10am-4pm

### Outreach Appointments:

08456 123 808

Email: [info@abcb.casonline.org.uk](mailto:info@abcb.casonline.org.uk)

Argyll and Bute Citizens Advice Bureau offer free Impartial and confidential advice.



Helensburgh and Lomond Carers SCIO  
17E East King Street, Helensburgh G84 7QQ  
Tel: 01436 673444

Email: [admin@helensburgh-carer-support.org](mailto:admin@helensburgh-carer-support.org)  
[www.helensburgh-carer-support.org](http://www.helensburgh-carer-support.org)  
Helensburgh & Lomond Young Carers Initiative  
Tel: 01436-670555

# MARCH/APRIL 2015

## TIARA WALK 2015



27th March, 8pm till midnight

This is a joint fundraiser with  
Cornerstone and ENABLE

Please collect sponsor forms, information leaflets and register at  
Helensburgh & Lomond Carers Centre.  
Entry fee is £10 - BBQ, Disco & Raffle

Please support our efforts to reach our fundraising target for 2014/2015



### Daffodil Coffee Morning

1st April 10am - 12noon

The Carers Centre

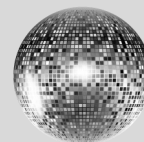


If you could donate any raffle prizes and some home baking we would be very grateful.

## 15th Anniversary Ball - 4th December 2015

Cameron House Loch Lomond

To Celebrate the Charity's 15th Anniversary, we are planning to host another Ball similar to the one we held in 2010 to celebrate our 10th Anniversary. Work is under way to secure funding and sponsorship so put the date in your diaries and look out for more information.



AVA are having a Training day for New Volunteer Befrienders on 24th March at 9.30am.  
If you would like to become a volunteer befriender please pop in and chat to Gail.

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

### You may be eligible for FREE Electric Storage Heating System and Insulation Improvements!

Dimplex are working in partnership with Scottish Government  
Scottish Hydro

Do you own your own home, have an old or inefficient heating system, and are in receipt of pension credit or child tax credit with an income below £15,860?

**Call 0800 975 8316 quote D1**

### Hermitage Park Presentation

**Invite to all carers and their families**

**Friday 13th March - 11am at  
Braeholm Helensburgh**

Information on Heritage Lottery application, history of park, plans & ideas, video presentation and feedback

### 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.**

**Thursday 12th March, 1pm - 4.30pm  
Centre 81, Garelochhead**

**Refreshments will be provided  
To book call Katy Green  
0141 341 5338 or txt 07436808978**

### **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 March & 29th April** Please call the Centre for more information.

### 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 4th March & 1st April.



### **Knit n Natter**

The group meets fortnightly at the Carers Centre between 11am-1pm. They next meet on **11th & 25th March & 8th & 22nd April** 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.

### **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 **27th March**.



### **Young Carers Easter Family Fundraiser**



**Thursday 16th April 5.45-8.45pm**

**The Drumfork Club - Helensburgh**

**All Welcome**

**Dancing, games, prizes and lots of FUN!!!**

**£2.50 per Ticket**

**Tickets available from  
Carers Centre - Tel:670555**



## Workshops & Information

**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.

**Stress & Wellbeing Workshop** - There will be a Stress & Wellbeing workshop taking place on **Wednesday 18<sup>th</sup> March at RSR Braeholm, 10am till 3pm**. As part of this event we will be looking at what stress is, the effect stress has on our physical, emotional and mental wellbeing and introducing tools to help alleviate stress. This includes an Aromatherapy and Meditation taster.

**Caring with Confidence Group** - A new Caring with Confidence Group will be starting on **March 31<sup>st</sup>**. This group will meet every **Tuesday, 10am till noon at RSR Braeholm**. Each week the group are introduced to a guest facilitator who will discuss an issue that is relevant to carers. This is an excellent way for carers to gather information about local services furthermore; we would love to hear from carers about the kinds of information days they would like in the future.

**Intergenerational Skills Workshop** - This workshop will be taking place at **RSR Braeholm on 17<sup>th</sup> March 10-1pm**. This is for all carers and is to support them in recognising skills and gaining confidence to apply for employment/college/education. Lunch will be provided.

**Watch this space** - We are currently putting together a Health & Wellbeing Programme with Chris Bowman's Gym. We are taking bookings for spaces which are limited. This programme has been funded by The Armed Forces Community Covenant Fund who recently awarded The Centre a fabulous £6,500.00. If you would like to know more about any of the above events please contact Janey at the centre.

**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. **The dates for March drop ins are: 4<sup>th</sup> & 18<sup>th</sup> March and 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> April 11-1pm.**



### 200 Club



Join our 200 Club and YOU could be a WINNER!

**Monthly draw** – 1<sup>st</sup> Prize £25 & 2<sup>nd</sup> Prize - £10

**SPECIAL CHRISTMAS DRAW** – 1<sup>st</sup> Price - £100 & 2<sup>nd</sup> Prize £50

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

Ask in Carers Centre for an application form

February's winners: 1st Liz Mennie & 2nd Lindsay Spence

### FUNDRAISING EFFORTS, Donations & Grants

Our recent fundraising events have been a great success! We raised £350 from our February Tea Dance and £337 from our Quiz night so thanks to everyone who attended and for all your support.

We have had some big donations over the past few months and would like to say a huge thank you to those who have donated.

#### Funding

We have been lucky enough to have been granted £6,500 from The Community Covenant, this will go towards social activities, tea dances, Theatre & Panto trips and a Health & Wellbeing Course for adult carers.

#### Upcoming fundraising

We have our charity Tiara Walk coming up so if you would like to help raise some funds with us please drop into the centre for a registration

## 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 is carrying out her Student Placement at Helensburgh & Lomond Carers SCIO offering **FREE CBT sessions to carers**.

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.

**Please contact the Centre if you would like to take advantage of this service. 01436 673444**

## EASTER CLOSURE

**The centre will close for the Easter Weekend on Thursday 2nd April at 3pm and re-open on Tuesday 7th April at 9.45am for the first holistic therapy treatment.**

VISIT HELENSBURGH & LOMOND CARERS WEBSITE BY LOGGING ONTO:

[www.helensburgh-carer-support.org](http://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.