

Helensburgh and Lomond Carers SCIO

Valentine's Tea Dance

Friday 14th February, 2-5pm

**Osprey Suite, Commodore Hotel,
Helensburgh**

Come And Dance The Afternoon Away

Afternoon Tea Will Be Served

£3.00

This event is funded by The Change Fund, RCOP Programme, Argyll & Bute Council, CHP

FIRST ANNIVERSARY FOR CARER'S ASSESSMENT SUPPORT WORKER

It is incredible to find that a year has already passed since I took up the part-time position of Carers Assessment Support Worker for Helensburgh & Lomond and Bute & Cowal. It was the end of May before I could start to meet with carers whilst all the usual checks and permissions were obtained and I have now spoken with 22 carers from across Helensburgh & Lomond. I hope those carers I have met, feel they have benefitted from the time they spent with me as I have tried to find ways to help them continue caring. I would like to thank all of them for their trust and for sharing their experience with me. I hope to meet many more in the second year of my post and if anyone feels they would like an assessment, please get in touch with me directly on 07824 557635 or ask any staff member at the centre who will be pleased to arrange this.

Shirley McHugh
Carers Assessment Support Worker

TRADING STANDARDS VISIT

DOORSTOPPERS
SAY NO TO DOORSTEP CALLERS



On 20 February Frank from Trading Standards will be visiting the centre to give advice to carers regarding hoax callers as part of the initiative 'Don't be a victim of door step crime in 2014'. If you would like to book a place, please talk to one of the staff or call Janey at the centre on 01436 673444 or by e-mailing her at janey@helensburgh-carer-support.org.

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
You are always welcome to come in and speak to us during opening hours- Tuesday-Friday 10am-3pm



Regular Activities

Please support our activities and groups!

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. Arts & crafts experience is not required. New members and ideas are warmly invited. The group runs fortnightly on a Wednesday morning from 10am – 12pm on the following dates 5 and 19 February and 5 and 19 March.

Knit n Natter

The group meets fortnightly at the Carers Centre between 11am-1pm. They next meet on 12 and 26 February and 12 and 26 March. 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!!

If you are interested in joining the walking group for some exercise, 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, one of our Outreach Carers Support Workers will organise and facilitate the monthly walk. The next walks will be on 26 February and 26 March. So if you are interested, please contact Christine at the Centre on 01436 673444.

FRONTAL TEMPORAL DISORDER (FSD) SUPPORT GROUP

Helensburgh Dementia Resource Centre has set up a new support group for carers of relatives or friends with Frontal Temporal Disorder (previously known as Pick's disease). Their next meeting will be on 13 February at the Dementia Centre from 7pm. Please contact Victoria McLeod on 01436 678050.

UPCOMING EVENTS AND ACTIVITIES

COCKTAIL MASTER CLASS

Following the visit to the Centre by the Carers Trust Campaign Board in November, Michael Bergson from Soho on Miller Street Glasgow, one of the Board members, has offered the chance for 30 of our carers to attend a master class in cocktail making.

The Centre will provide transport to the event where you will be given the opportunity to make your favourite beach cocktail. We are sure it will not be a case of 'You can have your cocktail, but not drink it'!

The visit will be finished with a lovely rustic Italian lunch.

Please contact staff at the Centre to book your place. Places will be allocated on a first come, first served basis.



"PLAY IT AGAIN, SAM"

If being reminded of the well-known line from the film classic, 'Casablanca' rekindles a desire in those carers who because of limited time have had to forego the relaxation and pleasure they once derived from playing their favourite musical instrument, then we may be able to help.

Depending on interest shown, funding and accommodation, we might be available to enable a play-along group to be formed to meet on a regular basis for a tune, a cup of tea or coffee and a wee break. Speak to any staff member if you are interested.

CHIT CHAT MATTERS

Carers Café

Rhu Community Hall:

2-3pm, Wednesdays 4 February and 4 March

Kilcreggan Café:

10am-12noon, Wednesdays 5 February and 5 March

Arrochar Café (Three Villages Hall):

10.30am-12.30pm, Wednesdays 5 February and 5 March

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, Colquhoun Square, Helensburgh.

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** Thursdays 13 February and 13 March
- **Arrochar** Fridays 21 February and 21 March
- **Garelochhead** Thursdays 27 February and 27 March

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

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

A GOOD PLACE TO LIVE, WORK AND PLAY?

Argyll and Bute Community Planning Partnership will be holding sessions on the future prosperity of the local area on Thursday 6 February. It is an opportunity for the local community to get together and share view and ideas.

The afternoon session (2 - 4.30pm) will include interactive workshops and discussions on the population issues affecting Helensburgh & Lomond and the evening session (7.30 - 9.45pm) will include questions and a specially selected panel. Both events will take place in the Pillar Hall, Victoria Halls, Sinclair Street.

To book a place, submit a question to the panel, or for further information, contact 01436 658740 or e-mail communitydevelopment@argyll-bute.gov.uk.



Carer Training & Information

A NEW TRAINING PROGRAMME FOR 2014/2015

The Centre has been successful in securing funding from The Change Fund, Reshaping Care for Older People to provide a Carers Training Programme. This Programme will include some old favourites like Tai Chi and Mindfulness but will also include some new workshops for carers to try.

Mindfulness for Carers

Last year several carers attended a Mindfulness course every Tuesday Evening. This proved to be 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. On Tuesday 4th March 7-8.30pm for 8 weeks.

Tai Chi is coming back soon!

Tai Chi is a gentle form of exercise; it can prevent or ease many ills and could be the perfect activity for the rest of your life.

Tai chi is often described as "meditation in motion", but it might well be called "meditation in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

We are aiming to start a new course in April, however, we are still trying to source an appropriate venue. If you would like to book a place just call 01436 673444 or e-mail Janey, janey@helensburgh-carer-support.org.

200CLUB

Payment on numbers chosen by our members for the 200Club are now due. Some members have chosen to pay by standing order and these were sent to their banks last year. Not all however appear to have been set up. We would be grateful if you could check this with your bank as we cannot do this from our end. January's 200Club winners are: 1st prize Robert Plunkett, 2nd prize Lindsay Spence



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.

Trained volunteers not only deliver hot nutritious meals, but can also help to enhance independent living and alleviate loneliness by providing a friendly face.

If you or anyone you know could benefit from this service, please contact Karen on 07736 825342 or Theresa on 01475 781814.

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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.

BEFRIENDERS UPDATE

From the feedback I am receiving, befriending is proving to be a very worthwhile activity. I have received comments like: "We really enjoyed ourselves" and "It was a great day out". We have also had activities involving the befriender, the befriender and the carer, which have turned out to be very enjoyable for all concerned. My thanks go to all the volunteers who are making things work so well. Many of the befrienders attended a Christmas lunch at the Rosslea Hall Hotel which gave us the opportunity to meet the others and have a chat about all things befriending. It was a lovely afternoon and thanks again to all those who made it. Unfortunately the date did not fit in with everyone's plans but I will try to do better next year.

John

ANNUAL SURVEY

We will be carrying out the Carers Annual Survey for 2012/13 over the next couple of weeks. So please be aware that you may receive a call from one of our volunteers or staff members asking you questions to complete this survey. We appreciate your involvement.

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.abcsocial.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.

CREATIVE breaks

CREATIVE BREAKS

The Centre has secured funding through Argyll and Bute Carers' Network to provide carers of people aged 21 plus with a chance of a Creative Break either by themselves or with their cared-for. Application forms are now available for breaks 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. The deadline for the return of applications is **12 noon Friday 28 February 2014**. You will be informed of any decision after the Management Committee has ratified the recommendations made by the panel.

YOU'RE GETTING WARMER

More than 3 million households in the UK live in fuel poverty and many of these will qualify for FREE help with their heating and home energy efficiency.

Scottish Hydro is offering a free boiler and / or free insulation to those households that qualify. You do not need to be their customer. Give them a call on 0800 980 7537. Just make sure you have your benefit entitlement letter or tax credit award notice at hand when you call.

Further details to this scheme can be found on the leaflet enclosed with your newsletter. If the leaflet is missing either call the office or go online to www.hydro.co.uk/winterhcro.

Even if you would not benefit yourself please inform your friends and relatives in case they qualify.



MENTAL HEALTH & WELLBEING IN LATER LIFE EVENT

Carers Trust Scotland and NHS Health Scotland are hosting a Mental Health & Wellbeing in Later Life Event called 'Caring and Connecting as We Age'.

The event will be held on Thursday 27 February 2014 at Hampden Park in Glasgow and gives carers and those promoting mental health and wellbeing in later life a chance to discuss what matters and meet with other people in similar situations, and share experiences. It will be attended by policy makers, practitioners and academics.

We would like to get a group of carers together of our carers to attend this event. If we get enough interest, we may be able to provide transport.

The deadline for applications is 14 February. Please contact staff at the centre if you are interested.

CREATIVE BREAKS

Support in Mind Scotland together with Carers Trust Scotland, are delighted to announce the continuation of funding from the **Creative Breaks Fund through Short Breaks' Time to Live Awards**.

This funding scheme will enable **carers of people with serious mental health problems** to apply for financial assistance towards a break of their choosing which will help benefit them personally.

Applications are open to adults and young carers. Special arrangements will be made for successful young carers regarding the formal agreement and payment process.

Please contact staff at the centre for further information and, if required, help with completing the form.

We are always looking for donations of raffle prizes for various fundraising events.
We would be very grateful if you dropped them off on your next visit.

HEALTHY EATING CORNER

INGREDIENTS

- 8 baby new potatoes, halved
- 2 tsp olive oil
- 2 carrots, sliced
- 1 courgette, sliced
- 1 leek, sliced
- 1 tsp each chopped thyme and rosemary, plus a sprig or two
- 2 small skinless chicken breasts
- 150ml low-sodium chicken stock

METHOD

Heat oven to 200C / 180C (fan) or gas 6. In a small roasting tray toss the potatoes with the oil, carrots, courgette, leek, herbs and seasoning. Roast for 30 mins until starting to brown.

Remove from the oven and give the vegetables a stir, nestle in the chicken, then return to the oven for 15 mins.

Pour over the stock and cook for a further 5 mins or until the chicken and vegetables are cooked through.



Source: BBC Good Food website

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.