

## Prepared to Care ? 10th-16th June

### Tuesday 11th

**Fish Tea**  
@  
**The Palace Restaurant**  
**Helensburgh**  
**4-6pm**  
**Call the Centre to book your place!**

### Wednesday 12th

**Health & Wellbeing Clinic**  
**10am-1pm**  
@  
**The Carers Centre**  
**Health Checks by a District Nurse**  
**Nutritionist**  
**Bach Flower Remedies**  
**Also available**  
**Podiatry & Nail Cutting Service by**  
**appointment only**

### Friday 14th

**Information and Coffee Morning**  
**10am-12pm**  
@  
**The Carers Centre**  
**Drop in for a cuppa and chat with**  
**one of our partner organisations**  
**who will be happy to answer any**  
**questions you may have**

**Guests include:**  
**Jackie Ballie MSP**  
**Occupational Therapist**  
**British Red Cross**  
**Strathclyde Fire & Rescue**

**If you would like any further**  
**information about Carers Week Please**  
**call 01436 673444 and speak to a**  
**member of staff .**

**Prepared to Care?** – the 2013 Carers Week campaign will focus on how the UK's current carer population is coping, how effectively Government is supporting the growing numbers of carers, and whether the wider population is prepared for future caring responsibilities.

Through **Prepared to Care?** Carers Week will highlight the impact of caring on daily life and, with an ageing population and higher incidence of disability and serious illness, encourage the public to think whether they could manage a caring role.

**Prepared to Care?** will also help those already caring to make sure they are accessing all the practical and emotional support they need to care safely and look after themselves.

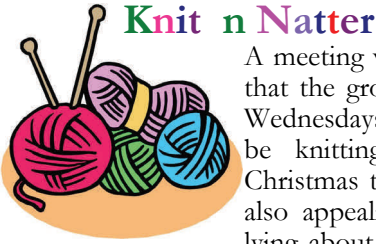
### CARERS CENTRE TEAM

Eileen McCrory, Manager  
April Walker, Young Carer Development Coordinator  
Sharon Richardson, Young Carer Support Worker  
Eileen Churchill, Outreach Carer Support Worker  
Christine MacTaggart, Outreach Carer Support Worker  
Janey Macdonald, Carer Training Coordinator  
Shirley McHugh, Carer Assessment Support Worker  
Inge Fik, Administrative Support 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**

# Regular Activities

Please support our activities and groups!



## Knit n Natter

A meeting was held on 22nd May where it was decided that the group will meet in the Carers Centre alternative Wednesdays, starting on June 5th, 11am-1pm. They will be knitting small items and selling them around Christmas time to raise funds for the Centre. They are also appealing for any old wool/yarn you might have lying about which could be put to good use. If you are interested in joining the group, just pop in to the centre on the dates and times as above.

## Sugar Craft Classes

Sugar craft classes will now be held in Rhu Community Hall every 2nd Wednesday from May 15th between 12.30-2.30pm. So why not come along, have some fun and uncover your creative talent while discovering a new skill. Learn how to prepare, ice a cake and make floral decorations.

## Parent Carer Support Group

2nd Thursday of each month  
10am - 12noon, at Carers Centre

If you are the Carer of a child or young person and want to meet other Parent Carers come along for a coffee and a chat. Sharing ideas and discussing problems can often help you in your caring role. No need to book, just drop in.

## Walking Group Dates

Wednesday June 5th

Wednesday June 19th

Wednesday July 3rd

Meet at the Carers Centre, 1.30pm. Walks/routes to be confirmed. All welcome. Call Eileen Churchill on 01436 673444 for more info.

If you would like more info or to book a place for any activity or event, call Eileen or Christine on 01436 673444

## THERAPIES

Feeling the pressures of your caring responsibilities? Could you do with a little time out and relaxation? Do you live around the Peninsula and find it difficult to get to the centre?

We are in the following Health Centres:

- Kilcreggan 2nd Thursday of the month
- Arrochar 3rd Friday of the month
- Garleochhead 4th Thursday of the month

Give Eileen or Christine a call on 01436673444 and arrange an appointment for a Massage, Reflexology or Acupressure.

## CHIT CHAT MATTERS

### Carers Café

Kilcreggan Cafe 1st Wednesday of the month, 10am - 12 noon.

Rhu Community Hall 1st Tuesday of the month, 2-3pm.

Please come along all welcome!!

## Friendship Group

A joint HLC & 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, 10am-12 noon at West Kirk Cottage, Colquhoun Street, Helensburgh.

## Dalmellington Weekend Break

We have limited places left for the weekend break to Dalmellington House leaving on Friday 12<sup>th</sup> July and returning on Sunday 14<sup>th</sup> July.

Dalmellington House is a small hotel situated in the heart of the Ayrshire countryside offering a friendly and relaxing atmosphere with comfortable surroundings for a break away from it all. In the past when we visited, we took a trip to Burns Cottage and Culzean Castle and the feedback we received was very positive.

If you would like to find out more or book a place then please don't hesitate to get in touch with us. Call Janey on 01436 673444, email: [janey@helensburgh-carer-support.org](mailto:janey@helensburgh-carer-support.org) or drop in and see us.

## UPCOMING EVENTS & ACTIVITIES

### Tea Dance, Geilston Hall, Cardross June 21st 2-5pm

Tickets now available £3.00 and selling fast! So if you don't want to miss out on this popular event, pop into the Centre and pick up your tickets. Ticket price includes afternoon tea from the Buffet Shop in Helensburgh and music from Sue & Jim Brown. If you require transport please inform a member of staff.

### Inverary Jail and Loch Fyne Visit Friday June 7th

There are still a few places left for this trip, so if you would like to go along please get in touch with Christine at the centre. This will be a great day out with lunch at the Loch Fyne Hotel.



### Open Top Bus Tour Glasgow Visit to the People's Palace & Lunch at The Millenium Hotel Tuesday July 2nd

If you would like to attend this outing please contact Eileen or Christine at the Centre to book your place.



Call 01436 673444 if you would like to attend any of the events/activities listed above

# Carer Training & Information

## Upcoming Training Opportunities for Carers

**Basic First Aid Training** There is an opportunity to take part in basic first aid training for carers. If this is something that you would like to be involved in please let me know so that I can gauge demand.

**Moving & Handling** During the last week in May I attended a training course for trainers in Moving & Handling. This will allow me to train carers in Moving & Handling. I will be able to deliver this in a group setting or individually to carers in their own homes.

### **Foot-Care Awareness Training for Carers who Provide Personal Care**

The Podiatry Department at Jeanie Deans Centre, Helensburgh are running Training Sessions on foot care on the following dates:

- Wednesday the 12<sup>th</sup> of June (pm only)
- Wednesday the 17<sup>th</sup> of July
- Wednesday the 14<sup>th</sup> of August
- Thursday the 17<sup>th</sup> of October

Sessions will be held at 10.30am & 2pm (lasting approx 1 hour) they will be held in the Waverley Room at the Jeanie Deans Centre, Helensburgh.

**Mindfulness for Carers** This training is initially being aimed at carers who support someone with a mental health issue and will start on September 17<sup>th</sup> from 7pm till 8.30pm for eight weeks.

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 our life. It cultivates a whole approach to life and living rather than just a momentary meditation technique.

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.

If you think you could benefit from any of the above please get in touch with me [Janey@helensburgh-carer-support.org](mailto:Janey@helensburgh-carer-support.org) or call me at the centre on 01436 673444

### ***GREY Matters***

meets between 10.30am-12.30pm at  
Argyll Voluntary Action offices  
14 Colquhoun Square, Helensburgh

An exciting new way for older people to get involved and have their say in community life. Run by Argyll Voluntary Action they meet every Saturday (unless otherwise stated) and have a programme of events and guest speakers. New members are welcome. Forthcoming events include:

#### **June**

**Sat 8th**-Maggie Clark, Living it up Project

**Wed 12th**-AVA Open day-URC, Church Hall, 12.30-2.30pm

**Sat 15th**-Sue Davies, AVA, Friendly Visiting Service & Safe at Home

**Sat 22nd**-Councillor Louise Glenn-Lee, Culture & Heritage

**Sat 29th**-Strawberry Tea, Open Meeting



### **USEFUL TELEPHONE NUMBERS** **ARGYLL & BUTE COUNCIL**

|                              |                                                                                |
|------------------------------|--------------------------------------------------------------------------------|
| Website:                     | <a href="http://www.argyll-bute.gov.uk">www.argyll-bute.gov.uk</a>             |
| Email:                       | <a href="mailto:enquiries@argyll-bute.gov.uk">enquiries@argyll-bute.gov.uk</a> |
| 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.



## The Carers Afternoon Tea featuring The Great Carers Bake-Off



Despite some minor mishaps such as changes in times and a certain Staff Member forgetting to tell finalists to bake their cake (that'll be me then), we arrived at Cameron House Hotel just before 2pm with pre-set notions of how it would look. Cameron House Hotel had a trick up its sleeves however and blew us away with the setting of our get-together. We were directed towards the drawing room with a beautiful view overlooking the loch and sea plane and sat down on comfortable sofas with the coffee tables set for our afternoon tea. Once all guests had arrived and our 3 entrants had had their delicious creations beautifully displayed, the panel of judges got on with choosing their favourite cake. After private deliberations they came out with a unanimous decision.....

Joy Michie. Her flavoursome Wheat free Chocolate Brownie had bowled them over. The overall standard of the three cakes was so high, that staff at Cameron House Hotel said they were more than happy for any of them to appear as part of their Afternoon Tea.

After the photoshoot, we were able to start tucking into delicious sandwiches, scones with cream and jam and a selection of delectable cakes whilst chatting away and enjoying each others company.

Thank you to all Guests and Judges, Nasreen Kharegat, Sue Montgomery-Ardarden Tea Room, Pastry Chef Gina, Head Chef Ryan Neil and Cameron House Hotel for the wonderful time had.



### Helensburgh & Lomond Young Carers Initiative

On Thursday 30th May, 5 Young Carers represented the Young Carers Initiative at the City of Glasgow College fundraising fashion show. 2 of them were brave enough to face the audience and tell them what it is like to be a young carer and how valuable the services and support are to them. After the initial disappointment that they were not the stars of the catwalk, the young carers mingled with the guests and helped with the fundraising efforts by selling raffle tickets.

The themed fashion show from "Scotland to Wonderland" was a great success with the fashion and design students showing off their talents on the catwalk, whilst the PR and Media Students raised awareness by creating posters and tickets, advertising in their student magazine and social media sites, they also prepared press releases for publication.

Our thanks go to the students and staff at City of Glasgow College, Jennifer McMananon from Carerstrust for her support. We will let you know in due course the amount raised.

The lucky **Winners of our May 2013 Draw** were  
**Trish McCarron — First Prize £25**  
**Eleanor McQuade — Second Prize £5**

To join in the 200 Club Draw you must be a Member of HLC. Lifetime HLC Membership costs just £2 and application forms are available from the Carers Centre. Membership of the 200 Club costs £12 per annum. **JOIN NOW June-December** and pay just £7 for seven months. Members may have up to five numbers in the Draw. Contact the Centre for further information.

### FUNDRAISING

Our fundraising has got off to a great start for this coming year, sitting at a healthy £1605.44 we will hopefully we will smash the £10,600 target. Many thanks to everyone who supports us in our fundraising events, we couldn't do it without you!!

**Fundraising Events: Pamper Night £413.58**  
**Copper Dropper: £8.15**

**£50 donation from Sue Montgomery at Ardarden Tea Room**

**An anonymous donation for £100 was received.**  
**Thank you whoever you are.**

### ***VISIT HELENSBURGH & LOMOND CARERS SCIO @ IT'S WEBSITE:***

Log on now to **[www.helensburgh-carer-support.org](http://www.helensburgh-carer-support.org)** to see what's happening!

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 information that you would find useful to have on the site so please contact a member of staff