

# MID-MARCH / APRIL 2014

# CARERS NEWS

HELENSBURGH AND LOMOND CARERS SCIO



## Helensburgh & Lomond Carers SCIO

In partnership with  
De Vere Cameron House Hotel and Ardardan Estate  
are pleased to present



### FAMILY SPRING FLING

Shake off the winter cobwebs, come and join us and get ready for spring!  
12th April, 10am - 4pm at Ardardan Estate, Cardross

Activities include:

Prize Treasure hunt, face painting, chocolate Easter egg decorating competition, egg and spoon race, beat the goalie,

Kitchen Masterclasses with Cameron House Chefs Ryan and Joe; In the Potting Shed – learn how to pot your plants; Spring Cleaning - Top tips; Falconry; Food tasters

Prize Bingo; raffle; tombola; book stall; knitting and crafts.

Come along for a fun day with all the family. FREE entrance



## SPONSORED CHARITY 12 HOUR SPINATHON 2014

in partnership with  
Chris Bowman Fitness



Venue: The Station Bar, East Princes Street, Helensburgh  
Time: 9am - 9pm

You can help us raise funds by spinning for 1 hour. Entry is free. All you have to do is raise £25 through sponsorship. Alternatively you can sponsor Eileen and Sharon who will be spinning for 12 hours.

For more information and / or a sponsorship form, please contact Sharon on  
[sharon@helensburgh-carer-support.org](mailto:sharon@helensburgh-carer-support.org) or  
01436670555

### 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 / 19 March and 2 / 16 / 30 April.



## Knit n Natter

The group meets fortnightly at the Carers Centre between 11am-1pm. They next meet on 12 / 26 March and 9 / 23 April. 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 are 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 March and 30 April. 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 March at the Dementia Centre from 7pm. Please contact Victoria McLeod on 01436 678050.

## UPCOMING EVENTS AND ACTIVITIES

### Helensburgh & Lomond Young Carer's Initiative's FUNDRAISING CEILIDH

Lisa Gallacher, HND student at City of Glasgow College, has organised a fundraising ceilidh. The proceeds will go to Helensburgh and Lomond Young Carers Initiative. The event will take place on Saturday 22 March with the doors opening at 8pm. The venue is Colgrain Bowling Club in Helensburgh. The cost of a ticket is £6 and tickets can be purchased at the Carers Centre.



## "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, Tuesdays 4 March and 1 April

Kilcreggan Café:

10am-12noon, Wednesdays 5 March and 2 April

Arrochar Café (Three Villages Hall):

10.30am-12.30pm, Wednesdays 5 March and 2 April

## 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 March and 10 April
- Arrochar Fridays 21 March and 18 April
- Garelochhead Thursdays 27 March and 24 April

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.

## REABLEMENT TRAINING

### JEANIE DEANS UNIT, HELENSBURGH

NHS Highland are offering carers an opportunity to attend training to maximise service users' long term independence and quality of life. The course is suitable for those caring for someone in their own home. To book a place, please phone 01436 655052 or e-mail [linda.farguharson@nhs.net](mailto:linda.farguharson@nhs.net). For more information please call the above number and ask for Anne Stewart, OT Lead.

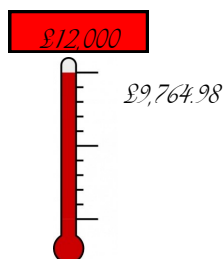


# Carer Training & Information

## FUNDRAISING EFFORTS 2013-2014

We set ourselves a target of £10,600 to be raised this year. At present we have reached the dizzy heights of £9,764.98. We have managed to achieve this through many events and activities such as: 200Club - £160; Card Sales - £7; Christmas Carers Lunch - £418.80; Christmas Craft Coffee am - £135.80; Copper Dropper - £84.42; Daffodil Coffee am - £88.80; Edward Reid Night - £1,305.26; Hamish's Birthday - £41.10; Hamper Raffle - £96; Jenner's Gift Wrapping - £106.18; Knitting Group - £124.50; Log Cabin Blanket - £68; Pamper Night - £374.58; Race Night - £911.41; Spinathon - £689; Station Bar Event - £55.08; All the Tea dances together - £874.08 and Tiara Walk - £3,342.07.

We need to give it just a little push for the target to be reached so we are hoping for your support with the upcoming Spinathon 2014 in the Station Bar, 29 March.



THANK YOU FOR ALL YOUR SUPPORT OVER THE PAST YEAR!!!!!!!!!!!!!!!!!!!!!!

## 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. If payments are not received within the next couple of weeks your numbers will not be entered into March' draw and will therefore be free to allocate to new members.

February's 200Club winners are: 1st prize Trish McCarron and 2nd prize Irene Dalrymple. Congratulations!



## 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.

## EASTER CLOSURE

The centre will close for the Easter Weekend on Thursday 17 April at 3pm and re-open on Tuesday 22 April at 9.45am for the first holistic therapy treatment.

## FUNDRAISING TEA DANCE

13 June at The Commodore Hotel, Helensburgh  
Between 2-5pm

Music by Jim and Sue Browne

Tickets are £6 on sale at the Centre

Book early to avoid disappointment



## SELF-DIRECTED SUPPORT

Self-Directed Support allows people to be in charge of their support so they can live the life they choose. Simon Richardson is a Project Worker with Community Contacts. Simon will be in The Centre on:

Tuesday 29th April  
10am-12noon



to share Information on Self-directed Support and how Community Contacts can help.

Please call to register your attendance on 01436 673444

## 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.casonline.org.uk](mailto:info@abcb.casonline.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](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:** 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.

### CARERS LEGISLATION CONSULTATION—HAVE YOUR SAY

As you may be aware, the Scottish Government is currently consulting on proposed new Carers Legislation which aims to 'accelerate the pace of change' so that more carers across Scotland receive the support they need to safely carry out their caring role, and to have a life outside of caring. The consultation points to the progress that has been made but recognises more can be done.

*"We have put significant effort into support carers and young carers over the past few years. But the success of this cannot take away from the fact that many carers are experiencing considerable stress and anxiety and are not being supported."*

**Michael Matheson MSP, Minister for Public Health**

This consultation provides an important opportunity for carers, young carers, the wider public and those working in the public, voluntary and independent sectors to all have their say on what they would like to see included in the legislation. The range of options being considered includes - improvements to carer identification and assessment, new duties to provide information and support, better carer engagement in planning and service development, and a specific duty to promote and provide short breaks. There are various way people can find out more and be involved in the consultation process:

- Visit the **Scottish Government's** Carers Legislation webpage by typing or copying and pasting this link:  
<http://www.sharedcarescotland.org.uk/news/our-events/Carers+Legislation+Consultation.html>
- The **National Carer Organisations** (NCOs) have produced a summary **Briefing Paper** on the Carers Legislation proposals. To download this type or copy and paste this link:  
<http://www.sharedcarescotland.org.uk/news/our-events/Carers+Legislation+Consultation.html>
- You can read **Shared Care Scotland's** position paper making the case for a **Short Breaks Duty** (one of the options being consulted on). To download this type or copy and paste this link:  
<http://www.sharedcarescotland.org.uk/news/our-events/Carers+Legislation+Consultation.html>
- The NCOs have developed a **short survey** to collect views on the proposals. To complete the survey type or copy and paste this link:  
<https://www.surveymonkey.com/s/ScotlandCarersBill>

Helensburgh & Lomond Carers would like to support carers to respond to this proposed legislation and in order to put forward a joint response, we are hosting a consultation event here at the Centre on **Tuesday 25 March between 10am - 12noon**. Please call to register your attendance. We hope you can join us and together make a positive difference to your caring role. The consultation runs until 16 April.

If you do not have access to a computer or are having problems accessing the above links, please do not hesitate to contact us at the centre and we will help you.

### HEALTHY EATING CORNER

#### INGREDIENTS

- 100g ramen noodles
- 100g green beans, halved
- 3 tbsp hoisin sauce
- Juice 1 lime
- 1 tbsp chilli sauce
- 1 tbsp vegetable oil
- 250g turkey mince
- 2 garlic cloves, chopped
- 6 spring onions, sliced diagonally

Cooking time: **Prep.**-10mins; **Cook** -15mins  
Servings: Serves 2

#### METHOD

Boil the noodles following pack instructions, adding the green beans for the final 2 mins. Drain and set aside.

In a small bowl, mix together the hoisin, lime juice and chilli sauce. In a wok or frying pan, heat the oil, then fry the mince until nicely browned. Add the garlic and fry for 1 min. more. Stir in the hoisin mixture and cook for a few mins. More until sticky. Finally, stir in the noodles, beans and half the spring onions to heat through. Scatter over the remaining spring onions to serve.



Source: BBC Good Food website

### 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.