

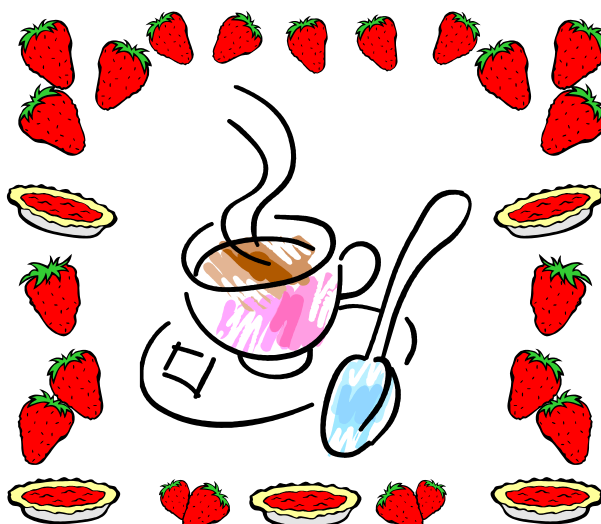
MAY 2014

CARERS NEWS

HELENSBURGH AND LOMOND CARERS SCIO

HELENSBURGH & LOMOND
CARERS SCIO
WOULD LIKE TO INVITE YOU TO COME ALONG
FOR

STRAWBERRY TEA



AT HELENSBURGH & LOMOND CARERS CENTRE
WEDNESDAY 14TH MAY
10-12NOON
HOME BAKING WELCOME

FUNDRAISING TEA DANCE

We will be holding a Fundraising Tea Dance on

13 June, 2-5pm

at The Commodore Hotel, Helensburgh

Music by Jim and Sue Browne

So join us for good fun, good company, good food and a raffle

Tickets are £6 and can be bought at the Centre

Book early to avoid disappointment

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

Pamela Burns - Education, Training & Employment 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 at the Centre on a Wednesday morning from 10am – 12pm on the following dates 14 and 28 May 2014.



CHIT CHAT MATTERS

Carers Café

Kilcreggan Café:

10am-12noon

Wednesday 7 May 2014

Arrochar Café (Three

Villages Hall):

10.30am-12.30pm,

Wednesday 7 May 2014

FRONTAL TEMPORAL DISORDER (FTD) SUPPORT GROUP

The next meeting of the Helensburgh Dementia Resource Centre's Support Group for carers of relatives or friends with FTD will be on 8 May in the Commodore Meeting Room between 7-9pm. Please contact Victoria McLeod on 01436 678050.

"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.



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** Thursday 8 May 2014
- **Arrochar** Friday 16 May 2014
- **Garelochhead** Thursday 22 May 2014

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

Knit n Natter

The group meets fortnightly at the Carers Centre between 11am-1pm. They next meet on 7 and 21 May 2014. 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, 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.

SELF DIRECTED SUPPORT

Carr Gomm's Community Contacts project is designed to provide information, advice and support to individuals at all stages of their Self-Directed Support (SDS) journey in Argyll and Bute.

Our team of staff and volunteers work with individuals and communities to share information and raise awareness about SDS and how it can change the way people's social care needs are met. They also support individuals to plan and choose an SDS approach that is right for them, using a person-centred approach. You can contact Becs Barker, Project Manager on 07766 925388 or becsbarker@carrgomm.org for further information or visit their website www.carrgomm.org/communitycontacts.

THESE BOOTS ARE MADE FOR WALKING!!

We organise monthly walks for our carers. The walks are for all levels of fitness and ages. Christine facilitates the event. The next walk is on 28 May 2014. So if you are interested in some exercise, a chat and some fun please contact us on 01436 673444.



NEW - HEART FOR ART

Crossreach Heart for Art offer people with dementia, their carers and family access to a new creative service. Every second Tuesday there will be an opportunity to take part in therapeutic art sessions based on visual arts; meet new friends and build supportive relationships through creative sessions; access, support and advice on dementia from dementia experts; and enjoy a cup of tea/coffee and lovely homemade cake. The service is free and you do not need to book a place. They meet between 1-3pm at the Church of Scotland Hall, Old School Road, Garelochhead, G84 0AT. The next sessions will be on 13 and 27 May. If you have any queries, please contact the Heart for Art team on: heartfor.art@crossreach.org.uk or 0141 620 3092.

ANSWERING THE DOOR TO UNEXPECTED CALLERS POINTS TO REMEMBER

1. Normally you have the right to a 7-day cooling off period in writing, before any work starts.
2. Companies and trades people must give you their full name and address in writing.
3. If you ask the person to leave your property they must do so immediately.
4. Aggressive sales tactics, harassment and coercion are prohibited by law.
5. You are not obliged to pay any amount of cash before work is carried out.
6. **If you feel threatened or you suspect that the person may be a bogus caller, phone Police Scotland on 101.**
7. For further advice on your rights in relation to unexpected callers please contact Argyll and Bute Trading Standards on (01546) 605519.

Training & Information

CREATIVE BREAKS FUND 2ND ROUND

We have recently been given additional funding enabling our carers who care for people with mental health issues to apply for a small grant for a break away. The closing date for applications is 16 May and all holidays are to be taken by the end of September 2014. Please contact the centre if you wish to apply. Only those who have not been given a grant in the first round, will be eligible.

BEFRIENDING UPDATE

Judging by the feedback I receive, our volunteer befrienders are continuing to do a marvellous job with both the carers and those they care for. I would like to extend a massive thank you to everyone involved.

More good news is that we have received a welcome funding boost for befriending activities from the Hugh Fraser Foundation who have donated £2000 per year for this and next financial year. If everyone could aim to limit their expenditure to around £20 per outing I estimate that our current funding will last till the end of March 2016. This figure may however vary as a result of fluctuations in the total number of active befrienders and the number of outings per month. I'll keep you posted.

For those of you who have requested a befriender, I am working my way through a list to ensure I visit you all and get a personal profile for each person being cared for. This profile is like a wee life story that enables me to identify areas of common interest and subsequently make the best match possible within the befrienders I have available.

The only problem I have currently is the number of volunteer befrienders is approximately a third of the number of carers requesting a befriender. There are befriending posters and leaflets available and I would like to see these spread as wide as possible within the Helensburgh and Lomond area. If anyone has a good idea of somewhere that we may benefit from pinning up a poster and / or leaving some leaflets I would be very happy to hear from you. Indeed if you know anyone who would like to find out about volunteering as a befriender, please let me know.

John

Tai Chi

Due to unforeseen circumstances the Tai Chi course has now stopped. It will recommence on 29 September. Ken sends his apologies, however, this has been unavoidable. Janey and Moira are currently looking at whether we can offer an alternative to Tai Chi in the meantime and will keep you all up to date.

Stress and Anxiety for Wellbeing Workshop

Stress and wellbeing training is something that most people could benefit from. However, when you are a carer, stress levels can be high and often your own wellbeing gets put aside. This course aims to help carers recognise the signs and symptoms of stress; recognise some of the behaviours that can be caused by stress; and put strategies in place for dealing with stress. It will be delivered on **Friday 6th June at RSR Braeholm, Helensburgh**. The workshop will run from 10am till 3pm and a light lunch will be provided. Places are limited, so if you are interested and want to book a place please get in touch as soon as possible.

For more information on upcoming events please feel free to phone, email or pop in for a chat. If you have any requests for training please don't hesitate to let me know.

Janey

DO YOU CARE FOR SOMEONE WITH A MENTAL HEALTH ISSUE?

We are looking to develop training along with the NHS Highland for carers of people with mental health issues. We would like to organise a focus group in order to identify the areas where carers feel training would benefit them most. If this is something you would like to be involved in, please get in touch with **Janey** at the centre.

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.

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.farquharson@nhs.net. For more information please call the above number and ask for Anne Stewart, Occupational Therapy Lead.

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.



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

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 WEEK, MONDAY 9 TO SUNDAY 15 JUNE 2014

Carers Week is a UK-wide annual awareness raising campaign and this year's theme is 'Identifying Carers'. Its aim is to improve the lives of carers and the people they care for. Each year Carers Week has a theme and this year there is also a challenge the Carers Week Quest.

The Carers Week Quest is an exciting new initiative to encourage improved collaborative working in local communities to reach out to carers. It aims to reach thousands of carers in the UK who are currently missing out on services and support. The main focus of the week will be on working together in local communities to reach as many carers as possible during Carers Week.

We will be kicking off Carers Week on Monday 9 June with a walk to Kidston Park. All carers are welcome and are asked to meet at the centre at 10.30am with best smiles on for a photo. Tea/coffee and a scone will be waiting for all at Kidston Café as a well-deserved reward.

On Wednesday 11 June we continue the tea/coffee and cake theme with a coffee morning at the Centre. This will run from 10am-12noon with our partner organisations offering advice and information to our carers.

Finally on Friday 13 June we will hold a Fundraising Tea Dance at the Commodore Hotel. For further details on this, please read the front page.

PHONE APP FOR CARERS

'Jointly' is a tool to help families manage care for loved ones alongside increasingly complex lives. Available for mobile phones, tablets and computers, it offers a simple practical way to share information and co-ordinate tasks amongst an invited circle who are helping look after a loved one: private and secure group messaging to keep everyone informed and better connected; profile and contacts page, with easily accessible vital information such as medication lists; and shared calendar and task lists to co-ordinate responsibilities, organise what needs to get done and store important information. The app was developed for Carers UK. Please see link below for more information: <https://www.jointlyapp.com/#welcome>

200CLUB

To join the 200Club you must be a member of Helensburgh & Lomond Carers SCIO. Lifetime membership costs £2 and application forms are available from the Carers Centre. Joining the 200Club costs £12 per number per year. If you join now, you will only pay £8 per number for the remainder of the year. Members may have up to 5 numbers in the draw. Contact the Centre for further information.

March's 200Club winners are: 1st prize Maggie Mackie and 2nd prize Joan Thompson and April's 200Club winners are: 1st prize Beryl Nelson and 2nd prize Ron Laley.

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

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.

INGREDIENTS

- 1tbsp olive oil
- 1 clove garlic, finely chopped
- Thumb-sized piece of ginger, finely chopped
- 1 large onion, chopped
- 2 courgettes, diced
- 1 red and 1 yellow pepper, deseeded and chopped
- 1 tbsp. chilli powder
- 100g red lentils, washed and drained
- 1tbsp tomato puree
- 2 x 400g cans chopped tomatoes
- 195g can of sweetcorn, drained
- 420g can of butter beans, drained
- 400g can of kidney beans, drained

Cooking time: **Prep.**-10mins; **Cook** -30mins

Servings: Serves 4

VEGETABLE & BEAN CHILLI

METHOD

Heat the oil in a large pan. Cook the garlic, ginger, onion, courgettes and peppers for about 5 mins until starting to soften. Add the chilli powder and cook for 1 min more.

Stir in the lentils, tomato puree, tomatoes and 250ml water. Bring to the boil and cook for 15-20 mins.

Add the sweetcorn and beans, and cook for a further 10 mins.

HEALTHY EATING CORNER



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.