

CARERS NEWS

CARER'S HEALTH



Look after yourself – be fit to care!

Caring can be stressful as well as rewarding and keeping an eye on your health and well-being and being good to yourself can help make a difference to the way you cope and how you feel. Earlier this year we carried out our Annual Carers Survey and we asked the question:

“If funds become available, which services would you appreciate most?”

-75% Of those who responded asked for more information about their own health.

We would like to find out a little bit more about what exactly you would like us to do in helping you address your health issues. Would you for example, like more information about healthy eating, keeping fit, how to manage stress levels or quite simply, how to get a good night's sleep?

In order for us to respond to your needs, we want to be clear on what action to take, and we would love to hear your ideas on how best to shape new services.

Please call into the Centre or telephone us on 01436 673444 and speak to a staff member who will listen to your ideas. Any new services introduced will of course be dependent on funds being secured.

Meantime, we have introduced a 'Healthy Living' slot in our monthly newsletter giving lots of tips and recipes for a healthier lifestyle! We hope you enjoy reading it and unearth some health benefits!

Tiara Walk 2013
5K Fundraising Walk
in partnership with **ENABLE Scotland, Helensburgh Branch**



Our yearly charity walk is nearly upon us. It is promising to be a wonderful night for all with the rugby club laying on a feast with their bbq, a disco and a raffle, but first and foremost our little jaunt around town. Whilst on that subject, you will be aware that the council are working on the roads in Helensburgh especially out at the front on West Clyde Street. The council cannot guarantee finishing the works before our walk. We, therefore, have a contingency plan for an alternative route through Helensburgh if this proves necessary. You will be notified of the change of route and receive a new route plan when signing in on the evening.

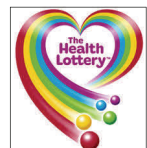
There is still time to register and we would love to see you. If the walk is not your scene, please consider becoming a volunteer for the evening as either a meeter and greeter at the rugby club or as a marshall during the walk. **WE NEED YOUR HELP TO MAKE THIS EVENING A SUCCESS!**

For more information contact Inge at the Carers Centre on 01436 673444.



CARERS CENTRE TEAM

Eileen McCrory, Manager
Eileen Churchill, Outreach Carer Support Worker
Christine MacTaggart, Outreach Carer Support Worker
Janey Macdonald, Carer Training Coordinator
Shirley McHugh, Carer Assessment Support Worker
John Izatt, Carer Befriending Service Support Worker
Inge Fik, Administration & Finance Support Worker
April Walker, Young Development Co-ordinator
Sharon Richardson, Young Carer 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!

THESE BOOTS ARE MADE FOR WALKING!!

We would like to rejuvenate the walking group to encourage more carers to join us. If you are interested in coming along for a walk, 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 the Outreach Carers Support Worker will organise and facilitate the monthly walk. So if you are interested, please contact Christine at the Centre on 01436 673444.



PARENT CARER SUPPORT GROUP

Thursday 12 September

10am - 12noon, at the 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.



SUGAR CRAFT CLASSES

Postponed until further notice.

CHIT CHAT MATTERS

Carers Café

Kilcreggan Cafe: Wednesday 4 September, 10am-12noon

Rhu Community Hall: Tuesday 3 September, 2-3pm

Please come along. All welcome!!



KNIT N NATTER

This now well established group meets up once a fortnight at the Carers Centre. This month they meet on Wed 11 and 25 September between 11am-1pm. 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.



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.



Alzheimer Scotland
Action on Dementia

THERAPIES AVAILABLE

Feeling the pressures of your 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 once a month:

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

Give Eileen or Christine a call on 01436 673444 and arrange an appointment for a Massage, Reflexology or Acupressure.



UPCOMING EVENTS AND ACTIVITIES

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

OPEN TOP BUS TRIP AND KELVIN GROVE ART GALLERY

With lunch at Amore, Glasgow

We are now FULLY BOOKED for our day trip to Glasgow on Friday 6 September 2013.



BLAIRGOWRIE WEEKEND BREAK

We have a few places left for the weekend break to the Angus Hotel in Blairgowrie leaving on Friday 4 October, returning on Sunday 6 October. We would like to invite those carers who have not yet benefitted from a weekend break to take part. If you would like to find out more or book your place, please do not hesitate to get in touch with us on 01436 673444.

The Angus Hotel is Blairgowrie's premier leisure hotel with a modern indoor pool and health spa. You will arrive and get a chance to get settled followed by holistic therapies for some and an evening meal. Appointments for therapies will continue the next day. The rest of the daytime Saturday can be spent however you like. In the evening there will be a 3-course meal followed by a 'Casino Royal Bond Themed' cabaret.



TEA DANCE, CENTRE 81, GARELOCHHEAD

Tickets will go on sale on 3 September for our next tea dance to be held at Centre 81, Garelochhead on Thursday 31 October. As it will be Halloween, we would like people to dress up if they can. Everybody is welcome even without a costume. Smiles invited, though one will be provided on the day. Tickets will be £3. Food will be supplied by the caterers at Centre 81 and music, as always, presented by Jim and Sue Browne. Tickets are guaranteed to go fast, so get in there as quickly as you can.



An Evening with Edward Reid

Twinkle Twinkle with this Star on

Friday 11th October 2013

Commodore Hotel

7.30pm-1am

In Aid of Helensburgh & Lomond Carers SCIO

Tickets £15.00



Includes Music from Des & Louise and DJ Stewart Maule



Recognised Scottish Charity No SC033382, A Scottish Charitable Incorporated Organisation

Carer Training & Information

HEALTH LIVING 10 Tips for healthy eating

1. Have a piece of fruit or natural fruit juice with every meal and for snacks
2. Eat two portions of vegetables or salads with main meals
3. Eat four to five slices of bread a day (for women) and six to eight (for men). Serve bread with your meals as well as using it for sandwiches. Eat more bread, not less, using mainly wholemeal bread
4. Eat a large bowl of breakfast cereal every day
5. Rice, pasta (e.g. Macaroni) or potatoes should take up about a third of your plate for main meals. Eat more rice, pasta and potatoes
6. Aim to eat at least two portions of fish a week: fresh, frozen or tinned. Each week, one of these portions should be oily fish such as sardines, salmon, pilchard, mackerel, herring, trout or fresh tuna (not canned though this is still a good source of protein and some vitamins)
7. Use half a pint of milk (semi-skimmed or skimmed), or low-fat yoghurt every day. Choose reduced-fat spreads and cheeses and avoid processed meat products
8. Avoid adding salt at the table and eat fewer salted foods
9. Keep cakes, biscuits, ice-cream and sweets for special occasions (If you always have them in the house, you'll eat them!). This will help you control your intake of fat and sugar.
10. Avoid sugary products for children, particularly soft drinks, and sweets between meals

(Source : Eat Well, Stay Active Magazine, NHS Health Scotland)

CITIZENS ADVICE BUREAU

Argyll and Bute Citizens Advice Bureau is extending its services in Helensburgh for access to free, impartial and confidential advice. They also have a specific housing / mortgage debt & money adviser, Dionne McCabe, funded through the Scottish Legal Aid Board who can help if you have any financial problems with landlords, mortgage lenders, etc.

Drop-in sessions: Argyll Voluntary Action, 14 Colquhoun Square, Helensburgh every Thursday between 1:30-4:30pm

Outreach appointments: Helensburgh Library every Tuesday 2-4pm and Helensburgh Job Centre Plus Office every 3rd Friday of each month.

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



GREY Matters

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

An exciting 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.

All welcome, refreshments provided
For further information contact Alison on 01436 671613



Mindfulness Course

Please find detailed the dates for those who booked a space on our Mindfulness course. The course runs for 8 weeks in the Centre between 7:30-9pm.

Tuesday 17th September
Tuesday 24th September
Tuesday 1st October
Tuesday 8th October
Tuesday 15th October
Tuesday 22nd October
Tuesday 29th October

HEALTHY RECIPE:

SMOKED MACKEREL PATÉ

Ingredients: 1 medium, smoked mackerel fillet; 2oz/50g reduced-fat cream cheese, 1 tbs/1x15ml spoon lemon juice; ½/1tsp Worcestershire sauce; black pepper; crushed garlic (optional)

Method: Remove skin from fish. Break into pieces in a bowl, removing any bones. Add cheese, lemon juice, Worcestershire sauce, pepper and garlic. Mash together using a fork. If you want a smoother texture then blend down with a food processor or liquidiser. Cover and keep in the fridge. Serve with oatcakes or wholemeal toast.

CREATIVE breaks

Argyll and Bute Carers' Network has secured funding of £21000 through Shared Care Scotland to give approximately 180 carers, including 10 young carers (under 18 years old), from Argyll and Bute, a chance for a break away at home or away. The money is to be evenly split between the 4 Carers and 2 Crossroads Centres and builds on the existing project. Applications are NOT open at present, but we will keep you updated when requests can be submitted.

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, G84 8BP



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.

YOUNG CARERS INITIATIVE

The highlight of the summer was the 5-day sail with the Ocean Young Trust on the Alba Venturer, 70ft Oyster vessel. The trip was funded by the Big Lottery and KPMG. 9 young carers aged 14-18, in true Scottish West Coast style experienced every season in one day, riding out storms and sunbathing in the cockpit. It was not all fun and relaxation however. There was the hard work too with hoisting and winching the four sails, learning how to tie complicated sailors' knots (definitely a skill), steering the helm, mooring the yacht, dropping the anchor, keeping watch and logs through the night and so much more. Of course, the domestics had to be taken care of by everyone. This is what they call "The Happy Hour", cleaning the heads (toilets), scrubbing the upper and lower decks, preparing and cooking food for 18 people in the galley followed by speed dishwashing which everybody took part in resulting in a water fight. We managed to get a shower once during the week at Portavadie Marina, a BBQ on a lovely quiet beach at Barmore Island and we anchored off Lochranza, a small village on the Isle of Arran. On our last day we sailed up the Kyles of Bute into Largs for the night. We took a dinghy ashore for a poke of chips and an infamous Nardini's icecream before turning in for the final night.



STIRLING CASTLE DAY TRIP

Our carers had a fantastic educational day out to Stirling Castle with the sun shining brightly on them all day. The day finished with a lovely meal and a chat at a local restaurant before heading back up. One carer said: "Informative guide around the castle and a good day out. Lovely meal with view afterwards." Thanks go out to all those who participated to make it the wonderful experience it was. The trip was made possible thanks to funding by People's Health Lottery.



RHU TEA DANCE

Another wonderful time was had by all attending our Tea Dance in Rhu Community Hall. Special thanks go out to the committee at Rhu Hall who worked hard at making us lovely sandwiches, cakes and did a fantastic job of laying the tables and serving us lovely hot tea and coffee. We also want to thank Jim and Sue Browne for the music, all our volunteers who helped out and yourselves for your enthusiastic participation.



TOUGH MUDDER 2013

Alan Rae, our chairperson's son, has raised £1017.50 (incl. Gift Aid) for HLC doing this year's Tough Mudder Challenge. Tough Mudder® events are hardcore 10-12 mile obstacle courses designed by Special Forces to test all around strength, stamina, determination, and camaraderie. Only 78% of entrants successfully complete each challenge.



FUNDRAISING AND DONATIONS

Our fundraising total to date stands at **£2118.28**. We will hopefully smash the £10,600 target. Many thanks to everyone who support us in our fundraising events. We could not do it without you!!

Fundraising Income: Rhu Community Hall Tea Dance £180; Copper Dropper £15.56

Up-and-coming fundraising events: Tiara Walk, Edward Reid

Regular fundraising: Hamish' Birthday, Knitting Group Sales

Donations Income:

200Club Winners for September: First Prize-£25-Irene Dalrymple; Second Prize-£5-Willie Rae

To join the 200Club you must be a member of Helensburgh & Lomond Carers. 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 £4 per number for the remainder of the year. Members may have up to 5 numbers in the draw. Contact the Centre for further information.

WE ARE ALWAYS LOOKING FOR DONATIONS OF GIFTS FOR RAFFLES WE HOLD AT FUNDRAISING EVENTS.

2013

ANNUAL MEMBERS MEETING AND CARERS LUNCH

Notice is hereby given that the Annual Members Meeting of Helensburgh and Lomond Carers SCIO will be held at Helensburgh Golf Club, 25E East Abercromby Street, Helensburgh on **Thursday 26 September at 11am**. **Registration starts at 10:30 when coffee and tea will be served.**

The AMM will be followed by lunch. For catering purposes, if you wish to attend, please advise the Centre before Wednesday 11 September 2013. All Welcome!!!

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.