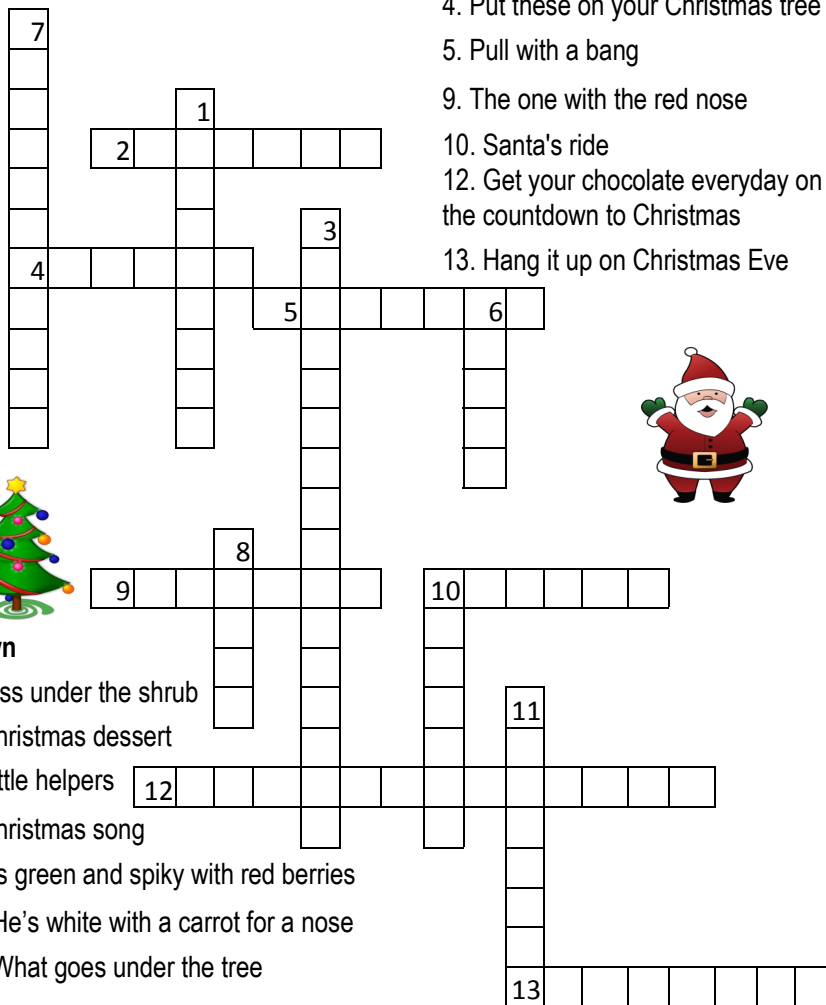


Across

2. What Santa comes down
4. Put these on your Christmas tree
5. Pull with a bang
9. The one with the red nose
10. Santa's ride
12. Get your chocolate everyday on the countdown to Christmas
13. Hang it up on Christmas Eve



Down

1. Kiss under the shrub
3. Christmas dessert
6. Little helpers
7. Christmas song
8. It's green and spiky with red berries
10. He's white with a carrot for a nose
11. What goes under the tree

Recipe of the Month

Chocolate biscuits

INGREDIENTS

For the biscuits

- 250 grams soft butter
- 150 grams caster sugar
- 40 grams cocoa powder
- 300 grams plain flour
- ½ teaspoon bicarbonate of soda
- 1 teaspoon baking powder

For the topping

- 2 tablespoons cocoa powder
- 175 grams icing sugar
- 60 ml boiling water (from a kettle)
- 1 teaspoon vanilla extract



METHOD

1. Preheat the oven to 170°C/gas mark 3/325°F
2. Cream butter & sugar then beat in the 40g cocoa powder then beat in the flour, bicarb & baking powder.
3. Roll the mixture into balls then slightly flatten & place onto your greased baking tray.
4. Bake for 15 minutes, leave to sit for 15 minutes before transferring the biscuits to a wire rack.
5. To make the topping, put the cocoa powder, icing sugar, water & vanilla extract into a small saucepan and whisk over a low heat.
6. When the biscuits are cool, drizzle each one with a tablespoonful of chocolate glaze

Twitter & Facebook

We are now on Facebook and Twitter, to find out what's going on at The Carers Centre and get updates on events [please follow us](#).

[To search for our Facebook page:](#)

Helensburgh Lomond Carers SCIO

[To search for our Twitter:](#)

Helensburgh Carers

Our Twitter handle is: [@CarerCentreSCIO](#)



Fundraising Target 2015 - 2016 £15,000

FUND - O - METER TOTAL - £4,896.06

This years fundraising

Tiara Walk - £2,281.70	May Quiz Night - £241.85
Pamper Night - £356.22	Quiz/Race Night - £113.83
The Big Breakfast - £463.54	Tea Dances - £812.27
200 Club - £135.31	The Evening of The Senses - £491.34

A huge thank you to all our Carers, Volunteers, Members & the Community for helping us to achieve this total.

Staffing

- * Eileen McCrory - Manager
- * Sharon Richardson - Carer Services Team Leader
- * Shona Smith - Finance & Administration Officer
- * Janey MacDonald - Carers Training Co-ordinator
- * Christine McTaggart - Carer Support Worker
- * Shirley McHugh - Carers Support Plan Worker
- * Pamela Burns - Employment, Training & Educational Worker
- * Dan Short - Young Carers Support Worker
- * John Izatt - Carer Befriending Services Support Worker



200 Club



Join our 200 Club and YOU could be a **WINNER!**

Monthly draw – 1st Prize £25 & 2nd Prize - £15

SPECIAL CHRISTMAS DRAW 1st Prize - £100 & 2nd Prize £50

1 Number costs JUST £1 (limit of 5 numbers)

Sept winners: 1st - J Walker & 2nd - W Rae

Oct winners: 1st-S Richardson & 2nd - E McQuade

Helensburgh and Lomond Carers SCIO
17E East King Street, Helensburgh G84 7QQ

Tel: 01436 673444 Email: admin@helensburgh-carer-support.org

www.helensburgh-carer-support.org

Helensburgh & Lomond Young Carers Initiative Tel: 01436-670555

CARERS NEWS

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

From all the staff at
The Centre, have a
**MERRY CHRISTMAS AND
HAPPY NEW YEAR.**

Office closes for Christmas
on Fri 18th December, 3pm
and will re-open on Tues 5th
January 2016 at 10am.



Helensburgh and Lomond Carers SCIO

Nov/Dec 2015



coalition

of carers in Scotland

A 'Healthier - Wealthier
Fairer' Scotland for Carers

25th November at The Apex, Waterloo, Edinburgh

The meeting will include:

- An introduction by Shona Robinson, Cabinet Secretary for health, wellbeing & support
- An interactive session - Your views
- An update on The Carers Bill
- What Carers want from politicians - The carers manifesto campaign

Please contact the Carers Centre if you would like to attend.

CARERS RIGHTS DAY

Friday 20th November 2015, 10am – 2pm

“Getting help in tough times”

Focusing on making carers aware of their rights, knowing where to get

help and to raise awareness of the needs of carers

If you are a carer, we can support YOU in YOUR caring role and welcome you to join us

10am-11.30am

Phil Reville, Solicitor

will be at the centre to present and discuss Power of Attorney,
Guardianship, Wills, Inheritance and Asset Protection

11.30am-2pm

Carers Information & Light Lunch

A range of partner agencies will be available to give you
advice on your rights and entitlements at

Please call to register your attendance

Upcoming Events



15th Anniversary Winter Wonderland Ball

Friday 4th December 2015

Lomond Suite - Cameron House on Loch Lomond

Champagne reception 6.45pm

Dinner 7.30, followed by dancing & entertainment

Carriages at 1am (free to carers £5 to guests)

Ticket £50 per person

Dress code – dress to impress (black tie/evening dress). We have received sponsorship from Awards for All, Babcock International Group and a local donor to allow 50 Carers to attend for FREE. 10 of these will be allocated to Young Adult Carers. Free places will be allocated to Carers only, limited spaces left.

Raffle Prizes!!!

*1st 40" curved Smart Television with Freeview HD

*2nd Champagne Cruise on the Celtic Warrior for 2 adults & 3 course lunch at The Boathouse

*3rd £200 voucher for us eat any Crerar Hotels

Plus many more amazing prizes

A limo has been funded by The Co-operative Group for 7 Carers to be driven to The Ball (draw will take place soon for a place)



Focus Group

We are Hosting a

Focus Group

Cheese & Wine

Will be served

While you tell us how we are doing and how we can improve our services



Wednesday 18th November
5.30pm - 7pm Or 7pm - 8.30pm

In The Carers Centre

Please Tell us What Session you Can Attend



Regular Activities



Last Fri of every month, **Friendship Group**, Braeholm, Helensburgh, 10.30am-12.30pm

Last Wed of every month, **Walking group**, meet at Carers Centre, 11.30am

Every Second Wed, **Parent Carers Drop in**, Carers Centre, 11am - 1pm.

Every Second Wed, **Knitting Group**, Carers Centre, 11am - 1pm

Dip & Dine - will take place at Loch Fyne Spa Hotel on Wed 11th November leaving from The Carers Centre at 9.30am return 3.30pmish. This will be a morning of swimming followed by lunch.

Mecca Bingo & Lunch Day Trip - 25th Nov, 9.30am leaving from the Carers Centre. To book a place, please call: 01436 673444



Frontal Temporal Disorder (FTD) Support Group - next meeting of the FTD will be on 12th Nov & 10th Dec in the Commodore Hotel Meeting Room on between 7-9pm. Please contact Victoria McLeod on 01436 678050 or Anne Miller on 01436 268476.

Grey Matters - Third Sector Interface (TSI) runs a Grey Matters Forum every Saturday morning for the over 60s. Their meeting place is in the Brownies Hall, John Street in Helensburgh. For more information please call Alison Gildea at TSI's centre in Colquhoun Square on 01436 671613.

Be Aware, Prepare - It's Winter!

If you are over 60 and would like to make your life just that little bit easier over the winter months, please come along for a cuppa, home-baking and see some exhibitors such as Grey Matters, Dementia Resource Centre Police Scotland & many more at the URC Church Hall on Wednesday 25th November between 1.30-3.30pm.



Christmas Lunch



The Carrick on Loch Lomond

Wednesday 9th December at 12noon

Available to all Carers - Please contact the Carers Centre to register by Fri 27th November

Funded by J & JR Wilson

Christmas Panto Trip

Monday 14th December

9.30am Train



Snow White at The King's Theatre Glasgow followed by lunch at The Griffin

Limited spaces, please contact the Carers Centre

Training & Workshops

Self - Directed Support - Community Contacts is a free service to provide help and advice about SDS. Contact Becs Parker, Project Manager - becsbarker@carrgomm.org - 07766925388 who will put you in touch with your local community contacts worker.

Vacancy!

The Joint Integration board will soon be advertising for a **second carer rep**. The position will be advertised in the press and will involve an application and interview processes.
Contact, Patricia Trehan on: Tel: 01546 604366
Mob: 07767 380682 Email: pat.trehan@argyll-bute.gov.uk

Information & Advice



Befriending - Judging by the feedback I am receiving, 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. 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. I will shortly be placing an article to this effect in the 'Community Advertiser'. Also, there are befriending posters and leaflets available which I would like to see 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.

Carers Missing Vital Pension Boosts - If you are caring for someone for more than 20 hours a week, you are entitled to a credit that could increase your state pension by £200 per year, Contact 0345 608 4321 for details.

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 and Argyll & Bute Council for £4.88per meal. Please contact Karen on 07736 825342 or Theresa on 01475 781814.

Help to Adapt! - Are you a home owner with significant equity and in need of alterations to your home. Contact: 03451 400100 for further info and advice.

SDS Blether Group - Every Wed from 10.30am. We are hosting a weekly drop in at the Carers Centre for people who are looking for more Information on Self directed support Contact Simon Richardson on 07766923654 for more info.

Telecare - Sarah Docherty has taken on a new role within the local authority as Telecare Community Outreach Worker, covering both Helensburgh and Lomond and Cowal areas. Her role consists of assessing and reviewing new and existing clients, as well as supporting the current Telecare Community Outreach Workers already in post.

Sarah will be based at: **The Jeanie Deans Centre, 93 East King Street, Helensburgh, G84 7BU - 01436 658927**
Mobile: 07771 775 708

Short breaks fund We have been awarded £5,207

The money, from the Creative Breaks Fund and provided by the Scottish Government is for 2 weekend breaks to Blairgowrie Hotel in Angus. Carers will be offered the opportunity to go on an organised weekend break with other carers in a similar situation. This will not only help carers to recharge their batteries, but it allows them the opportunity to build new relationships with other carers. It will also allow for peer support networks to develop.

If you would like to take advantage of this opportunity, please pop into the Carers Centre on at 17E East King Street, Helensburgh, G84 7QQ to register or call 01436 673444. In total, the programme has awarded just under £1 million to 68 projects from Orkney to the Scottish Borders, which will collectively benefit more than 4000 carers and their families. This is the fourth year of the Creative Breaks programme which was established in 2011 by the Scottish Government and is administered by carers' charity Shared Care Scotland. The aim of the fund is to increase the range and choice of short breaks opportunities for carers of adults, kinship carers, young carers and the people they care for. The fund pays for the development of new services that create opportunities for carers and their families to meet friends and enjoy leisure activities together or possibly for families to enjoy a much-needed family break away together.

Tax Help for Older People - This is a service provided by the charity tax, offering free, independent and expert help & advice on personal tax matters to older people (60 & over) on lower incomes (less than 20K per year) **Find our more at www.taxvol.org.uk**

Reablement in Helensburgh and Lomond - This service is to maximise service users long term independence and quality of life through occupational health support workers helping enable older people within the community to sustain an independent life. For further details please contact: Lucie Johnson on 01436655052, 07815621178, Lucie.johnson1@nhs.net



Counselling - Feel you react to situations in the same way as you have always done? Trying to find a new way of being your true self? Feel overwhelmed by the challenges in your life? Kathy Black is at the end of a three year course in Therapeutic Counselling. She is going on to further develop her skills in November 2015 when she is enrolled on a psychotherapy course at the same college. So she can build up her experience, Kathy is looking for clients to come to her sessions which are 50 minutes long. Kathy guarantees a safe, confidential, space, where you can reflect on what's happening for you and the opportunity to change your viewpoint. You will be offered 8 sessions with Kathy and these sessions are FREE to carers. If you would like an appointment, please contact the Carers Centre on 01436 673444, or if you have any questions, please **contact Kathy on 07966152096**.