

Recipe of the Month

Red Pepper & Tomato Soup

INGREDIENTS

2 tins chopped tomatoes
6 red Peppers
2 litres vegetable Stock



Cooking time: 30 mins

Prep: 10 mins

Serves: 6 people

METHOD

1. Cut the peppers into small chunks and add to a large soup pot.
2. Add the tinned tomatoes and vegetable stock.
3. Bring to the boil then simmer for 30 mins.
4. Blend with a blender or liquidizer until smooth.

For the chance to get your recipe entered into our next Newsletter please email it to:
admin@helensburgh-carer-support.org

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Fill the grid so that every row, every column and every 3x3 box contains the numbers 1 to 9.

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
- * Outreach Support Worker - Vacant
- * Shirley McHugh - Carers Support Plan Worker
- * Pamela Burns - Employment, Training & Educational Worker
- * Gillian McDiarmid - Young Carers Support Worker
- * Dan Short - Outreach Young Carers Support Worker (Temp)
- * John Izatt - Carer Befriending Services Support Worker

Raffle Prizes We would be extremely grateful to anyone who can donate raffle prizes for our fundraising events so if you have any unwanted gifts please drop them into the centre. Thanks.

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

Holistic Therapies - The Charity has faced increasing difficulty over the past few years in securing funding to continue to provide holistic therapies for carers and this compelled the Management Committee to carry out an internal review of this service. In attempt to stretch resources, the fee available to pay for these sessions has had to be reduced. Therapy sessions will continue as usual for the remainder of the year and new funding bids have been submitted to secure further investment. We will keep you informed of the outcome, meantime, if you have any ideas for ways and means for helping us to continue to provide this invaluable respite service, please let us know.



We were recently visited by 2 staff from The Amity Foundation Social Services Div, a long term partner of the Scottish Churches' China Group who offer capacity building, working with young people with difficulties, pre-school children with autism and the elderly and people with dementia and their carers. They said they found their visit to us very useful and enjoyable and said it was a lot for them to take in because this is a new area of work in China in which they are trying to achieve. They wished us every blessing in the invaluable work that we do here at our Carers Centre.

Staffing - Eileen Churchill surprised us recently with an announcement that she had decided to retire from her post as Outreach Carer Support Worker with the Charity. On behalf of the carers, staff, trustees and volunteers, we would like to thank Eileen for all her work in supporting unpaid carers in Helensburgh & Lomond, and wish her well in her retirement.

We welcome Daniel (Dan) Short who was recently appointed as Outreach Young Carers Support Worker. Dan is working on a 6 month temporary contract and will be based at Centre 81, Garelochhead.

Moirra Hyatt and Jill Du Toit who have worked with us for many years are leaving. Over the years they have given an excellent service to carers and in addition, both were always willing to give of their free time to support the Charity in many ways, including volunteer mentoring for young carers, assisting at Tea Dances, befriending, carers training events and of course the very successful Pamper Nights and other fundraising events. Our heartfelt thanks go to them both for their support over the years, and we wish them all the very best.



200 Club



Join our 200 Club and YOU could be a WINNER!

Monthly draw – 1st Prize £25 & 2nd Prize - £10

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

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

Ask in Carers Centre for an application form

July winners: 1st - Lindsay Spence & 2nd - Irene Taylor

August winners: 1st - Liz Mennie & 2nd - Bill Courtney

Sept/Oct 2015

CARERS NEWS

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



15th Anniversary

Winter Wonderland Ball



Friday 4th December 2015

Cameron House on Loch Lomond

Champagne reception 7.00pm

Dinner 7.30, followed by dancing & entertainment

Carriages at Midnight • 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 places will be allocated to Young Adult Carers. If you would like to come to the ball, please speak to a member of staff and your name will be added to the list. Free places will be allocated to Carers only.



Helensburgh and Lomond Carers have lots of exciting activities and events happening over the next few months so we hope you can join us with it for a bit of fun, some respite from your caring role or to get some social interaction. We have lots to offer from our fortnightly knitting groups and parent carers drop ins to Tea Dances, fundraisers and support groups or just to pop in for a cuppa and a chat, we are open Tuesday to Friday 10am till 3pm.

ANNUAL MEMBERS MEETING AND CARERS LUNCH

THURSDAY 1st OCTOBER 2015

Helensburgh Golf Club, 25e East Abercromby Street, Helensburgh G84 9HZ

11am (Doors open at 10.30am when tea/coffee will be served)

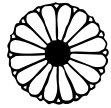
The Annual Members Meeting is open to all Carers, Ex-Carers and Members registered with the Charity. The meeting will be followed by lunch.

To book a place, please ring 01436 673444.

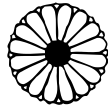
Transport can be arranged if required

For catering purposes, please advise the Carers Centre by 10th September 2015 if you wish to attend!

Upcoming Events



Argyll & Bute Carers' Network



Recognised Scottish Charity No. SCO31825

Annual Carers Conference

Wednesday 16th September 2015

Cameron House, Loch Lomond

Agenda

- 10.30 - 11.00 Registration and Coffee
- 11.00 - 11.05 Chairpersons welcome - Catherine Paterson
- 11.05 - 11.30 Playlist for Life
- 11.30 - 12.00 Self Directed Support Q&A-Heather Noller, Carers Trust
- 12.00 - 12.30 Argyll and Bute Carers Strategy - Let your voice be heard (Workshop)
- 12.30 - 1.30 Lunch
- 1.30 - 2.15 Choice of therapies / Mindfulness, Reflexology, Manicure & Massage
- 2.15 - 3.15 Afternoon Tea Dance with Jim & Sue Brown
- 3.15 - 3.30 Farewell - Catherine Paterson

If you would like to attend please contact us at The Carers Centre on 01436 673444. First come, first served as places are limited to 15 Carers from Helensburgh & Lomond.



Race & Quiz Night

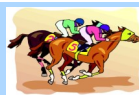
Thurs 17th September

7pm - 12am, Helensburgh Rugby Club

Quiz, Races, Raffle, Music, Bar and lots more.....

Tickets - £3 available from the Carers Centre

Why not get a team together & come along for a great night!



Halloween Tea Dance will take place at Centre 81 , Garelochhead on Friday 23rd October fro 2-5pm and will include a raffle, dancing, music and afternoon tea. Tickets are now on sale for £3 from the Carers Centre.

Hermitage Park, History & Archaeology Walk with Fiona Baker. Sat 19th Sept 2pm, meeting at Hermitage Park.

Autism & Choice Conference - 30th September , David Livingston Centre, Blantyre. To Book & Info call: 01436 811423

Bus Trip to Livingston - Sunday 1st November, leaving Garelochhead at 9am then picking up at Helensburgh Train Station at 9.20am, returning at 4.30pm. Tickets £13 available from Galdys - 01436 671861 or Caroline - 01436 810661

Kidz Scotland - Thurs 17th September , Highland Hall, Royal Highland Exhibition Centre, Edinburgh, EH28 8NB 9.30am - 4.30pm. FREE event for children & Adults with disabilities and special needs, their families, carers and professionals. www.kidzexhibitions.co.uk



Mecca Bingo & Lunch Day Trips

9.30am leaving from the Carers Centre.

To book a place, please call
01436 673444



Evening of the Senses Wed 23rd Sept 5-9pm



£5 per ticket (available from the Carers Centre)

Jenners at Loch Lomond Shores

Brand Event 50% off & Home Event 30% off
in STORE from 5pm

Free Goodie Bags & Raffle Ticket for first 100 customers. PLUS entry to our VIP area offering you a range of therapies and rituals demo and a glass of prosecco.

Buy something from the home event and you will be entered into a prize draw for a weekend to Islay.

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



GREY MATTERS

Argyll Voluntary Action (AVA) 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 AVA's centre in Colquhoun Square on 01436 671613.

FRONTAL TEMPORAL DISORDER (FTD) SUPPORT GROUP

The next meeting of the FTD will be on 10th Sept & 8th Oct in the Commodore Hotel Meeting Room on between 7-9pm. Please contact Victoria McLeod on 01436 678050 or Anne Miller on 01436 268476.



Self-esteem Cognitive Behavioural Therapy (CBT) group therapy.

Do you feel good about yourself?

Do you find that you are more encouraging than self-critical towards yourself?

Do you feel comfortable receiving compliments and praise?

Are your opinions and feelings as important as anyone else's?

If the answer to the above is anything other than "Yes", then this group could benefit you.

Everyone holds opinions about themselves and the type of person that they are. It is these opinions that formulate our self-esteem. If you have low self-esteem, these beliefs will often be very negative. You may lack confidence, are unable to accept compliments, expect little out of your life or neglect yourself. Low self-esteem is not a recognised mental health problem, but it can seriously affect your mental health.

However, high self-esteem will help you see yourself in a positive light and improve your overall mood and quality of day to day living. It will allow you to become confident and empower you to achieve your full potential.

How does it work?

The self-esteem CBT group will be facilitated by Catriona Harper and Neil Hamill, final year trainee CBT counsellors. The first group work will consist of 7, weekly sessions, 10.00am – 11.30am starting Wednesday 14th October. Each session covers an individual topic to systematically work towards raising your self-esteem. This course will provide you with an intricate understanding of self-esteem and how you can overcome the negative experiences attached to it.

CBT teaches group members to improve their self-esteem by first recognising the relationship between their thoughts, feelings, and behaviour. Group members will learn to identify negative automatic thoughts, identifying the underlying errors in their thinking and challenge them by rewriting the thoughts in a more alternative and balanced way.

The group will provide a safe, friendly and supportive environment for members to start the journey of trying to overcome low self-esteem.

If this sounds like something you would be interested in, please contact Janey at the Carers Centre ASAP as places are limited. Neil and Catriona will meet up with you before the course starts to answer any questions and make sure the course is suitable for you.

Health & Fitness Programme Starting a fitness program may be one of the best things you can do for your health. Physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight - even improve your sleep habits and self-esteem. We are currently running a 12week Health & Fitness Programme in partnership with Chris Bowman Fitness. This programme gives carers the opportunity to cook healthy dishes and learn nutritious recipes alongside a variety of fitness classes to suit all levels of fitness. We will be starting a fresh 12week course in the New Year if you would like to join this group please phone and book your place as numbers are limited and demand for this programme is high. For any more information on upcoming events please feel free to phone, email or pop in for a chat. If you have any request for training please don't hesitate to let me know., Janey MacDonald - Training Coordinator.

Stress & Anxiety Workshop Centre 81 Garelochhead
Tuesday 13th October 2015, 10am – 3pm

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 **Tuesday 6th June at Centre 81 in Garelochhead** 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 contact Janey at the Carers Centre.

Information & Advice



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 £4.88. 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 - Starting on Wed 9th Sept from 10.30am. We are hosting a weekly drop in for people who are looking for more information on Self directed support at the Carers Centre. Contact Simon Richardson on 07766923654 for more info.

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.