



The Princess Royal Trust
for Carers

HELENSBURGH AND LOMOND CARERS SCIO

CARERS NEWS

AUGUST 2012

HLC—A NEW TEAM & NEW DIRECTIONS



*Eileen McCrory welcomes
Inge Fik to HLC*

The first half of 2012 has been a very exciting time for HLC having achieved some significant milestones in the growth of the charity and an expansion in the range of services we can offer our Carers. It has meant changes with new faces and new challenges so I was delighted to welcome the last of our new members of staff in June when Inge Fik joined us as our Administrative Support Worker. Now the team is complete I thought it an ideal time to take stock and look at the benefits all these changes will bring to our Carers. In January Susan Preston joined us as our second Outreach Carer Support Worker, doubling the support we can offer to Carers living in the Outreach areas. On 1st April we achieved our long held ambition to become a Scottish Charitable Incorporated Organisation (SCIO). April also saw the arrival of April Walker, the Young Carers Development Co-ordinator, who, together with the YC Support Worker, Sharon Richardson, oversaw the launch of the Young Carers Initiative. For the first time HLC will be able to support young Carers aged five to 24 who may be caring for a parent or sibling. Katrine Wreford also joined us in April filling the vacant Outreach Carer Support Worker post, working alongside Susan in the Outreach areas. Katrine is also leading the Befriending Initiative, a very welcome addition to the services we offer our Carers from the successful pilot in 2011. Now the Management Board want to hear from you so that we know we are going in the right direction, providing the support and services to meet your needs. We are therefore keen to see all our Carers and Members at the Annual Members Meeting on Thursday 30th August at 11am in the Osprey Suite, The Commodore Hotel. Please come and Join us.

Eileen McCrory, Manager

H&LC Annual Members Meeting & Lunch

THURSDAY 30th AUGUST 11am - Osprey Suite, Commodore Hotel

The H&LC Annual Members Meeting is open to Members, Carers and anyone with an interest in the running of the organisation. However **ONLY MEMBERS HAVE VOTING RIGHTS**. Members will receive all the documentation relating to the AMM by post prior to the meeting. Anyone may take out a Lifetime Membership for £2 (application forms are available from the Centre). If you are not sure if you are currently a Member please contact Inge on 01436-673444. Current Members will be receiving a new Membership card to reflect the organisation's recent change of name with the August Newsletter.

The AMM will begin at 11am in the Osprey Suite, Commodore Hotel. On completion all attendees will be served a one-course lunch with coffee/tea.

Please confirm your attendance by contacting the Centre as soon as possible. You will be asked to choose your lunch option at this time. If you have any questions please give Eileen a call or drop in to see her.

DATES FOR YOUR DIARY: JULY/AUGUST

SATURDAY 28th JULY—12 noon-3pm [HLC Community Safety Event & Charity Car Wash](#)

Helensburgh Fire Station, South King Street, Helensburgh. Safety tips and family fun day out. Entry FREE. Everyone welcome.

FRIDAY 10th AUGUST—2-5pm [Afternoon Tea Dance](#)

Osprey Suite, Commodore Hotel. Tickets £3 include afternoon tea, music and dancing are available from the Carers Centre. There will also be a raffle. Everyone welcome.

FRIDAY 31st AUGUST— 6pm-10pm [Pamper Night](#)

Helensburgh Rugby Club. Entrance Tickets £3 available Carers Centre. Book your Pamper & Treats at the Carers Centre.



CARERS CENTRE TEAM

Eileen McCrory, Manager

Katrine Wreford, Outreach Carer Support Worker

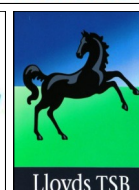
Susan Preston, Outreach Carer Support Worker

April Walker, Young Carer Development Coordinator

Sharon Richardson, Young Carer Support Worker

Inge Fik, Administrative Support Worker

**You are always welcome to come in and speak to us
during opening hours.**



Regular Events

Please come along and support our events!

Carers/Ex-carers

Coffee Morning & Drop-in **Every Thursday, 10am - 12 noon,** **at Carers Centre**

Why not drop in for a cuppa and a chat with other Carers and ex-Carers.

Parent Carer Support Group **2nd Thursday of each month,** **10am - 12noon, at 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 in you in your caring role.

Carers Evening Drop-in **3rd Thursday of each month,** **7pm - 9pm, at Carers Centre**

If you are a Carer who works or just can't get to the Carers Centre during the day we are open in the evening on the 3rd Thursday of every month. No appointment necessary, just drop in for a cuppa and a chat! Discuss your caring issues with staff and other Carers and find out how we can help you in your caring role.

Chit Chat Matters

Katrine or Susan will be at the following venues waiting to welcome Carers for a cuppa and a chat! Come for a gossip or to chat about an issue affecting you as a Carer. Either way, the cuppa is on us!

Kilcreggan Cafe

1st Wednesday of each month
10am - 12noon
Garelochhead Centre 81
3rd Thursday of each month
10am - 12noon

Friendship Group

A joint HLC & 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.

The last Friday of every month,
10am-12 noon at West Kirk
Cottage, Colquhoun Street

CHRISTMAS DINNER DANCE

23rd November 2012

Cameron House Hotel
Tickets £45 includes Champagne Reception, Three Course Dinner & Entertainment. A Great Night Out!!

OUTREACH THERAPIES

Just because you live outside Helensburgh you do not have to miss out on a relaxing Therapy. These are held monthly starting at 10am (11am for Arrochar) in the GP's Surgeries as follows:

Garelochhead - 4th Thursday
Kilcreggan - 1st Friday
Arrochar - 3rd Friday

Please contact the Centre to make an appointment.



Film Group

Come and join our new film group which will visit Clydebank Cinema and Centre 81 in Garelochhead on alternate months to watch films of your choice.

Clydebank: Tues 7th Aug afternoon
Film: TBD

Centre 81: Thurs 6th Sep 6-9pm
DVD: The Best Exotic Marigold Hotel

We will pilot this outing until September. Please let us know if you

Upcoming Events

For more Information contact Katrine Wreford or Susan Preston,
Outreach Carer Support Workers on 01436 673444

HOT NEWS—TIARA WALK DATE ANNOUNCED! **FRIDAY 14th SEPTEMBER 2012**

HLC's hugely successful fund raising event the Helensburgh 5k Tiara Walk will take place on Friday 14th September starting from Helensburgh Rugby Club at 9pm.

A registration fee of £10 will get you a tiara, t-shirt and wand, and walkers are asked to raise a minimum of £25 sponsorship.

There will be a special 'Sign Up Day' at the Centre on Saturday 25th August between 11am and 2pm but you can sign up at any time so come on in and see us!

Get a walking group together of friends, family or work colleagues! And why not customise your t-shirt with feather boas, glitter, etc! And there is a Disco & BBQ to look forward to back at the Rugby Club

CREATIVE ARTS GROUP

AMENDED DATES

Come along to this new group which will explore different art forms and you may discover hidden talents! No equipment and no talent required—just enthusiasm! Sessions will be with Mairi Fleck between 11 am-1 pm at the following venues:

Thursday 26th July, Three Villages Hall, Arrochar –
Fantasy Film & Painting on Glass

Tuesday 21st August, Carers Centre, Helensburgh –
Painting on Silk

Tuesday 25th September, Centre 81, Garelochhead –
Fantasy Film & Painting on Glass

WEEKEND BREAK AT DALMELLINGTON HOUSE

AMENDED DATES

Please note that the weekend break for Carers at Dalmellington House Hotel scheduled for July has been postponed and will now take place between Friday 26th and Sunday 28th October. If you need assistance with Respite please contact Eileen at the Carers Centre as funding may be available to help cover additional costs incurred to allow you to take a break away for the weekend.

WEEKEND BREAK AT THE ANGUS HOTEL, BLAIRGOWRIE

Friday 28th-Sunday 30th September

Come and enjoy a weekend break away in the beautiful Perthshire countryside. The Angus Hotel boasts a fully equipped leisure club and indoor swimming pool. It is a family run hotel that prides itself on its friendly but professional service. There are many interesting excursions—Glamis Castle or the Discovery in Dundee being just two—but these have yet to be decided. Your own ideas would be appreciated too. Please sign up at the Carers Centre. If you need assistance with Respite please contact Eileen as funding may be available to help cover the additional costs involved.

We would like to encourage those Carers who have not yet benefited from a short break to take advantage of these weekend trips. Please contact us if you would like to go.
We are operating a waiting list for both these weekend.

Priority is given to carers for all social activities.
Ex-carers are welcome to join us if there are places available but will be asked for a donation towards costs.

Carer Training & Information

INTEGRATION OF ADULT HEALTH & SOCIAL CARE

Carer views are being sought on the Scottish Government's proposed new initiative that will see the integration of health and social care services currently provided separately by the NHS and local authorities. They believe this will provide a better service to both the patient and carer. To achieve this they intend to develop legislation that will require local authorities and health services to make changes to the services provided to adults and will initially focus on support for older people.

To achieve this New Partnership Structures will be created and the present Community Health Partnerships run by the Health Board will be replaced by Health and Social Care Partnerships which will be the joint responsibility of the Health Board and the local authority.

Joint Outcomes – A set of nationally agreed outcomes will be developed which will set out what difference the changes aim to make in people's lives and include helping people to live independently, supporting carers and living healthier lives.

How Will Carers be Involved in the New Structure?

The Scottish Government has said that Carers will play an important role in the decision making within the new Health & Social Care Partnerships which will be required to work in close partnership with the third and independent sectors and with Carer representation.

However, there will be no Carer representation on the Partnership Committee and this is a step back from the initial assurance that Carers would be recognised as **equal partners in care** in Scotland's Carers Strategy. Carers often complain that the current health and care system is disjointed and the system often "falls down". It is therefore important that Carers views are heard as part of the present consultation process before this goes before the Scottish Parliament and becomes law. This is a complex issue and a fuller briefing note on this legislation is available from the Carers Centre. Have your say!

To get a full copy of the Government's proposals go to:

<http://www.scotland.gov.uk/consultations>

**Closing Date for Submitting Your Views:
11th September 2012.**

You can submit your view online at:

adulthealthandsocialcareintegration@scotland.gsi.gov.uk

Or in writing to:

Integration and Service Development Division (Consultation)
The Scottish Government, 2ER
St Andrew's House
Edinburgh EH1 3DG

Carers Centre Information

Volunteer Befrienders Wanted!

We have secured funding through the Re-shaping Care for Older People Fund to take forward the successful Befriending pilot and are actively seeking Volunteer Befrienders so that we can offer the service to more users. Please contact the Katrine or Susan if you would like further information or if you would be interested in taking part. Free training is available, plus expenses, to volunteers interested in taking part.

FUNDRAISING TARGET 2012/13—£15,000

Thank you to everyone who supported our recent fundraising Events. We are delighted to report that they raised the following:

Diamond Jubilee Afternoon Tea	£143-04
The Independence Day Event	150.00
Copper Dropper for June	£140-03

Useful Information

Contacting Argyll & Bute Council

Website: www.argyll-bute.gov.uk
Email: enquiries@argyll-bute.gov.uk
Text: 07624 808 798

Council Tax Enquiries:	01546 605511
Benefits Enquiries:	01546 605512
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
Switchboard/General Enquiries:	01546 605511

Customer Service Point:
Scotcourt House, 45 West Princes Street, Helensburgh

MENTAL HEALTH SUPPORT ON THE WEB

A new website, www.mentalhealthcare.org.uk, has been launched for carers of people with bipolar disorder, schizophrenia and other forms of psychosis. It explains mental health language, conditions and treatments—including medication—the role of alcohol and cannabis, legal aspects and confidentiality. There is information on recovery and employment and an "Ask the pharmacist, psychiatrist, psychologist and social worker" section.

Emergency Phone Numbers

**If an emergency arises out of office hours,
please call:**

**Emergency Services 999
NHS24: 08454 24 24 24 Social Work: 01546 605 517**

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.

THANK YOU!

HLC is very grateful to Argyll & Bute Council for increasing our funding for 2012/13 by £4,300. Our Chairman, Sir William Rae gave the following comment to the media "This is great news for the increasing number of unpaid carers living in Helensburgh and Lomond who rely on the charity's services to help them cope with the pressure of their caring responsibilities. Rising prices and inflation over the past few years have created difficulties in raising sufficient money to meet our annual running costs. This boost to our vital core funding will help sustain the charity while we strive to better support local people who give up so much to care for others."



July 200 Club Draw



The lucky **Winners of our June Draw** were

Bryan Fleck—First Prize £25

Eleanor McQuade—Second Prize £5

Winners in the July Draw were:

Isabel Hogarth—First Prize £25

Dorothy Ross—Second Prize £5

To join in the 200 Club Draw you must be a Member of HLC. Lifetime HLC Membership costs just £2 and application forms are available from the Carers Centre.

Membership of the 200 Club costs £12 per annum but **JOIN NOW** and pay just £5 for the remainder of 2012.

Members may have up to five numbers in the Draw.

Please help us reach our target of getting 200 members.

HLC YOUNG CARERS INITIATIVE



Sharon and YCs enjoying a visit to the River City set.

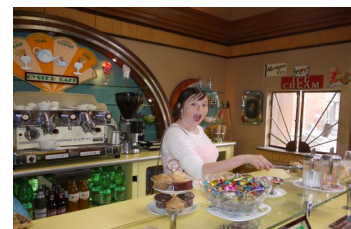
'OH, THE DRAMA OF IT ALL!' Young Carers visit to River City

Eight young carers from the Helensburgh & Lomond Young Carers Initiative were treated to a tour of the BBC's *River City* set in Dumbarton recently. After a delicious lunch in Frankie & Benny's the group enthusiastically threw themselves into the tour, enjoying full access to the site. It was amazing how quickly they took up residence in Amber Cabs, the Oyster Café, the hairdressers and the newsagents. Iona looked very professional behind the Doctor's desk as she gave out good advice such as 'don't eat yellow snow' (its lemon) and 'heat the tea pot before making the tea'. The group laughed as the set brought back memories of story lines such as the botched insurance job that ruined Scarlet's suit and the infamous stairs in the ally were several of the cast have met with unfortunate accidents.

This activity is just one of many that will be developed and delivered to YCs aged between 5-24 years to enable them to have a well-deserved break from their caring role, and to allow them time and space to enjoy being what they are, children and young people. If you are a young carer, or know of a young person who has caring responsibilities, and would like to find out more about the services and support available through the Helensburgh & Lomond Young Carers Initiative, then please contact either April or Sharon on 01436 670555, who would be delighted to hear from you.



On Doctor's Orders—Don't eat yellow snow!



The Oyster Café—Cake anyone?

A CARERS PASSPORT FOR SERVING CIVIL SERVANTS

As many as 30,000 civil servants across the UK have caring responsibilities. The charity for civil servants **for you by you** offers a Carer's Passport which helps Carers identify where they might need additional support in their caring role, including in the workplace. The Passport can be held with your Personal file so your managers know at a glance that you have caring Responsibilities without having to explain it yet again!

For further details phone 0800-056-2424 or email: help@foryoubyyou.org.uk

NHS SCOTLAND PATIENT TRANSPORT BOOKING HOTLINE

This new service will take requests from patients with a medical or mobility need who require hospital transport to get them to an appointment in NHS Greater Glasgow & Clyde, NHS Highland and the Golden Jubilee Hospital.

Phone the NHS Hotline: 0300-123-1236

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

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A Scottish Charitable Incorporated Organisation