



The Princess Royal Trust
for Carers

SEPTEMBER 2012

HELENSBURGH AND LOMOND CARERS SCIO

CARERS NEWS



IT'S BACK! THE FUND RAISING EVENT OF THE YEAR! THE HELENSBURGH 5K TIARA WALK—FRIDAY 14th SEPTEMBER AN EVENING WALK STARTING AT 9pm



Last year so many people told us they would love to have done the Tiara Walk if only they had known it was happening.... So get the date in your diary now! Why not get a group of family, friends or work colleagues together and go as a team? Make it a really fun night out and customise your t-shirts with feather boas, glitter and all things girly! And for the men out there, don't be shy, come along and join in the fun—we have enough tiaras for everyone!

DATE: Friday 14th September 2012

VENUE: Helensburgh Rugby Club, Rhu Road Higher, Helensburgh G84 8JR

REGISTRATION: From 7.30 pm **START TIME:** 9pm

ENTRY FEE: £10.00 for a tiara, t-shirt and light wand plus Disco at the finish!
A BBQ will also be held at the Rugby Club on completion of the Walk.

SPONSORSHIP: Minimum of £25 per entrant, please

EARLY SIGN UP: At the Carers Centre, 17E East King Street, Helensburgh G84 7QQ or on Saturday 25th August between 11am-2pm at the Carers Centre



Participants in last year's event entering in to the spirit of the Helensburgh 5K Tiara Walk. It really is a great night so get out the feather boas and come along and join in too!



DATES FOR YOUR DIARY: SEPTEMBER/OCTOBER

PAMPER NIGHT Friday 31st August - 6pm-10pm Helensburgh Rugby Club. Entrance Tickets £3 available from the Carers Centre. Book your Pamperers & Treats at the Carers Centre:

Manicure: £7.50

Spray Tan: £10 per tan

Massage: £15 per 30 minute appointment

Foot or Hand Massage: £7.50 per 15 minute appointment

Indian Head Massage: £7.50 per 15 minute appointment

Acupressure: £7.50 per 15 minute appointment

Stalls include Home Baking and Handmade Jewellery



AFTERNOON TEA AT ARDARDAN Tuesday 16th September — 2.30pm-5pm

Enjoy an outing to the ever popular Ardardan Tearoom and Farm Shop for afternoon tea. Book early to avoid disappointment!

CARERS FISH TEA Wednesday 26th September— 4-6pm, The Palace Restaurant, Helensburgh
Let us treat you to a Fish Supper. Meeting at the Palace at 4pm.

HALLOWEEN AFTERNOON TEA DANCE Wednesday 31st October—2pm-5pm—The Osprey Suite, Commodore Hotel. Tickets £3. A great way to spend the afternoon for dancers of all abilities in good company



CARERS CENTRE TEAM

Eileen McCrory, Manager

Katrine Wreford, Outreach Carer Support Worker

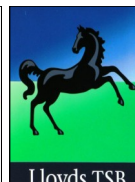
Susan Preston, Outreach Carer Support Worker

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— Tuesday-Friday 10am-3pm



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!

Personal Donation: £25

OFFICE CLOSURES

Please note that the Carers Centre will be closed on the following days:

Thursday 30th August—Annual Members Meeting is taking place at the Commodore Hotel 11am-2.30pm
Monday 24th September—Public Holiday



August 200 Club Draw



The lucky *Winners of our August Draw* were

Andy Macdonald—First Prize £25
Carol Bell—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 £4 for the remainder of 2012. Members may have up to five numbers in the Draw.

HLC YOUNG CARERS INITIATIVE

SCOTTISH YOUNG CARERS FESTIVAL AUGUST 2012

Sometimes we think we know all that goes on around us, what's happening in our town, communities and streets, but would you be surprised to hear that on the weekend of the 17th-19th August, the Scottish Government funded the FIFTH Annual Young Carers Festival at the Broomlee Centre in West Linton, Peeblesshire. This was the first time in its five year history that the festival was run over two nights instead of the usual one night.

Over 500 Young Carers from across Scotland attended the weekend event from as far afield as Orkney to the borders. Amongst the 500 were 10 Young Carers from Helensburgh & Lomond Young Carers Initiative who attended the festival for the second time. Two of them were involved in the Media Group helping run the radio Station and interviewing Young Carers at the event—a fantastic experience for them both!

All the young people at the Festival had an absolute ball, well who wouldn't with the weekend starting with a silent disco and then getting better and better as it went on. There were giant inflatables, outdoor pursuits, workshops, including gore make-up, cupcake making, music, dance, zumba, DJ-ING and MC-ING, I'm exhausted just thinking about it. The highlight for the group was an appearance from an up and coming 'boy-band' from Glasgow, *Supanova*, which picked up more than a few No.1 fans with their performance.

The weekend finished on a high with the first showing of the Festival DVD and then a performance from *Bags of Rock*, a guitar and bagpipe fusion band, ABSOLUTLY FANTASTIC.

April Walker, Young Carers Development Co-ordinator



If you know of a young person aged between 5-24, who helps look after someone and you feel they would benefit from our support, please ask them to get in touch with April Walker, the Young Carers Development Co-ordinator or Sharon Richardson, the Young Carers Support Worker at Helensburgh and Lomond Young Carers Initiative on 01436 670555.

HLC Young Carers join Orkney and Edinburgh Young Carers in celebrating the 5th Scottish Young Carers Festival at West Linton, Peeblesshire



MAKE YOUR WINTER WARMER—FOR FREE!

The Scottish Government is offering free advice and support in getting homes insulated against the winter cold. Both homeowners and Private tenants are eligible for help so if you are finding your home expensive to heat, are over 60 or have children under 16, are pregnant or receive benefits take these three simple steps to a warmer winter:

1. Call the Home Energy Scotland Hotline on **0800-512-012**
2. Receive free energy saving advice to help lower bills and you may even boost your income
3. You may even receive free insulation, a new boiler or central heating fitted at no cost to you.

More information can be found at: homeenergyscotland.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

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

Helensburgh & Lomond Young Carers Initiative Tel: 01436-670555

Registered Scottish Charity No. SC033382

A Scottish Charitable Incorporated Organisation

Carer Information

SUICIDE PREVENTION WEEK

September 6th is the start of suicide prevention week, a topic not widely discussed in our society but because of the devastating impact it has on the family, friends and carers of those threatening suicide, let alone committing it, it should be and Suicide Prevention Week will help do this.

Suicidal thoughts can affect anyone from any walk of life and be triggered by bereavement, family problems, financial difficulties, stress, health problems (both mental and physical), abuse, bullying and harassment, alcoholism or drug addiction.

For those in a caring role, talk of suicide by the person they are caring for is not uncommon but is often far from meant but as increasing pain or the loss of dignity and independence and the feeling of becoming a burden on those they love set in, this feeling of wanting to end it all can increase. If the cared for is suffering from a mental illness which brings so much distress and emotional pain, suicide may seem the only way out. For the carer this can bring feelings of guilt, anger, anxiety and confusion. These feelings are normal but they can be extremely difficult to deal with.

Carers must feel confident in seeking help to manage these feelings as they are as much in need of support as the person with suicidal thoughts.

A first port of call for carers is their local Carers' Centre. Here, support staff can provide a safe and comfortable environment for the carer to express their feelings and signpost to other specialist services if required.

Speak to someone you can trust, your GP, your carer support worker, or even tell your friends or family about your fears and share the load.

You can also try and speak to the person you care for about their suicidal thoughts. It is a difficult topic to raise, but if you can, talking it through with the person might give them time and space and help you to get additional help for them. It also lets them know they are not alone. Talking about suicidal feelings helps, and it doesn't make the suicide more likely.

You may find the person you are caring for doesn't want to talk about how they are feeling. You will have to

respect that wish, but you can still let them know that you are available to talk and you can encourage them to seek help from their GP or nurse.

Anyone affected by the issues of suicide can call specialist helplines such as:

BREATHING SPACE on 0800 83 85 87

phone line opening hours Mon–Thurs, 6pm–2am; Friday 6pm–Mon 6am

THE SAMARITANS on 08457 90 90 90.

If you are a young person reading this you can call **CHILDLINE on 0800 1111**

As a carer you can also call Breathing Space and the Samaritans for space to allow you to talk through your own feelings at this time, or following a bereavement caused by suicide.

Karen Martin, Mental Health Development Coordinator, Princess Royal Trust for Carers in Scotland



Marina Greener & Moira Hyatt

HOLISTIC THERAPIES - PAMPER YOURSELF!

HLC is very fortunate to have four Holistic Therapists who provide an invaluable service to Carers. Anyone who has had one knows the benefits—stress and pain relief, 30 minutes of “you time” and sheer relaxation! Sheena Benton, Jill Du

Toit, Moira Hyatt and Marina Greener offer a number of specialist therapies including massage, seated on-situ acupressure and reflexology which are available in the Centre and in the Outreach areas. Some Carers may hesitate about taking up this service because they are uncomfortable at the thought of someone touching them or think they may have to remove clothing, but please don't be, concerns can be discussed with the Therapist who will explain what each therapy involves - and it is not always necessary to remove clothing to benefit from a treatment. They will also talk through your medical history to ensure you are receiving the correct treatment. Carers and New Carers will be offered a block of six therapies and thereafter be placed on the waiting list so that as many Carers as possible can benefit from this popular service.

To discuss a Therapy or book an appointment please phone the Centre. Therapies are held at the Centre and in the Outreach areas as follows:

The Carers Centre, Helensburgh: Weekly Tuesday and Fridays starting at 9.30m

**Kilcreggan GP's Surgery, Arrochar GP's Surgery
Garelochhead GP's Surgery**

Please note that Sheena and Jill were unavailable for the photo at time of printing the Newsletter.

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

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

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



HOME FIRE SAFETY CHECKS

For peace of mind book a

FREE Home Fire Safety Check.

Tel: 0800-0731-999 or

Email: AB.HFSVReferrals@strathclydefire.org

AFTERNOON TEA DANCE A GREAT SUCCESS!

The Afternoon Tea Dance held at the Commodore Hotel in August proved a great success with 80 dancers taking to the floor under the keen eye of dance instructors Sue and Jim Browne, to whom our thanks go for a great afternoon!



Don't miss the next Dance which will be held on Wednesday 31st October 2pm-5pm at the Osprey Suite, Commodore Hotel.

Film Group

Attention all film lovers! The next showing will take place at Centre 81, Old School Road, Garelochhead (adjacent to the church)

Thursday 6th Sep 6-9pm

By popular demand the film is: DVD: The Best Exotic Marigold Hotel

Upcoming Events

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

CHRISTMAS DINNER DANCE

23rd NOVEMBER 2012

CAMERON HOUSE HOTEL

TICKETS: £45 per person

Start getting in the Christmas spirit with our special Christmas Dinner Dance which is being hosted by Cameron House Hotel on Loch Lomond.

Tickets cost £45 and include a Champagne Reception, 3-Course Dinner and great entertainment.

Book a table now to share with family or friends!

On your own? Please don't worry as we want all our Carers and guests to be part of the fun.

Disabled facilities are available and any dietary requirements will be catered for.

To help Carers spread the cost of this event we will be operating a Savings Scheme. Please contact the Carers Centre for further details or to book your ticket.

CREATIVE ARTS GROUP

Come along to the craft group which has been exploring different art forms and you may discover hidden talents! No equipment and no talent required—just enthusiasm! The final sessions will be with Mairi Fleck between 10am-1 pm at the following venue:

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

WEEKEND RESPITE BREAKS

**OCTOBER WEEKEND BREAK AT DALMELLINGTON HOUSE
Friday 26th-Sunday 28th October**

The next weekend break to Dalmellington House Hotel scheduled will take place from Friday 26th to 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 weekends.

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.