

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: £200

FUNDRAISING

The Pamper Night raised £533 and we are very grateful to everyone who supported this wonderful event. A special thank you to our hard worked Therapists Moira Hyatt, Susan Preston, Jill du Toit, Richard Martin, Marina Geener and our Nail Technician Sandra Barr and Sisters of Bling for adding sparkle to the evening!



September 200 Club Draw



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

Chris ATKINS—First Prize £25
Marion WATSON—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 £3 for the remainder of 2012.

HLC YOUNG CARERS INITIATIVE

The Helensburgh & Lomond Young Carers Initiative is now up and running and taking open referrals for Young Carers aged between 5-24. A copy of the YCs leaflet is enclosed with this Newsletter so please take a look at it to see what services the Initiative can offer young people. To celebrate and publicise this new service the Young Carers Initiative will be formally launched at the Rosslea Hall Hotel on 2nd November.



Funded by the National Lottery through the Big Lottery Fund

A POEM TO CELEBRATE OUR FIRST MEETING AS A SCOTTISH CHARITABLE INCORPORATED ORGANISATION

ANNUAL MEMBERS MEETING by Jean Walker

(Our first annual meeting as a Scottish Charitable Incorporated Organisation)

On the 20th of August, at the Commodore Hotel
'Twas our Annual Members Meeting, which went down very well.
We first heard of the Business Plan and the progress we've achieved
From Willie Rae, our Chairperson – a Man to be Believed.

Accounts were then presented by our Treasurer, Mike Blair
The contents clear and humorous - delivered with great flair.
Then things that we've been doing, Manager Eileen, did address,
She specially praised the volunteers whose value is priceless.

She said because we're growing fast we're bursting at the seams,
We need to find a bigger place to house all of our teams.
Next, April Walker took the floor and passionately did give
A flavour of how far we've come with the Young Carers Initiative

Some questions asked and answered, then members were selected,
Voting took place and yet again the Trustees were elected.
Soon we had time to sit and munch some very welcome food,
And to enjoy, with much delight, a musical interlude.

From Ryan Young, a Cardross lad, a fiddler most accomplished
And Leo Forde, a gifted jazz guitarist, who accompanied
They had our feet a-tapping, their talents we did treasure
'Twas a most successful AMM of business and of pleasure.

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



The Princess Royal Trust
for Carers

HELENSBURGH AND LOMOND CARERS SCIO

CARERS NEWS

OCTOBER 2012



**Janey MacDonald
on Student
Placement with
HLC**

HLC WELCOMES STUDENT JANEY TO THE TEAM

The Centre is delighted to welcome Janey MacDonald to the team. She recently joined HLC on a four month student placement and will be involved in all aspects of HLC work. Next time you are in the Centre do come and say hello to her. Janey said: *"I am studying community education at Strathclyde University and have become involved with the Carers Centre to gain experience and do some research which shall help me write my dissertation. I am very grateful to have been given the opportunity to work alongside the staff here and with the Carers and Volunteers. I will be with all of you until the middle of January and am very excited at the prospect of meeting everyone."*

THE CARERS CHRISTMAS DINNER DANCE

**23rd NOVEMBER 2012
CAMERON HOUSE HOTEL
TICKETS: £45 per person**

Open to Everyone

Hosted by the Cameron House Hotel on Loch Lomond our Christmas Dinner Dance will be fun for everyone

whether you come as a couple, a single person or in a group.

Tickets include a Champagne Reception and a 3-Course Dinner.

Entertainment will be provided by THE CHANCERS who will play a variety of music to suit everyone from the '50s through to '90s.

Book a table now to share with family or friends!

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.

DATES FOR YOUR DIARY: OCTOBER

AFTERNOON TEA AT ARDARDAN Tuesday 16th October 2.30pm-5pm FULL UP!

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

DALMELLINGTON WEEKEND RESPITE BREAK—Friday 26th-Sunday 28th October

A respite break with a group of other Carers and chance to relax, have fun or take time out for yourself.

HALLOWEEN AFTERNOON TEA DANCE Wednesday 31st October —2-5pm

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. Part Funded by Age Scotland.

GARELOCHHEAD CRAFT GROUP-Tuesday 30th October 10am-1pm

Come along to Centre 81, Garelochhead and try out a new skill—silk painting. No talent and no equipment necessary, just the ability to have fun!

Sign up at the 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— Tuesday-Friday 10am-3pm



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 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

SUGAR CRAFT CLASSES NEW DATES

The Sugar Craft classes held in the Centre are postponed during the schools holidays with the next class being held on Wednesday 25th October between 10am-12 noon. All welcome!

PHOTO GALLERY



Pamper Night Delights!



Tiara Walk Heroes!



Details of money raised in the next Newsletter!



Upcoming Events

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

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 and allow you to take a break away for the weekend.

CREATIVE SHORT BREAKS—SHARED CARE SCOTLAND

Argyll & Bute Carers Network has received £21,000 of funding for short breaks for carers. The funding is available for next 12 months and must not be used where other Argyll & Bute Council funding is already available to benefit either the carer or the cared for.

Application can be made on behalf of a carer by any of the four Carers Centres located within Argyll & Bute or a carer can apply directly if they prefer.

Breaks requested can be for 2-3 hours, a weekend or a longer break. The carer and cared for can take a break together but this fund will not cover the costs for the cared for's break away. The Carers Network will be producing application forms shortly and have agreed to turn around any application within four weeks. This is great news for carers in and it is hoped that carers will take advantage of this and other respite breaks that are available to them. Please contact the Centre for further information about the Creative Short Breaks from Shared Scotland and other respite funding.

ARGYLL & BUTE COUNCIL LIFE LONG LEARNING LOCALLY

Two 8 week courses are being run in Helensburgh:

CONFIDENCE BUILDING

9.30-11.30am from Monday 22 Oct-10 December 2012
Teaching you practical techniques for building confidence and assertiveness.

POSITIVE ABOUT ME

2-4PM Thursday 25th October-13th December 2012
Introducing and exploring methods, models and techniques for switching the negative to positive.
For further details or to book a place please phone:
Aileen McLaughlin on 014536-658740

TAI CHI CLASSES RESTART 22nd OCTOBER 2012

Instructor Ken Symon will be taking a second session of Tai Chi classes beginning on Monday 22nd October 2012. This eight week course will be held between 1030-1130 am in Helensburgh at a venue to be confirmed. The course is open to beginners and those who attended the first session who want to deepen their knowledge of Tai Chi. No equipment is needed just flat shoes and comfortable loose clothing. Tai Chi is a gentle exercise which strengthens and tones the body and helps to relax and de-stress. It can be done from a seated position so is suitable for those with mobility problems or in a wheelchair. Sign up at the Centre—12 places are available.

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 Information

SOCIAL CARE (SELF-DIRECTED SUPPORT) (SCOTLAND) BILL

Carers have expressed concern at the Scottish Government's proposed changes to the funding of social care, shifting the responsibility for its financial management and the arrangement of paid care to the unpaid carer or service user. The Social Care (Self-directed Support) (Scotland) Bill, or SDS, has completed its initial consultation period and the findings have been reported to the Scottish Government. The Report on the Committee's findings can be found at:

<http://www.scottish.parliament.uk/parliamentarybusiness/CurrentCommittees/48016.aspx>

At present there remains a great deal of uncertainty as to how SDS will be implemented and the impact the changes will have on carers. HLC has been working with Argyll & Bute Council to ensure these concerns form part of the consultation process and that an awareness campaign is mounted to explain the forthcoming changes. An Argyll & Bute Council official has responded and confirmed that the process of drawing up a plan in response to the Stage 1 report is underway. A significant amount of funding is being made available in raising awareness across Argyll & Bute and specifically with service users and carers. The Council together with the charity SPEAN (Scottish Personal Assistant Employers Network) will be producing a toolkit to give practical advice and support in the managing of Direct Payments, which, the Council says, is an important part of the plan to support the implementation of SDS for those who choose to manage their own support directly. This work is still in the early stages but the Council intends to start promoting this service through Carers Centres in the next six months. HLC will keep carers up-to-date on this matter either through the Newsletter or through discussion groups in the Centre.

INTEGRATION OF HEALTH & SOCIAL CARE

The following message has been received from the Chief Executive of the Long Term Conditions Alliance Scotland, through the PRTC:

I am writing to you at what is undoubtedly a significant time for people who use health & social care services in Scotland, the vast majority of whom live with long term conditions. The consultation on proposals for Integration of Health & Social Care closed earlier this week, the Self-directed Support Bill is making its way through Parliament and the new National Person-centred Health & Care Programme will be launched in the autumn.

All of these sit within the context of the Christie Commission's vision for policy and services that put people at the centre, support choice and control and work with the strengths and assets of individuals and communities. The Long Term Conditions Alliance Scotland (LTCAS) formed in large part to advocate for this very shift to asset based approaches, articulated through the self management agenda. Since its inception in 2006, LTCAS has become a powerful

alliance bringing together a 250-strong membership and building an influential position as strategic partner, and critical friend, of the Scottish Government. The organisation's Board feels strongly that we now need to look to the future to adapt to the changing policy context and, in doing so, strengthen even further the voice of people who use health and social care support.

Ian Walsh Chief Executive

HELENSBURGH VISUAL IMPAIRMENT GROUP

Meetings take place on the 2nd Friday of the month between 10.30am and 12 noon at the Kirk Cottage Coffee Room, St Andrews West Kirk, Colquhoun Street, Helensburgh.

Meeting dates for 2012 are:

12th October, 9th November and 14th December

HELENSBURGH LUNCH CLUB

For Senior Citizens

Takes place every Monday, Tuesday, Thursday and Friday in the URC Church Hall West Princes Street, Helensburgh between 10.30am and 1.30pm.

2 course lunch with tea/coffee and biscuits = £3.00

For further information phone: 01436-820484



GARELOCHHEAD TUESDAY LUNCH CLUB AT CENTRE 81

The Tuesday Lunch Club meets at 12.30 every week and everyone is welcome. A two course meal or soup and sandwiches will be served on alternative weeks at a cost of £3.50 for Seniors and £5.00 for others.

Christmas Dinner will be served on December 11th.

Booking your meal is preferred. Tel: 01436-810307

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