

CarersNews — Apr. 10



Helensburgh & Lomond Carers Project



Jean's Leaving Do

Thursday 20th May, 12noon - 3pm, HLCP Centre

Jean has decided to retire to spend more time with her family. We wish her all the best and thank her for her invaluable support and hard work over the years. The Carers Project would not be where it is now without her! Come along and help us say a fond farewell.

Support the Helensburgh & Lomond Carers Project at

AN EVENING AT THE RACES

Saturday 24TH April, 7pm till Late

The Station Bar, East Princes Street, Helensburgh



Come along and join in the fun!

Place your bets and watch the races on the big screen!

Enter the quiz or take part in the games!

Have a boogie at the disco and a bite to eat!

Proceeds will go towards the 10th Anniversary celebrations

Trustees Wanted!

Do you have a little spare time and a lot of enthusiasm?

The HLCP Management Committee are looking to recruit new trustees.

Any skills are welcome but someone with accounts or project management experience would be especially useful! Trustees will be elected at the AGM in July.

General Election 2010

Tell the next government it's time to support carers!

Sign the letter to the next Prime Minister at www.carersuk.org/Newsandcampaigns/Itstime

In 2010 social care is in crisis and in need of urgent reform. Carers are paying a heavy price - no money, no breaks, many forced to give up work and facing a constant battle for support.

Make your vote count for carers!

CARERS CENTRE TEAM

Project Manager
Eileen McCrory

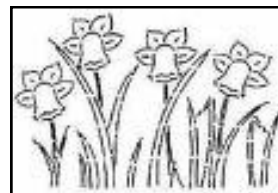
**Outreach Carer
Support Worker**
Bella Fairman

**Administrative
Support Worker**
Jean Riddington

SPRING RAFFLE!

The Spring Raffle will be drawn on Wednesday 28th April at the Health & Social Work Information Session in the Carers Centre.

Get your tickets soon to avoid disappointment!



MAY DAY HOLIDAY

Please note that the Carers Centre will be closed for the public holiday on Mon 3rd May.

**Helensburgh &
Lomond Carers**

Adults at Risk Awareness Session
Wednesday 19th May, 10am – 12noon
HLCP Centre
Everyone Welcome!

Helensburgh & Lomond Carers Project
17E East King Street
Helensburgh
G84 7QQ
Phone: 01436 673444
Email: admin@hlcp.helensburgh.co.uk
Website: www.carers.org/hlcp
Registered Scottish Charity No. SC033382

HLCP Groups

Carers Drop-in Café
Every Wednesday, 10am - 12noon

Ex-Carers Drop-in Café
3rd Thursday of every month
10am - 12noon

Dementia Support Group
1st Tuesday of every month
1.30pm - 3pm

Health & Social Work Info Sessions
4th Wednesday of every month
12.30pm - 3pm

Carers and Pensions Handbook

This handbook is a guide on how the State Pension system works for carers, many of whom have given up work to care and risk ending up with a reduced State Pension in retirement.

As a result, it is really important that carers claim all their entitlements, get a pensions forecast and start preparing for retirement.

Details of all these tips, the changes to pensions brought in on 6th April 2010 and the new Carer's Credit are included in the book.

Pop in to the Carers Centre find out more!

ACUMEN Helensburgh & Lochside

ACUMEN is a networking organisation for people in the west of Scotland affected by mental and emotional health problems. It works in partnership with five local authorities and both NHS Greater Glasgow & Clyde and Highland Health Boards to improve service delivery and the quality of life for people with significant mental health challenges. Members play a vital role in planning services through participation in planning and redesign groups.

For more information contact ACUMEN on **0141 887 9103** or
enquiries@acumennetwork.org

ACUMEN Helensburgh and Lochside members meet on the second Wednesday of each month at West Kirk Cottage, Colquhoun Street, Helensburgh 10am – 12pm.

All are welcome to come and meet us.

Information Day

Saturday 1st May
10am - 2pm
Kirkmichael Centre

Information stalls by
local organisations

Samba band

Pottery bus

Refreshments

*Come along and join
in the fun!*

Gift Aid

If you are a UK tax payer, the Carers Project can recover tax on all Gift Aid donations. This means that if you complete a Gift Aid declaration, we can get an extra 28p from HM Revenue & Customs for every £1 you donate in the future.

*Making a Gift Aid declaration
does not cost you anything
and every penny makes a
vital difference to us!*

**Afternoon Tea &
Bridge Fundraiser**

A huge thanks to Joy
Michie for organising
the event which raised
nearly £500 for the
Carers Project.

Proceeds from the day
will go towards the
10th Anniversary
celebrations.

Well done Joy!