

CarersNews August 10



Helensburgh & Lomond Carers Project



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10th ANNIVERSARY BALL

Friday 26th November, Cameron House

Tickets for the ball are running out fast so if you would like to go, please let us know before 27th August. Carers go free, spouses/partners and ex-carers will be asked for a donation of £20 and all other guests will be charged £60. Respite and transport can be provided for the event.

LADIES OF THE NITE - TIARA WALK 2010

Friday 10th September, 9.00pm, Helensburgh Rugby Club

If you are up for the challenge, join us on the streets of Helensburgh for a sponsored 5K walk as part of our 10th Anniversary celebrations. Come along to our



'Sign-up Saturday' 14th August, 10.00am - 2.00pm at the Carers Centre

A £15 registration fee is required and entrants are asked to raise a minimum of £35 in sponsorship. Every walker will receive a special Tiara, Tiara Walk T-shirt, a light wand and refreshments for completing the walk.

For more information, please call the Carers Centre.

CARERS CENTRE TEAM

Project Manager
Eileen McCrory

**Outreach Carer
Support Worker**
Bella Fairman

**Administrative
Support Worker**
Sharon
Richardson

WELL DONE!

A massive thank you to Stephen McKnight who ran the Welsh 3000, 15 Peaks in 24 hours and raised £174.50 for us - well done!

ANNUAL GENERAL MEETING 2010

Many thanks to Eric Thompson who gave a very entertaining after lunch speech at our AGM earlier this month. A warm welcome also to our new Trustee, Bill McIntyre who was voted onto the Management Committee.

At the AGM it was decided that the organisation would adopt a new name and constitution to bring us in line with current legislation and guidelines. It was also decided that we would start charging a small membership fee. These changes will not take effect until 1st January 2011 and further details will be circulated at a later date.

THANKYOU!

Jean would like to thank you all for making her time at HLCP so enjoyable and memorable. She had a lovely leaving party and wants to thank everyone for their kindness.

CARERS & EX-CARERS DROP-IN

Wednesdays & Thursdays, 10.00am - 12noon, Carers Centre

In response to a suggestion from one of our ex-carers we have decided to combine the carers and ex-carers drop-in sessions at the Carers Centre. We value the experience and knowledge of our ex-carers and think it will be beneficial for our current carers and ex-carers to meet together to share experiences and discuss common issues. We will be piloting this set-up for three months and would appreciate any feedback you may have.



ALIENERGY: Argyll, Lomond & the Isles Energy Agency

Spending more than 10% of your income on heating your home? Struggling to keep your home warm and free from damp?

The Affordable Warmth in Argyll Project (AWA) delivers free and impartial advice on benefits, tariffs and energy efficiency over the phone, email and through advice surgeries.

Free advice surgery: Thursday 5th August, 1.30pm - 4pm, Helensburgh Library
 Thursday 9th September, 1.30pm - 4pm, Helensburgh Library

For more information contact : Rebecca on 07876037650 or Rebecca@alienergy.org.uk

DALMELLINGTON HOUSE: Respite Break

Friday 27th and Saturday 28th August

Following a lovely trip to Dalmellington House in Ayrshire, we have decided to book the house for a couple of weekends and take a few carers down for a break. Travel, food and accommodation will be provided. Respite can also be provided to enable you to come. We can take up to eight carers each time so get in quick if you want a place!

OUTREACH SERVICE UPDATE

Carers Drop-in

As part of the Outreach Service, we have started 'Carers Drop-in' sessions in Arrochar, Kilcreggan and Garelochhead. If you need information or advice on anything, or simply want a chat, drop-in and see Bella, the Outreach Carer Support Worker.

3 Villages Hall, Arrochar

1st Friday of every month
10.00am - 12.00noon

Kilcreggan Health Centre

3rd Friday of every month
12.30pm - 2.30pm

Garelochhead Surgery

4th Thursday of every month
12.30pm - 2.30pm

Carers Lunches

We would like to start having 'Carers Lunches' on the peninsula to give people the opportunity to meet up and catch up. If anyone has suggestions for nice places to eat in the area or would be interested in joining us for lunch, please let Bella know.

VOLUNTEERS

Our bank of volunteers has grown considerably recently and has proven an invaluable resource at this busy time for the Carers Project. We would like to say a huge thank you to Nicola, Rebecca, Megan, Debbie, Mary, Ian and Marina for their help in the office, at events and on trips, as well as everyone who helps us distribute the newsletter.

As always, we can never have too much of a good thing so if anyone would like to join our bank of volunteers you are more than welcome!

RESEARCH PROJECT

Alyson Wright, a postgraduate student from Glasgow Caledonian University is doing a Masters in Social Work wants to speak to Carers about how they feel about support services they have received. Any Carers interested should contact the Carers Centre and we can put them in touch with Alyson.

USEFUL INFORMATION

BLUE BADGE REFORM: Public Consultation

The Scottish Government are proposing to reform the Blue Badge Scheme and are seeking views on their plans. The proposed changes are meant to reflect the significant social changes that have taken place over the past 40 years, and to ensure the Scheme is administered efficiently, consistently and fairly.

More information and consultation forms are available at the Carers Centre. The deadline for responses is Friday 1st October 2010.

CARERS CREDIT: Could it help you?

If you are caring for someone for 20 hours or more a week but don't get Carer's Allowance or Income Support as a carer, you could qualify for new National Insurance credits to protect your State Pension.

Visit www.direct.gov.uk/carerscredit or call the Carer's Allowance Unit on 0845 608 4321 for further information or to get an application pack.

FREE PERSONAL & NURSING CARE: Public Information Booklet

A new public information booklet has been produced by the Scottish Government and COSLA which provides useful information on who is eligible, how to apply and the amount of funding you may receive.

It is available online at www.scotland.gov.uk or from the Carers Centre.

GUIDE FOR OLDER PEOPLE: Jackie Baillie MSP

Jackie Baillie MSP has produced a guide to benefits and support for pensioners in the area which includes information on pension credit, winter fuel payment, free bus travel, free prescriptions and eye tests. It is available from the Carers Centre or Jackie's Constituency Office at 125 College Street, Dumbarton G82 1NH or by phoning 01389 734 214.

THE VALE VISION: Information on the Vale of Leven Hospital

The Vale Vision is a magazine produced by NHS Greater Glasgow which provides the latest information on delivering the 'Vision for the Vale of Leven Hospital' including articles on new services, the minor injuries unit, mental health services and transport. Copies are available at the Carers Centre.

MENTAL HEALTH IN ARGYLL & BUTE: Everyone's Business

The latest newsletter for the redesign of Mental Health Services in Argyll and Bute has been published and includes information on the Out of Hours Crisis Response Service, the Change Volunteer Programme and non-clinical support services. Copies are available at the Carers Centre or online at www.nhshighland.scot.nhs.uk

GLENTON: The Wee Big Holiday Company

This company has been recommended to us by one of our carers. Good Companions is exclusively for the solo traveller in the 55 plus age group and offers holidays and excursions designed especially for the single holidaymaker.

Visit www.glentonholidays.co.uk to find out more.

Helensburgh & Lomond Carers

If you no longer wish to receive a copy of CarersNews or you would prefer to receive it by email please let us know.

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Recognised Charity No. SC033382



M&Co Fashion Show Models

Carers Week 'A Life of My Own'

We had a busy week this year with a fashion show fundraiser, a trip to Gartmore House for afternoon tea, a 'Money Matters' information day and a pamper bus event for carers. Those who participated certainly enjoyed it!



Pamper Bus Saturday



Rosneath Highland Games

Fundraising Activities

We have been doing a tour of the local Highland Games with our duck pond and have managed to raise a substantial amount of money for the Carers Project as well as raising awareness of what we do!



Local Lib Dems at the Helensburgh Games

Well done team!



BBC Scotland Pacific Quay Tour

Social Activities

We had a very interesting tour of the BBC studios in Glasgow, followed a visit to the Titan Crane in Clydebank. We also went to visit a carers respite house in Dalmellington, Ayrshire which was really lovely!



Dalmellington House Trip



Cameron House Photo Shoot

James Bond Photo Shoot at Cameron House

To launch our 10th Anniversary celebrations we had a James Bond themed photo shoot at Cameron House. Some of our carers got all dressed up and were joined by Gary Lamont from River City to pose with an Aston Martin, kindly donated for the day by Murray Motors in Edinburgh. RiverDrive Studios in Helensburgh donated a photographer and Fantasia Gowns donated a dress. As you can see from the photo, everyone had a great time!