

# CarersNews — May 10



## Helensburgh & Lomond Carers Project



### Helensburgh & Lomond Carers Project ANNUAL GENERAL MEETING

**Thursday 1st July, 11.00am - 2.00pm, Ardencaple Hotel**

This year's speaker is Eric Thomson; writer, former Commodore Clyde and Councillor. Lunch will be included. Transport will be leaving Colquhoun Square at 10.50am and returning about 2.30pm.

Papers for the meeting will be available from the Carers' Centre, by email or on the day at the Ardencaple to avoid the considerable expense involved in posting them out.

**Please let us know if you would like to attend for catering purposes and if you will be requiring transport or respite.**

### **CARERS CENTRE TEAM**

**Project Manager**  
Eileen McCrory

**Outreach Carer  
Support Worker**  
Bella Fairman

**Administrative  
Support Worker**  
Jean Riddington

### **M&Co FASHION SHOW**

**Monday 14th June, 7.00pm - 9.00pm**  
**M&Co, Sinclair Street, Helensburgh**



Come and see the latest summer fashions, accompanied by a glass of wine and shortbread. M&Co are kindly offering a 10% discount on purchases made at the event. Tickets are £5 and available from the Carers Centre. All proceeds go to the Carers' Centre

**Raffle prizes and models wanted - all ages and sizes!**  
Models will receive a 20% discount on all purchases!

### **HOLISTIC THERAPIES**

There is a long waiting list for therapy appointments so please let us know **ASAP** if you can't make yours so we can offer it to some one else...

**Thanks**

### **REMEMBER...**

We can arrange respite for you to attend any of these events...

**Just phone and ask us!**



### **10th ANNIVERSARY PHOTO SHOOT**

**Get all dressed up and join in the fun!**

We are looking for carers to take part in a James Bond themed photo shoot alongside a local celebrity! The photo will feature on promotional materials for the 10th Anniversary Celebrations. Please let us know if you are interested.

### **10th Anniversary Events & Ball**

There are a limited number of tickets for the 10th Anniversary Ball so they will be allocated on a first-come-first-served basis. Please phone us to book a place.

Ex-carers are welcome to come to any of the forthcoming events but will be asked to make a donation of £10 for the events and £20 for the ball.

### **Volunteers Wanted!!!**

As you know, we have a lot of activities and fundraising events coming up this year and need some volunteers to help us! If you are interested, please let us know... **Thanks!!!**

# USEFUL INFORMATION

## **Pontin's Breaks For Carers 2010**

Pontin's are providing three self-catering apartments in a number of parks for mid-week breaks over the summer months to carers registered with our Carers Centre. Each apartment sleeps up to four people and there is a full entertainment programme and many free activities.

There are various criteria to fulfil including 'carers must not have had a holiday in 2009 and are not planning one this year' and 'carers must be able to self-manage'. For more information and to apply, contact the Carers' Centre.

## **Group Break For Carers in Cray House, Perthshire**

We have been offered the use of Cray House for one weekend (date TBC) for a group of up to 18 carers. The property is remote and the facilities are shared so it would be best suited to a group of people who know each other. For more information contact the Carers' Centre.

## **Money Matters**

**'Now let's talk money'** Talking about your money worries is hard. Keeping quiet makes things worse... There is a way out: call 0800 012 1656 to find out about free help and advice in your area.

**Dumbarton Credit Union** are a 'not for profit' organisation offering an excellent range of financial services including savings, loans and family protection plans. Call 01389 768 585 or visit [www.d-c-u.co.uk](http://www.d-c-u.co.uk) for more information and details about joining.

## **Home Energy Costs**

The **Energy Assistance Package** from the Scottish Government and Energy Saving Trust could help increase your income, cut your fuel bills and heat your home. Call 0800 512 012 or visit [www.energyassistancepackage.co.uk](http://www.energyassistancepackage.co.uk) for information, advice and grants.

Most energy suppliers have a **Social Tariff** which gives you a reduction of up to 20% on your fuel bill. To qualify for the Social Tariff you may need to be of pensionable age or in receipt of a qualifying benefit. Why not phone your energy supplier to find out!

## **Transport**

**New bus routes from McColl's:** Services 204, 205 and 215 between Helensburgh/Balloch and Glasgow City Centre. Low floor access available (subject to availability). Call 01389 754 321 or visit [www.mccolls.org.uk](http://www.mccolls.org.uk) for more details.

**Cheap train fares for 55+:** travel between any two stations in Scotland for a return fare of £15. No need to book in advance, return journey up to a month after outward journey, offer ends 20th June. Visit [www.scotrail.co.uk](http://www.scotrail.co.uk) for more details.

**First Safe Journey Card:** First bus company have produced a card for you to carry when travelling to let the driver know what help you need. These useful cards can help make your journey safer and can be picked up from the Carers' Centre.

## EVENTS

### **Argyll & Bute Carers' Network ANNUAL CONFERENCE & AGM**

**Wednesday 2nd June, 9.45am - 3.00pm, Royal Marine Hotel, Hunters Quay, Dunoon**

This year's theme is **Strategic Expectations!** and will look at Argyll & Bute Council's forthcoming Strategy for Carers and the Scottish Government's Strategy for Carers. There will be speakers from the Council, Coalition of Carers Scotland and group work sessions giving you the opportunity to input into the new Carers' Strategy.

If you want to stand for election to the Network Board, collect a form from the Carers' Centre and return it before Friday 28th May. Travel expenses will be reimbursed.

**If you would like to book a place, please let us know before Wednesday 26th May**

### **Alzheimer Scotland STAND UP COMEDY NIGHT**

**Wednesday 16<sup>th</sup> June, Doors open at 7.30pm, The Stand Comedy Club, Glasgow**

Tickets: £9 per person (£6 concession/Staff) including buffet

For more information or donation of raffle prizes, contact event co-ordinator Angi Inch on 07976 618419, or email [ainch@alzscot.org](mailto:ainch@alzscot.org).

Tickets can be purchased by calling our Fundraising Team on 0845 2600 789 or reserved online at [www.thestand.co.uk](http://www.thestand.co.uk).

### **POSITIVE DEMENTIA PARTNERSHIPS**

**Tuesday 8th June, 10.00am – 3.30pm, 3 Villages Hall, Arrochar**

Join Alzheimer Scotland, Argyll and Bute Council and NHS Highland for a full-day conference for all those passionate about the care of dementia in Argyll and Bute. The day includes speakers, workshops and is free to people with Dementia, families and carers.

Booking forms can be picked up at the Carers' Centre.

### **MS SPACE 2010**

**Saturday 12th June 2010, 10.00am - 4.00pm, Perth Concert Hall**

MS Society Scotland's free, fun and informative event for people affected by MS. The interactive programme includes talks and panel discussions, exhibition stands, workshops and taster sessions of complementary therapies.

For more information and to book visit [www.mssocietyscotland.org.uk](http://www.mssocietyscotland.org.uk) or call 0131 335 4050

### **EDG NATIONAL CONFERENCE**

**Wednesday 16th June, 10.30am - 1.00pm, Edinburgh City Chambers**

**We can make a difference.** The Conference will launch the Charter for Change, to start making a difference to older families caring for someone with a learning disability in Scotland. Come and hear about what some families and organisations are already doing, how you can help, and sign our charter.

For more information visit [www.charterforchange.com](http://www.charterforchange.com) or to book a place call EDG on 0131 476 0522 or email [info@charterforchange.com](mailto:info@charterforchange.com)

**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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## **Ardlui House Respite Project**

Sense Scotland's new respite service, Ardlui House, in the grounds of Parklands School, is moving swiftly towards completion. It will provide five respite places and plans to start providing services in July 2010.

Ardlui House will offer respite to families and short breaks to children aged 0 - 21 who live in Argyll & Bute and who have a range of support needs including sensory impairment, physical disability and learning difficulties.

For more information call Sense Scotland's on 0141 429 0294 or email [advsory@sensescotland.org.uk](mailto:advsory@sensescotland.org.uk)

## **An Evening at the Races**

A huge thank you to the Station Bar and well done to Sharon for organising a race night last month which raised a grand total of £1685.35 for our 10th Anniversary celebrations.



**LOTTERY FUNDED**

## **YOUNG CARERS SERVICE**

We are very pleased to announce that we have been successful in an application to the Big Lottery to fund a feasibility study into young carers in the area, the results of which will inform subsequent funding bids to introduce a Young Carers Service.

We are currently working with local schools, statutory and voluntary organisations to raise awareness of young carers and their needs.

## **AWARDS FOR ALL FUNDING**

We have also been successful in an application to Awards for All for funding for the 10th Anniversary celebrations. We have been awarded £9250.00 to go towards the 10 events and activities.



## **HLCP Groups**

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

**Ex-Carers Drop-in Cafe**  
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

## **Moving & Handling Training**

Wednesday 30th June  
Wednesday 28th July  
Wednesday 25th August

We will be having a light lunch at 12.30pm before the training session between 1pm & 2.30pm. There are only six places at each session so phone now to book!