

Helensburgh & Lomond Carers Project

10th Anniversary

2010 - Ten Years of Caring for Carers

The Helensburgh & Lomond Carers Project is pleased to announce it's 10 Events for Carers campaign to celebrate its 10th Anniversary of Caring for Carers.

Schools Logo Competition

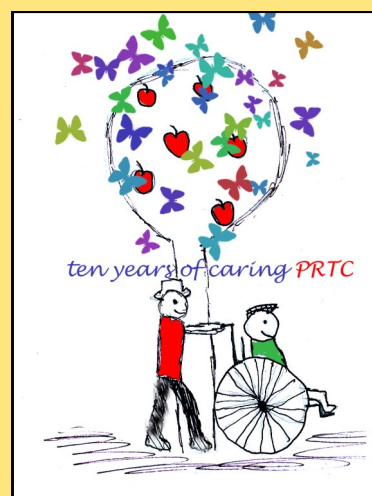
We invited pupils at the local High Schools to design a logo for our 10th Anniversary and asked them to take into consideration our plans to introduce a Young Carers Service.

Thank you to all of our 37 entries.



1st Runner Up
Lucy Metcalf
Lomond School

Overall winner
Alexander Lewis
Lomond School



2nd Runner Up
Stephanie Connolly
Our Lady & St. Patrick's



Helensburgh & Lomond
Carers Project



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Funded by Awards For All Scotland and Argyll & Bute Leisure Development Grant, the launch of our 10 Events for Carers campaign coincides with **Carers Week 14th – 20th June 2010**.

Celebrations include a Fashion Show, various trips and fundraising events culminating with a fabulous James Bond themed ball for carers and supporters of the project on 26 November at Cameron House, Loch Lomond.

The campaign however, has a serious message. Services for unpaid carers need to remain and expand in the Helensburgh and Lomond area. The project has recently commissioned a feasibility study to research the setting up of a service for young carers.

Proceeds from the campaign will help us to continue supporting carers in Helensburgh and Lomond.

To launch the sale of tickets for the Charity Ball, we have planned a 007 themed photo shoot at Cameron House courtesy of RiverDrive Studios and featuring River City Star Gary Lamont and some of our carers. If you would like to dress up and take part, please let us know.

Tickets for the Charity Ball will be free to Carers and we ask Ex-Carers for a donation of £20.

Tickets will be issued on a first come first served basis.

Please call ASAP to book your place .

(at the latest, end of June)

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10 Facts about Carers

- Carers save the Scottish Government £7.68 billion a year.
- There are almost 6 million carers in the UK (1 in 10 people) and just over 657,000* in Scotland.
- There are 1.25 million carers in the UK who care for some one for more than 50 hours a week (a full-time workforce greater than the NHS).
- The definition of a an unpaid carer is someone who looks after a partner, relative or friend who is ill, frail, disabled or has mental health or substance misuse problems and who can't manage without their help.
- Carer's allowance is £53.10 a week (£1.52 an hour) – the lowest benefit of its kind.
- Three in five of us will become carers at some point in our lives.
- Three-quarters of carers struggle to pay utility bills and more than half of them need to cut back on food and heating to make ends meet.
- Three-quarters of carers say their health is worse because of their caring responsibilities.
- There are 10,790* carers in the Argyll and Bute Council area.
- There are approximately 2,600* carers in Helensburgh & Lomond

*Scottish Household Survey 2007-08

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10 Events for Carers

- **Trip to BBC Scotland, Pacific Quay**
Saturday 5th June (also Aug, Sept & Oct)
- **H&L Highland Games Fundraising & Information Stall**
Saturday 12th June
- **Fashion Show**
Monday 14th June, M&Co
- **Trip to Gartmore House, Stirling for Afternoon Tea**
Wednesday 16th June
- **Money Matters Day** (Credit Union & DWP Carers' Allowance Unit)
Friday 18th June, Carers' Centre
- **Pamper Bus Event for Carers**
Saturday 19th June, Victoria Halls
- **Trip to Dalmellington Respite Hotel**
Wednesday 23rd June
- **Rosneath Highland Games**
Sunday 18th July
- **'Ladies of the Nite' Charity Tiara Walk**
Friday 10th September, around Helensburgh
- **James Bond Charity Ball**
Friday 26th November, Cameron House on Loch Lomond

**Respite can be
arranged for any
of these days**



**Please call the
Carers' Centre to
book your places**

**All events are free to registered carers.
Ex-carers will be asked for a donation.**

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