

CarersNews — Oct. 10



**Helensburgh & Lomond
Carers Project**



10th ANNIVERSARY PARTY

Friday 29th October, 4.00pm - 8.00pm, Carers Centre



Come along and join us at the Carers Centre for drinks and nibbles to help us celebrate our 10th Anniversary, 10 Years of Caring for Carers. We are also inviting our neighbours, partners, friends and supporters to join in the fun.

Hope to see you there!!!



CARERS CENTRE TEAM

Project Manager

Eileen McCrory

**Outreach Carer
Support Worker**

Bella Fairman

**Administrative
Support Worker**

**Sharon
Richardson**

10th ANNIVERSARY BALL

Friday 26th November, Cameron House



Tickets for the ball are still available to buy. The night includes a champagne reception, three course meal with wine, entertainment and dancing! 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.

It should be a great night so spread the word!!!

CARERS CENTRE OPENING HOURS

Monday:

**Closed to the
public**

Tuesday - Friday:

10am - 3pm

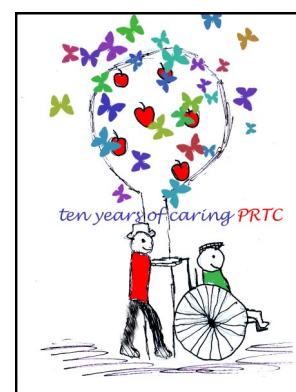
BRIDGE & AFTERNOON TEA

**Friday 8th October, 2.00pm - 4.30pm
West Kirk Hall, Colquhoun Street**

Following the success of the last 'Bridge & Afternoon Tea' event, Joy has kindly agreed to host another one. Proceeds will go to our 10th Anniversary celebrations. Baking and raffle prizes are welcome!

Tickets: £40 per table or £10 per person

Tickets are available from the Carers Centre.



HEARTSTART TRAINING

Friday 3rd December, 10am - 12noon, 3 Villages Hall, Arrochar

In partnership with the Rotary Club of Helensburgh Garelochside, we are running HeartStart training which teaches you basic first aid and CPR. Contact the Carers Centre for more information or to book a place.

RESULTS OF HLCP ANNUAL CARERS SURVEY 2009/10

The Annual Carers Survey questionnaire was circulated in the January edition of the newsletter to the 258 carers then registered with us. The Holistic Therapy Survey was given to carers and ex-carers using the service when they visited the centre.

The overall response was overwhelmingly in support of the work that is being carried out by the Project and evidenced that services delivered are meeting the needs of most, the quality provided is exceptionally high and the relationship between the staff and carers could not be better. Some quotes included:

'Staff at the Centre are brilliant, info is readily available, Centre is very good at helping carers coping with stressful situations.'

'I am grateful for these (therapy) sessions as I find that I have a lot more energy for a few days afterwards. Also feel that they are helping my physical mobility problems as well.'

'I think that the staff do a hugely important and successful job in what they do. The centre is welcoming and the things they offer are well organised and relevant.'

The response also included some interesting comments on the benefits of the services provided and how these might be extended or improved. When asked if there were any other services carers would like to see the Project provide, some suggestions included:

'A telephone help line.'

'More outreach services/events for rural areas...'

'More training days to help with caring role and to gain employment.'

'Encouraging carers under 60 and young carers to come forward.'

'A support service for carers dealing with mental health illness.'

'Young Carers.'

These have been referred to the Project Manager for consideration. The data collected is invaluable in evidencing what the Project has achieved over the past year and outcomes of the surveys will be used to secure future funding, maintain and develop services.

<u>Outcome</u>	<u>Target</u>	<u>Actual</u>
% of carers surveyed who indicate satisfaction with the quality of services provided by the Project	95%	97%
% of carers surveyed who indicate that the services available meet their personal needs	90%	89%
% of carers who indicate they have a better understanding of their rights & entitlements as a result of information provided by the Project	90%	92%
% of carers surveyed who indicate that the services provided by GP's meet their needs as carers	85%	58%
% of carers surveyed who indicate that the services provided by other carer and illness/disability specific organisations meet their needs as carers	80%	48%

We realise that completing a long questionnaire can be time consuming and recognise that we need to consider alternative ways of collecting data. If you have any ideas or would like to help in any way, please let us know.

Carer Training for Helensburgh and Lomond Carers

I have recently started as Training Co-ordinator, my time is split between Helensburgh and Lomond Carers Project and North Argyll Carers Centre. I began my working life as a Careers Adviser and moved into the development and delivery of learning and have spent my working life involved in learning in a variety of roles throughout the Highlands and Islands. Having been born in Western Isles and brought up in Mallaig the lure of the West Coast proved too much and I am delighted to be working with Helensburgh and Lomond Carers Project and look forward to meeting and working with you all in the future.

My role is part of a larger project funded by the Big Lottery's Investing in Communities Programme. The training project supports identified carers who live in rural and remote areas. Over the next two years, we will be assessing and evaluating the training needs, skills and knowledge of local carers. We will be developing training courses and toolkit of good practice to share with others centres across Scotland and the UK.

What does this mean for you?

With partner support we will provide learning opportunities for unpaid carers - sessions on issues that are relevant to **you in your** caring role. We can also offer advice, guidance and support you to look into learning opportunities that interest you. They may not be part of your caring role but may be interests you have that you would like to develop.

Sessions will enable you to build on your own expertise and gain further knowledge and confidence from health professionals and peer support. I will also be collecting a range of information on learning opportunities that will be part of the information board and library in the centre.

Your views!

In the initial stages of the project I am gathering as much information as I can about what training people feel would be of benefit and would be really grateful if you can share any ideas you have on what would be of use to you. I can meet you at the Carers Centre or come to your home, and help you to identify any training that you might benefit from. I will be in Helensburgh every second Tuesday and can be contacted on my mobile phone when I am not at the centre.



For further information please contact:

Morag MacLean, Training Co-ordinator

Tel: 01436 01631 564422/ 07554293975

E-mail: morag@northargyllcarers.org.uk

'Improving Support For People Helping To Look After Someone With Dementia in Argyll & Bute'

Alzheimer Scotland is carrying out research which aims to improve support and information provision to anyone supporting, or helping to support someone, with dementia in the Argyll & Bute area. The research is part of a wider project covering NHS Highland area.

Two development workers, Davy Macdonald (Argyll & Bute) and Lynne O'Donnell (Highland) have been employed to work on the project, which is funded by the Big Lottery. They want to find out what challenges and barriers carers face in accessing support for themselves and for the person they are helping to look after.

Davy stated that **"The majority of people with dementia who live in the community receive considerable unpaid care and support from husbands and wives, family members, friends and neighbours. This saves the country an estimated £900,000,000 annually but can result in a heavy cost to the carer in how it impacts on their life. This project aims to reduce this impact and improve the quality of life of the carer, and consequently, improve the life of the person with dementia"**.

They need to hear from people who are currently helping to look after, or have previously supported someone with dementia. The information provided will be crucial in shaping the design and content of a dementia specific Carer Resource Guide for the NHS Highland area. This guide will be a comprehensive resource detailing sources of support and information available for carers.

The research will also be written up into a report which will identify recommendations for service providers and agencies on how best to improve support to those helping to care for someone with dementia.

There are various ways in which people can be involved through face to face meetings, telephone conversation or group discussion. Anyone wishing to participate in the project please contact Davy on:

Office: 01631 570614

Mob: 07584 519649

e-mail: dmacdonald@alzscot.org



LOTTERY FUNDED

Alzheimer Scotland
Action on Dementia

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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Email: admin@hlcp.helensburgh.co.uk

Website: www.carers.org/hlcp

Recognised Charity No. SC033382

LADIES OF THE NITE - TIARA WALK 2010

Our first Tiara Walk on Friday 10th September was organised in partnership with the Helensburgh Branch of Enable and the Friends of Victoria Halls. It was a huge success - we have raised £1302.11 to date and are still waiting on sponsor money coming in! We hope to make it an annual event so get training for next year!

A big thank you to everyone who helped organise the event, the walkers and the sponsors!



Some of the 'Ladies of the Nite' out in the town!



Ceilidh Dancers

FAMILY CEILIDH FUN

One of our volunteers very kindly organised a family ceilidh in the Cove Burgh Hall on Saturday 18th September. Everyone there had a great time, especially the kids! We managed to raise over £100 on the night and have been promised that more donations will follow!

Many thanks to Leeanne and her family for organising such a great family event!

DALMELLINGTON RESPIRE TRIP

At the end of August we organised a weekend trip to Dalmellington Hotel in Ayrshire to give some of our carers a well deserved break. Everyone who went had a lovely, relaxing time. Hopefully we will do it again soon!



Galloway Forest Park



BBC TRIP

We took two more groups of carers for a tour of the BBC Scotland Studios at Pacific Quay in Glasgow in August and September. We followed the tour with a carvery lunch.

A good time was had by all!

BBC Pacific Quay

OUTREACH CARERS DROP-INS

If you need information or advice on anything, or simply want a chat, pop in and see Bella, the Outreach Carer Support Worker at one of the Outreach Carers Drop-Ins.

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