# CarersNews — Sept. 10



## Helensburgh & Lomond Carers Project



## **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.



If you are unable to take part but would like to contribute you are welcome to sponsor the Carers Centre staff!

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.

## **FAMILY CEILIDH FUN**

## Saturday 18th September, 7pm - 11pm, Cove Burgh Hall

Join us for an evening of family ceilidh fun!

One of our volunteers has kindly organised this event to help us raise money for our 10th Anniversary celebrations (thanks Leeanne!)



Donations for the raffle are always welcome!

Bring your own bottle

Tickets: Adults £7, Children £3

Tickets are available from the Carers Centre or at the door on the night.



## **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, one of our carers has kindly agreed to host another one (thanks Joy!) All proceeds will go towards our 10th Anniversary celebrations.

Please bring your own cards/score pads/bridge cloth etc.

Donations of baking and raffle prizes are always welcome!



Tickets: £40 per table or £10 per person

Tickets are available from the Carers Centre.



## CARERS CENTRE TEAM

**Project Manager Eileen McCrory** 

Outreach Carer Support Worker Bella Fairman

Administrative
Support Worker
Sharon
Richardson

### REMEMBER...

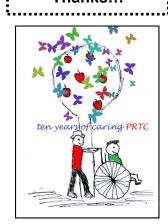
We can arrange respite for you to attend any of these events...

Just phone and ask us!

## Volunteers Wanted!!!

We are always looking for people to join our bank of volunteers so if you are interested please let us know...

Thanks!!!



## 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. Helensburgh & Lomond Carers Project 17E East King Street Helensburgh G84 7QQ

Phone: 01436 673444

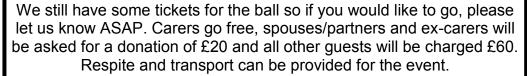
Email: admin@hlcp.helensburgh.co.uk

Website: www.carers.org/hlcp

Recognised Charity No. SC033382

## 10th ANNIVERSARY BALL

## Friday 26th November, Cameron House



## HAPPY ?0th BIRTHDAY

**Ina Crombie** 

Love from all at the Carers Centre xxxxx

### **ACUMEN Events**

#### Helensburgh & Lochside Group

Wednesday 15th September, 10am - 12 West Kirk Cottage, Colquhoun Street,

Guest Speaker:

Alan Douglas, Bipolar Scotland Light lunch included

### **ACUMEN Argyll & Bute**

Wednesday 8th September, 12 - 3pm Argyll Suite, Royal Hotel, Oban

Topics for discussion: What frame of mind promotes good mental health? What information do people require prior to

being admitted to a psychiatric hospital?

Lunch included

For further information, phone Andrea on 0141 887 9103 or Graham on 01463 723 557

## **MENTAL HEALTH in Argyll & Bute**

NHS Highland have organised further public information events to raise awareness of the redesign of mental health services and to promote a *healthy* mental health message.

Friday15th October, 4.30pm - 6.00pm The Co-op, Sinclair Street, Helensburgh

## AQUAJOY Premier Plus Bathlift Seeks new home

- Two-piece, reclining bath lift
- Separate swivel & slide seat attachment
- Charger & waterproof control
- Easy to put together & take apart
- Weight limit 21.5 stone

## 3 yrs old, excellent condition

Small remuneration required as donation to charity.

Contact the Carers Centre for more information.

### **HOLISTIC THERAPIES**

We are currently trying to reorganise our therapy booking system in an attempt to reduce the waiting list & make the allocation of appointments fairer to everyone.

Please be patient with us while we work it out!

### **CARERS DROP-IN**

Need information or advice? Come in for a chat!

3 Villages Hall, Arrochar 1<sup>st</sup> Friday of every month 10.00am - 12.00noon **Kilcreggan Health Centre** 3<sup>rd</sup> Friday of every month 12.30pm - 2.30pm

Garelochhead Surgery 4<sup>th</sup> Thursday of every month 12.30pm - 2.30pm