

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.

CARERS CENTRE TEAM

Project Manager
Eileen McCrory

**Outreach Carer
Support Worker**
Bella Fairman

**Administrative
Support Worker**
Sharon
Richardson

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.

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!!!

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.



**Helensburgh &
Lomond Carers**

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

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Email: admin@hlcp.helensburgh.co.uk
Website: www.carers.org/hlcp

Recognised Charity No. SC033382

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

10th ANNIVERSARY BALL

Friday 26th November, Cameron House

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We still have some tickets for the ball so if you would like to go, please
let us know ASAP. 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.

**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.

Friday 15th October, 4.30pm - 6.00pm
The Co-op, Sinclair Street, Helensburgh

**AQUAJJOY 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

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