

# CarersNews - Jan/Feb 10

AWARDS  
FOR ALL  
SCOTLAND  
LOTTERY FUNDED



## Helensburgh & Lomond Carers



### A MESSAGE FROM THE TEAM

#### A Very Happy & Healthy New Year From the Staff, Volunteers & Trustees

I'm sure you will be glad that the snow has gone, even if only for a while, it played havoc with all the activities we had planned for December 2010 and resulted in us having to cancel some. Still, some of us managed to get along to see Snow White at the Kings Theatre in Glasgow and 64 carers and volunteers made it to the Christmas Lunch at Rosslea Hall Hotel. P6 & P7 pupils from Lomond School sang beautiful Christmas carols to entertain us and Santa and his two Elves did a great job giving out the raffle prizes! A great day was had by all. We in hearing the speaker Amanda Guardian (Scotland) on Carers inclement weather this had to announce however, this has following date: Wednesday



**10<sup>th</sup> Anniversary Events** As throughout 2010 organising celebrate 10 Years of Caring for Carers. These events culminated in a very successful James Bond themed Charity Ball which was held at Cameron House 26<sup>th</sup> November. 126 carers and guests were treated to a champagne reception, a performance from Lomond School Baroque Ensemble, a Piper, a three-course meal, Salsa Dancing demonstration, dancing, raffle and charity auction and £5,000 was raised on the night. Our fantastic host, John Amabile, made it a memorable evening and you will see from the photos, that everyone had a fabulous time. In fact, around about 11pm, it started to snow - little did we know then, that it would last for weeks! A magical end to a magical evening! Here's what some carers had to say.

*"Thank you so very much for a wonderful evening. You all looked a million dollars!  
It was a wonderful idea and so generous to take us all."*

*"It was a wonderful occasion and such a joyous break. The hard work and determination  
that went into the night really paid off, so well done to everyone involved."*

So yes, it was a busy year, but we are pleased to tell you that all the hard work has paid off. We have **raised the profile of Helensburgh & Lomond Carers Project**, and in doing so, have **identified many new carers who previously hadn't known of the Centre** and we raised the fantastic sum of **£10,000**. £5,000 will be used for core costs, and £5,000 will go towards employing a Young Carers Development Co-ordinator. I'm sure you will agree, this is an amazing sum and we would like to say a huge thank you to everyone who helped us in any way to make the 10<sup>th</sup> anniversary year a successful one. Thank you once again for all your support and we look forward to another successful year.

*Eileen, Bella, Sharon and all the Team*

#### OPENING HOURS

##### PLEASE NOTE:

We are **CLOSED**  
on a **Monday**

##### OPEN

**Tuesday - Friday:**  
10am - 3pm

**THANK YOU**

#### CARERS CENTRE TEAM

**Project Manager**  
Eileen McCrory

**Outreach Carer Support  
Worker**  
Bella Fairman

**Administrative Support  
Worker**  
Sharon Richardson

#### CARERS ACTIVITIES

If you have  
any ideas or  
suggestions for  
activities in the  
Carers Centre,  
we would love to  
hear from you.

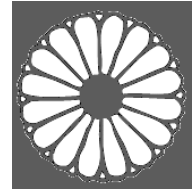


## EVENTS

### **Argyll & Bute Carers Networking Board AGM**

**Monday 7th March, 12noon, Loch Fyne Hotel, Inveraray**

All are welcome at this event. Transport and respite can be arranged.  
Please contact the Carers Centre if you would like to attend.



### **Carer Participation in Planning Course - Focusing on Community Health Partnerships**

**Tuesday 22nd March & Wednesday 23rd  
March, Carlogie House Hotel, Carnoustie**

In July 2010 Scotland's Carers Strategy was launched. It included the headline action:

***'We will ensure carer representation on Community Health Partnerships' (CHPs);  
Carers will be central to the planning, shaping and delivery of services for the  
people with care needs and in relation to support for themselves'***

This is an important step forward for carers and the organisations that support them. Due to cuts to local authority budgets, carers are at risk of losing vital support services that they currently rely on. Therefore, it is more important than ever that carers are involved when important decisions are being made about health and social care services.

To support carers to get involved, a two day residential course on Carer Participation in Planning, is being offered free to carers. The course is designed for carers who are interested in becoming a representative on their local CHP in the future. It will look at:

The role of Community Health Partnerships and Community Planning Partnerships

Preparing for meetings

How to deal with feelings - yours and others

Looking after yourself

How to influence at meetings

How can you represent all carers?

How and what to feed back

If you are able to commit to participating as a representative on a CHP and would benefit from this training, please contact the Carers Centre for more details. The pre-questionnaire and booking form must be completed by Friday 25th February.

### **WE WILL ROCK YOU**

**Wednesday 2nd February**



Come and join us for **We Will Rock You**, the spectacular musical by **Queen and Ben Elton**, at the Kings Theatre, followed by dinner in Glasgow.

We will be meeting at the train station at 1pm and should arrive back in Helensburgh before 9pm.

Contact the Carers Centre to book your place.

Respite is available.

### **SNOW WHITE CHRISTMS PANTO**

**Wednesday 8th  
December**

Despite the bad weather and one of the show's stars not turning up everyone had a good time. Barbara Rafferty was especially good and kindly took the group back stage after the

## **USEFUL INFORMATION**

### **DWP Response to Severe Weather Conditions**

**DWP** Department for  
Work and Pensions

The DWP is committed to helping vulnerable customers to heat their homes during the cold weather so we are continuing Cold Weather Payments. These provide £25 towards eligible customers' heating costs during each seven-day period of very cold weather. There is no need to claim, eligible customers are paid automatically. This payment is over and above Winter Fuel Payments made to those over 60.

They have developed a toolkit which contains a Q&A briefing and other useful resources on Winter Fuel Payments and Cold Weather Payments:

<http://www.dwp.gov.uk/adviser/updates/money%2Dtowards%2Dwinter%2Dfuel/>

The following website provides information on eligibility, and a postcode search facility where customers can find out if Cold Weather Payments have been triggered in their area.

<http://www.direct.gov.uk/coldweatherpayment>

### **Disability Living Allowance Reform – Public Consultation**

This consultation seeks your views on Government proposals to replace Disability Living Allowance (DLA) with a new benefit - Personal Independence Payment which will be a non-means tested, extra costs benefit. It will help disabled people remove the barriers they face to leading full and independent lives. Everyone applying for it will have to undergo a new assessment, including those who currently receive DLA.

This obviously has an impact on carers so it is important to voice your views on the issue. Responses must be submitted by Monday 14th February.

For more information visit: <http://www.dwp.gov.uk/consultations/2010/dla-reform.shtml>

An online survey can be filled out at: <http://www.surveymonkey.com/s/dlareform>

### **The State of Caring - Carers UK Research Survey**

**CARERS UK**  
the voice of carers

Carers UK are launching a major new research survey to assess carers' health, wellbeing and finances, and the support they receive from health and care services and their employers if they juggle work and care. To make headlines and make sure the media and politicians listen, they need a big response to the survey. Find it at [www.surveymonkey.com/stateofcaring](http://www.surveymonkey.com/stateofcaring)

### **Charter for Change - Help Fight For Older Carers**

Figures produced by the Scottish government suggest about 20% of people with learning disabilities live and are cared for in the family home by family members over the age of 65. The charter for change outlines five simple steps that can make life a bit easier for older carers. To lend your support by signing up for the charter visit: [www.charterforchange.com](http://www.charterforchange.com)

### **Care Information Scotland - Care Information for Older People**

Care Information Scotland is a new website and helpline service that provides community care information for older people and their carers. As well as providing national information such as what different types of care there are, charging policies and free personal care, it also provides information about specific local services.

Call or go online to find out about how you get care, how to pay for care and how to get help with caring. [www.careinfoscotland.co.uk](http://www.careinfoscotland.co.uk) or 08456 001 001

Lines open Monday - Friday, 10am - 8pm and Saturday, 10am - 4.

Calls charged at local rate.

**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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**Web: [www.helensburgh-carer-support.org](http://www.helensburgh-carer-support.org)**

**Recognised Charity No. SC033382**



Salsa Dancing  
Demonstration

**10TH ANNIVERSARY BALL  
CAMERON HOUSE  
Friday 26th November**

Our James Bond themed Ball was a fantastic event. The room looked beautiful, the meal was delicious and the entertainment was wonderful! We raised around £5,000 on the night so thank you to everyone involved!



Our host John Amabile  
with some of our carers

**10TH ANNIVERSARY PARTY  
Wednesday  
3rd November**

Our official 10th birthday was on Wednesday 3rd November so we celebrated by having a wee party in the Carers Centre. Everyone had a great time!



**CARERS CHRISTMAS LUNCH  
Wednesday 15th  
December**

This year's Carers Christmas Lunch and EGM was a great success. The food was lovely and the entertainment superb! Especially Santa and his two elves!



**NEW NAME AND MEMBERSHIP ARRANGEMENTS**

At an Extraordinary General Meeting at the Rosslea Hotel on 15 December 2010 it was agreed to make adjustments to the charitable purpose in the new Constitution to meet the requirements of OSCR and to drop the word 'Project' from our registered name. The changes will come into effect on 1 April 2011, when we will officially be known as 'Helensburgh & Lomond Carers.'

There is a lot to do before 1 April to ensure a smooth transition, including changing the name on our bank accounts, contracts, letterheads and publications. The Constitution requires the charity to maintain a separate Carers Register and Members Register, which means that more formal membership arrangements have to be put in place to comply with Charity Law. The details of carers who use our services will continue to be held confidentially in the Carers Register and, while they do not have to also register as members, we hope that most will wish to support the organisation in this way.

Membership is open to all carers and former carers, partner voluntary organisations or community groups and any individual aged 16 or over who is interested in the work we do. There is a non-recurring membership fee of £2, which is to cover the cost of membership cards etc, and provision is made for Associate Members, to act as advisers to the Trustees. A Membership Application form is included in this Newsletter and we would ask all our readers to consider signing up to be a member of the charity. The size of our membership is an important consideration to funders and we wish to be able to demonstrate the level of support there is across Helensburgh and Lomond for the services we provide. Please return the completed form with the £2 fee to the Carers Centre.

If you wish any further information, please speak to any of the staff or trustees.