

CARERS DROP-IN

Every
Wednesday
10am - 12noon
At the Carers
Centre

FRIENDSHIP GROUP

**Last Friday of the month, 10.00am - 12.00 noon,
West Kirk Cottage, Colquhoun Street**

In partnership with the Dementia Resource Centre, we are starting up a 'friendship group' for people with Dementia and their carers. This will replace our Dementia support group which has been poorly attended lately. The first one will be on Friday 25th February. Carers may attend with the person they care for or respite can be arranged. ***Come along for a coffee and a chat!***



Alzheimer Scotland
Action on Dementia



HEARTSTART

UK



HeartStart UK is an initiative coordinated by the British Heart Foundation to teach members of the public what to do in a life-threatening emergency.

We are running some training days in partnership with the Rotary Club of Helensburgh Garelochside:

Wednesday 26th January
2.00pm – 4.00pm
Carers Centre
Helensburgh

Friday 4th February
10.00am – 12.00noon
3 Villages Hall
Arrochar

If you would like to take part, please let us know.
Respite can be arranged.

WELFARE RIGHTS OFFICER DROP-IN SESSION

Wednesday 16th February,
1.00pm - 3.00pm,
Carers Centre

Catherine Morrison, Welfare Rights Officer, will be available to give general advice on benefits.

Please drop-in or make an appointment by calling the Carers Centre.

We will be holding regular Drop-in Sessions throughout the coming year.

CARER TRAINING IN HELENSBURGH

We are launching a series of informal carer training sessions in February in partnership with NHS Highland and Argyll and Bute Council. The sessions will provide the opportunity for carers to get together in a relaxed and informal setting and through the various topics explore and discuss some of the issues carers are dealing with.

The sessions will last around 2 hours. There is a fund to support respite for carers attending training. The programme will run through the year at a variety of locations around Helensburgh and Lomond. We will publish our annual calendar of training in the next newsletter.

The first of these sessions is:

Stress and Anxiety Management
Thursday 17th February
10.30am - 12.30pm
Carers Centre



If you would like more information or to book a place please call the Carers Centre.



Office of the
Public Guardian (Scotland)

POWER OF ATTORNEY INFORMATION SESSION

Wednesday 23rd February, 10am - 12noon, Carers Centre

The Office of the Public Guardian (Scotland) are coming to give us an information session on Power of Attorney, including an overview of the Adults with Incapacity (Scotland) Act 2000.

If you would like to attend, please let us know. Respite can be arranged.

HELENSBURGH & LOMOND CARERS NEWS

The Revie Appeal

Harry Revie is a long standing and valued member of our Management Committee and his skills, knowledge and experience have greatly contributed to the governance and development of the charity, which is currently in its 10th year of supporting carers in the area.

Harry is particularly committed to supporting unpaid carers who live in the more rural and remote parts of Helensburgh and Lomond, who often feel isolated and hidden from mainstream service providers and so launched an appeal to raise £10,000 to continue our work in these outreach areas.

Friends of the Revies, from all over the world, have pitched in to help raise this amount and the total so far stands at approximately £8,000.

To everyone who has donated to this appeal, our sincere thanks for your kindness and for helping Harry to fulfil his and our Mission of 'making a positive difference to the lives of unpaid carers.'

Fundraising and Donations

During last year, we arranged a number of events to raise funds for the future of the Carers Centre. So far, we have managed to raise around £10,000 so a huge thank you to everyone who supported us during this time.

Following a presentation by Bella for the Rotary Club of Helensburgh Garelochside, they kindly donated £100 to the Carers Centre to help support the work we do. Thank you!

The Helensburgh Lions Club also donated £300 to support our work. Thank you!

A big thanks also to Gladys Stephenson for donating £194.80 following a group day out.

Holistic Therapies

There is currently a very high demand for therapy appointments at the centre and at the outreach areas and the recent review of how appointments are allocated is working well all thanks to Mary who has managed this most effectively.

If you are unable to attend your appointment for any reason, please let us know as soon as possible as we can always offer it to another Carer.

Funding for this service comes from a cocktail of external funders and we need to account for every penny when reporting back to them. We appreciate your support in this matter.

We also appreciate any donations for our holistic therapy treatments as they help us cover the cost of providing them.

Please note: if you are suffering from an infectious condition i.e. cold, cough, you won't be able to have a therapy. Please call to rearrange your appointment.

Befriending Project Bid Successful

We are very pleased to announce that in partnership with the local branch of Alzheimer Scotland, we have been awarded £3716.00 from the Health Improvement Fund to run a six month Pilot Adult Befriending Service, starting in March.

The Befriending Project will be open to new and existing unpaid carers in the area who need a little extra support to continue their caring role. The service will provide support to carers and the 'cared-for' person including social activities. If you think you would benefit from the service, please let us know.

The project will be run using volunteers so if anyone is interested in helping out we would love to hear from you. We are especially keen to hear from men who would like to volunteer. Phone the Carers Centre for more details.

Our new website is up and running so go and have a look:

www.helensburgh-carer-support.org

Comments and suggestions are welcome so let us know what you think!