



The Princess Royal Trust  
for Carers

## CARERS WEEK



13th - 19th June 2011

*The true face of carers*

**‘What is the reality of caring  
in the UK in 2011’**

We are having a **Carers Information Day** on **Friday 17th June** between **10am** and **3pm** at Helensburgh and Lomond Carers Centre. Representatives from local organisations and local political figures including local Councillors, representatives from NHS Highland and Argyll & Bute. Social Work Department, Contact the Elderly, Alzheimer Scotland, Red Cross Short Break Bureau and A&B Children's Befriending Scheme will be attending throughout the day to give carers advice and information on services available to them. We will also be having a therapist along to do express therapies. A light lunch will be provided and respite is available. We are lucky to be having so many organisations giving up their time to come to our event so please support it! We look forward to seeing you then.

## CARERS SURGERY

**with Jackie Baillie MSP**

**Friday 3rd June, 10am - 12 noon**

**Worried about local services?**

**Have you been affected by the charging policy for care?**

Here's your chance to talk to our newly re-elected MSP Jackie Baillie about issues that affect you. We have been lucky to get some time with Jackie, so please come along to this event.

### CARERS CENTRE TEAM

**Manager, Eileen McCrory**

**Outreach Carer Support Worker, Bella Fairman**

**Administrative Support Worker, Sharon Richardson**

**You are always welcome to come in and speak to us.**

# Regular Events

## Walking Group

1st Wednesday & 3rd Tuesday of the month. Next meeting:

Wednesday 1st June, 9:30am  
Cardross train station car park

Group members take turns choosing the time and location of each walk. Walks will last about an hour and won't be too strenuous. Walkers must bring their own water, wear sensible shoes and keep their dogs on a leash if you wish to bring one.

## Carers Café

3rd Thursday of the month, 10am - 12noon, Howie Pavilion, Rosneath.

Join us for a cuppa and a chat! Discuss your caring issues with other carers and find out about services. Our therapist will also be there to give express therapies (head, foot massage etc) and treatments.

**Contact Bella Fairman, Outreach Carer Support Worker  
for more details on 01436 673444**

## Carers/ Drop-in

Every Thursday, 10am - 12noon, Carers Centre

Why not drop in for a cuppa and a chat with other carers and ex-carers. Come and meet our new volunteer Jeanette who will facilitate the coffee morning.

## Ex-carers Friendship Group

For people with Dementia, their families and carers. The group is run in partnership with Alzheimer Scotland.

Last Friday of the month, 10am - 12noon, West Kirk Cottage, Colquhoun Street

Why not drop in for a cuppa and meet new friends!



# Upcoming Events

## Big Screen Race Night

**Saturday 28th May, 7.30pm 'til late,  
Station Bar, East Princes Street**



Come along and join in the fun!

Sponsor a race or take part in the games! Pop into the Carers Centre to sponsor a horse/jockey £2 or race £25.

A meeting point has been arranged outside Helensburgh train station at 7:15pm for carers who wish to come along.

## Fashion Show

**Wednesday 15th June 7pm  
M&Co, Sinclair Street**



Come along and enjoy the fun! Light refreshments, raffle and more. Tickets are £5 from Helensburgh and Lomond Carers Centre.

Thank you to everyone who have volunteered to be models at the show. Can you please go into M&Co on 1st June to choose two outfits and give them to a staff member who will set them aside for the night.

## Argyll Voluntary Action Open Day

**Tuesday 31st May, 10am - 2pm**

**30 West King Street**

(opposite the library)



Come along and find out more

about what they are doing in the community and perhaps get involved. Refreshments provided. For more info call 671613.

## Argyll and Bute Carers Network Conference

**Wednesday 1st June, 10am - 3.30pm**

**Royal Marine Hotel, Hunters Quay, Dunoon**



This year's event will focus on Personalisation and what this means for services in Argyll and Bute. There will be guest speakers and discussion on this topic. There will also be the chance to comment on the final draft of Argyll and Bute's Carers' Strategy. The short AGM will be held just before lunch.

If you wish to stand for election to the Carers Network Board please contact the Carers Centre for a nomination form. To book your place contact the Carers Centre.

**Wednesday 15th June, 7pm**

## Helensburgh & Lomond Carers AGM

**Thursday 21st July, 11.00am**

**Commodore Hotel, Helensburgh**



This year's Annual General Meeting will include a presentation from Gerry Farrell from the Leith Agency, Edinburgh. Lunch will be provided. Respite can be arranged.

Everyone is welcome to attend our AGM however, only registered members of the organisation will be eligible to vote. Please let us know if you wish to become a member. Membership registration forms will be available at the AGM. Please call us to register your attendance.

## River City Visit

**Saturday 30th July**



There are 10 places for carers and 2 disability spaces available for anyone wishing to go on a tour of the River City set in Dumbarton. There will be no transport available so could carers with cars share with those who don't or we can go by train. Contact Katie at the Carers centre to arrange.

# Carer Training

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## Supporting Individuals With Autistic Spectrum Disorder (ASD) Training

This free one day course aims to raise awareness and improve the understanding and knowledge of carers in relation to how they support people with these needs.

We are hoping to hold this training in partnership with North Argyll Carers Centre. If we get enough interested parties we will aim to hold the training in Inveraray July or August.

Respite and transport can be arranged. Please contact the Carers Centre if you are interested in taking part.

## Sugar Craft Classes

One of our carers has kindly offered to run Sugar Craft classes for us. These will be held on the following dates:

Gibson Hall, Garelochhead 10am - 11am

Wednesday 22nd June

Wednesday 3rd August

Wednesday 6th July

Wednesday 17th August

Wednesday 20th July

Wednesday 31st August

Spaces are limited so please contact the Carers Centre to reserve a place. Respite can be provided.

## Relaxation Workshop

Thursday 9th June, 10am - 12noon, Carers Centre

## Medicine Matters

Wednesday 14th June, 10am - 12noon, Carers Centre

Please let us know if you are interested in taking part. Respite can be provided.

**For further information on training opportunities, please contact:**

**Morag MacLean**

**Training Coordinator-**

**[morag@northargyllcarers.org](mailto:morag@northargyllcarers.org)**

# Carers Centre Information

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## Helensburgh & Lomond Carers Membership Details

At Management Committee meetings held in March and April 2011, consideration was given to the applications received for membership under the new arrangements and just over 100 were approved. For those new members please find your membership enclosed with this newsletter. Anyone wishing to become a member should contact us for an application form. Being a member:

- \* Demonstrates your support for our work
- \* Entitles you to vote at our AGM and allows you to be nominated for election as a Trustee
- \* Entitles you to regular updates, including copies of our newsletter and Annual reports, and
- \* Gives you an opportunity to speak out during consultation exercises.

Please consider becoming a member, we would greatly appreciate your support. Membership fee is non-recurring and £2.

**Annual Survey** Thank you to everyone who took the time to complete the Annual Survey. Overall satisfaction level is 99.78%, some suggested activities include Tai-Chi Classes, Evening activities Group, Cinema Trips, support for carers of people with mental health problems and lots more holistic/beauty therapies.

**Volunteers** If you would like to volunteer at the Centre, we would welcome your support for activities such as admin, fundraising, helping with various events and much more! Please contact Sharon on 673444

# Useful Information

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## Stepping Stones Organisation

Do you need additional help to find employment?  
Have you been on employment related benefits?  
Do you suffer from a mental health issue that may affect your ability to work?

Stepping Stones is working with local partners to assist people to remove their barriers to employment.

For more information contact John White or Jackie Sroka on **0141 941 2929**  
**[www.stepstones.org.uk](http://www.stepstones.org.uk)**



## Living Life

**NHS 24**

A free confidential telephone service based on Cognitive Behaviour Therapy, for people aged 16 and over who are feeling low, depressed or anxious.

**Open Mon-Fri, 1pm - 9pm**

**0800 328 9655**

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

## Sapphire Cleaning Services

Carpet & upholstery cleaners, Robert 07947 883 374

### eBay Fundraiser

Due to time constraints we have decided not to start selling other people's unwanted items on eBay.

We will however be registering as a charity on eBay so that people who are selling items themselves can choose to make a donation to us.

### Carers Fish Tea

**Friday 8th July ,  
Palace Fish Restaurant**

Come and join us for a Fish Tea and meet other carers for a fun afternoon. There are 20 places. This outing has been funded by Short Breaks Fund, Shared Care Scotland.

**Phone Bella to book a place.**

### Tiara Walk 2011

**Friday 9th September  
9pm 'til Midnight**

5K charity walk starting at the Rugby Club with refreshments and disco afterwards. Registration is £10 and is open now!

Forms can be collected from the Carers Centre or Wilkies, West Clyde Street. Last year we raised £2,000 so let's see if we can beat that amount this year! Sign up ASAP for a fun evening.



### Carer Breaks to Dalmellington

Nine Carers enjoyed a weekend of relaxation and pampering at Dalmellington House Hotel, East Ayrshire in April, thanks to funding awarded from Short

Breaks Fund, Shared Care Scotland. The June break is now full, however there is another weekend planned for **Friday 12th – Sunday 14th August**

We already have a list of carers who wish to go but if you would like to come along please let us know.

**Contact Sharon or Bella on 01436 673444**



**Short  
breaks fund**

## Forum Looking for Interested Carers to Join Meeting

Helensburgh & Lomond Learning Disability Locality Forum are looking for interested carers/relatives of someone who has a learning disability to join their new forum. We are looking for two representatives.

The forum is a multi-agency group that meets every two months in Helensburgh to look at improving the standards of care and service experiences of this client group. This so far has involved looking at issues like training and improving general standards; carer knowledge; creating employment; leisure and other issues. However, we require 2 carers/relatives to join representatives from the voluntary sector providers; local authority; NHS; and service users, to ensure that all of the important voices within the local area have an opportunity to properly contribute to the development of services locally. If this is something you think you may be interested in, please feel free to contact Robert Macfarlane, Clinical Nurse Specialist on 01436 655050 OR by email on [robert.macfarlane@nhs.net](mailto:robert.macfarlane@nhs.net)



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