



The Princess Royal Trust
for Carers

Cardross Garden Party

The garden party was a huge success and raised £849. The day was enjoyed by all with face painting, a DJ and many other stalls. A dancing display and puppet show entertained everyone when it began to rain and we moved everything inside.

We would like to extend our sincere thanks to everyone that came along to support us and to volunteer.



Fashion Show at M&Co

As part of Carers Week we held a fashion show hosted by M&Co Helensburgh. All the models took to the catwalk to show off the latest summer trends and we raised £360. Thanks to everyone who supported this event, the Employability Team, St Joseph's Hall Committee, John Izaat, photographer Robert Bell and Wilma Hannah for her excellent hosting.



Peninsula Carers Cafe

3rd Thursday of each month

Howie Pavilion, Rosneath, 10.00am – 12.00noon

Join us for a cuppa and a chat! Discuss your caring issues with other carers and find out about local services. Get pampered by our holistic therapist who provides taster sessions in massage, reflexology and other treats!!



Please join us for our next Carers Café on

Thursday 21st July

CARERS CENTRE TEAM

Eileen McCrory, Manager

Bella Fairman, Outreach Carer Support Worker

Sharon Richardson, Administrative Support Worker

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



Regular Events

Walking Group

Do you enjoy walking? Do you enjoy good company? Join our walking group! Dogs welcome. Our next couple of meetings...

Wednesday 6th July, 12noon

Meeting at the lay-by in Aldochlay, near Luss.

Tuesday 19th July, 10.30am

Meeting at Kilcreggan car park.

If anyone would like a lift or has suggestions for future walks, please let Bella know.

Carers Café

3rd Thursday of each 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.

Carers / Ex-carers Friendship Group 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.

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

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

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

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



Upcoming Events

Fish Tea

Friday 8th July, 3pm

Palace Restaurant, Helensburgh

Why not join us for a fun afternoon at the Palace Restaurant - the best fish and chips in Helensburgh! Only 8 places left, call now to book a place.



Carers Surgery with Jackie Baillie MSP

Friday 15th July, 10.00 - 12.30, Carers Centre

Following the success of our last Carers Surgery, Jackie is coming back to talk specifically about issues affecting carers who care for someone under the age of 65. There will be a limited number of short, private appointments with Jackie so please call to book an appointment.

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. 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. AGM papers are available from the Carers Centre. Please call us to register your attendance.



River City Tour

Saturday 30th July, 10.30am

River City Set, Dumbarton

There are only 8 places, including 2 disability spaces left. There will be no transport available so could carers with cars share with those who don't or we can go by train. Contact the Carers centre to arrange.



Tiara Walk 2011

Friday 9th September, 9.00pm

Ladies and gents, get your walking shoes on and join us for a sponsored 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 lets see if we can beat that amount this year!



Ballet & Pre-theatre Dinner Trip

Thursday 29th September, 7.30pm,

Theatre Royal, Glasgow

Inspired by the music and cinema from the 1930's, *Pennies from Heaven* is a playful interpretation of a range of popular songs from the period, with elegant designs steeped in the vintage glamour of the era.



We will be getting the 4.10pm train from Helensburgh. There are 20 places available, to book a place please contact the Carers Centre.

Craft Classes

We will be running workshops in puppetry and dough modelling during September in Garelochhead. We are also hoping to run felting workshops from October onwards. Please contact Bella for more information/ideas or if you are interested in coming along.

For all our social activities, priority must be given to carers. Ex-carers are welcome to come if there are places available but will be asked for a donation.

If you require respite to attend any of our events, please let us know.

Carer Training

All of the courses below will be running at the Carers Centre.

Basic Massage

Monday 4th July, 10am - 12noon

A practical session for carers to learn basic massage techniques to use with the person you care for.

Places on this course are limited so please book early to secure your place.

Healthy Eating

Wednesday 10th August, 10am - 12noon

Practical advice and tips on day to day healthy eating for carers and those they care for.

Continence Awareness

Wednesday 24th August, 10am - 12noon

Information and practical advice on managing continence and continence care.

Medicine Matters

Wednesday 14th September, 10am - 12noon

Information and support on the management and administration of medicines in the home.

Moving & Handling

Date TBC

A practical session focusing on the importance of safe moving and handling techniques. There will also be the opportunity to look at aids to support this.

Welfare Benefits

Date TBC

An informal session with local Welfare Rights Officer with information and advice on what assistance, benefits and allowances are available.

First Aid

Dates TBC

Basic first aid for carers covering what to do in a number of emergency situations safeguarding both yourselves and whoever you care for.

Training Drop-in

1st Thursday each month, 10am - 12noon, Carers Centre

Pop in to chat to Morag about training opportunities. Discuss learning relevant to your caring role or your interests and personal development. Get advice on funding for learning.

Supporting Individuals with Autistic Spectrum Disorders (ASD)

This free one day course aims to raise awareness and improve the understanding and knowledge of carers in relation to how to support people with these needs. This training will be held in Inveraray in partnership with North Argyll Carers Centre. We will arrange a date when we have enough participants. Please contact us if you would be interested in attending.

Seasons for Growth

Seasons for Growth is a successful education programme that gives young people and adults the opportunity to learn that change, loss and grief are normal and valuable parts of life. The programme provides participants with the knowledge, skills and attitudes to understand and manage their individual experiences. The programme is run over 8 weeks, meeting once a fortnight for two hours, a total of four sessions. We hope to run the programme in October. There will be an information session on Tuesday 16th August at 11am at the Carers Centre with Eileen Kay, Adult Learning Worker (Homelink) who will be running the programme. Anyone interested is welcome to come along and find out more about Seasons for Growth.

For further information on training opportunities, please contact:

Morag MacLean, Training Coordinator at
morag@northargyllcarers.org or 07771 647 290
or 01436 673 444 on Thursdays.

Carers Centre Information

Answer Phone Issues Please accept our apologies for any answer phone messages that have been missed. We were experiencing some problems with our system recently which have now been resolved. Sorry for any inconvenience this may have caused.

Therapies Applications have been made to various Trust funds to continue the delivery of therapy sessions at the Centre and in the outreach areas. We will let you know the outcomes and in the meantime we appreciate your patience.

Useful Information

Jigsaw have moved offices, their new number is **01436 821 863**

Mobility Aids: Free to good home

Zimmer frame and fold away wheelchair will take up to 14 stone, used only once. For more information contact John & Ann Travers on 01436 842 618

MS Society Drop-in: Braeholm, E. Montrose St, Helensburgh

The drop-in includes a pilates and exercise class, guest speakers and a chance to meet other people with MS. Why not try it out? It is on every second Wednesday from 1.30 - 4.00pm. Contact Robert on 01436 674590 or Sheena on 01389 762389 for further details.

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.

Helensburgh & Lomond Carers would like to say a big thank you to one of our carers who kindly donated £189.60 from a collection taken in memory of her husband.



Carer Breaks to Dalmellington

Seven Carers enjoyed a weekend of relaxation and pampering at Dalmellington House Hotel, East Ayrshire in June, thanks to funding awarded from Short Breaks Fund, Shared Care Scotland. Quotes from those who attended:



'Can I request a break every weekend?' 'It was very good to get away for a few days to recharge my batteries.'

The carers all found the Dalmellington experience to be beneficial and helpful towards their caring role and the relationship with the person they care for. The therapy sessions were thoroughly enjoyed and allowed them to relax and be themselves for a while. 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 Bella on 01436 673444 for more details.**

Telephone Group

Bella, Sharon and Christine have recently completed training in Teleconferencing and would like some volunteers to take part in a pilot.

This would involve weekly conference calls over a six week period, to discuss important issues for carers, starting with 'Care charges for those under 65'.

The calls won't cost you a thing and it will be a good opportunity to air your views! Please let us know if you are interested.

We have submitted a funding bid to the Short Breaks Fund Round 2 to continue these type of short breaks to Dalmellington and other venues. Please let us know if you are interested. We should find out late September if we have been successful so please watch this space!

St Andrews Ball 2012? Tell us what you think.

After the success of the 10th Anniversary Charity Ball at Cameron House Hotel, a few carers have been asking when the next ball will be. One carer has suggested we hold a ball to celebrate St Andrews Day, again at Cameron House.

For the 10th Anniversary we managed to get sponsorship for carers to attend free of charge, but this time around carers would need to pay the full ticket price, and we would need to sell all the tickets to cover event costs.

We would be delighted to hear your thoughts and ideas on this. Should it be a charity ball, should we include a raffle, what kind of music would you like, would you be willing to pay etc? Please come in and speak to us to let us know what you think.

Yorkshire Building Society

Many thanks to the Yorkshire Building Society for their kind donation of £300. We wish them the best of luck with their new branch in Helensburgh.



Forum Looking for Carers to Join

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



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