



The Princess Royal Trust
for Carers

HELENSBURGH AND LOMOND CARERS CENTRE

CARERS NEWS

AUGUST 2011



Tiara Walk 2011



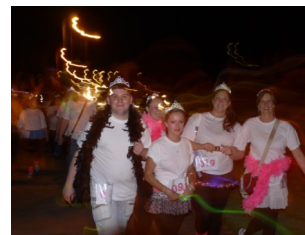
Friday 9th September, 9.00pm until midnight

If you're up for the challenge and want to make a difference, get your friends, family and colleagues together for a special NITE out! It's easy, just sign yourself up, or better still, make up a team of 10 and join us on the streets of Helensburgh for a sponsored 5k walk, starting at the Rugby Club with refreshments and disco with Stuart Maule afterwards.

The entry fee is £10 and every walker will receive a special Tiara, Tiara Walk T-shirt and a light wand for completing the walk. Registration is open now and forms can be collected from the Carers Centre or Wilkies, West Clyde Street.

All we ask in return is that you try your hardest to seek sponsorship money from friends, neighbours, family and colleagues (min. £25 per entrant) to help raise funds for our worthwhile charity. Last year 85 people took part and we raised £2,000 so let's see if we can beat that amount this year!

If you know of any volunteers who might not manage the walk, but can help out, or any gentlemen who can help with marshalling duties, please contact the Carers Centre. This event is in partnership with ENABLE Branch and Christmas Lights 4 Helensburgh.



Pamper Night

**Friday 30th September
6.00 - 9.00pm**



Have fun and get pampered while helping us raise some funds!
Join us for our Pamper Night at the Carers Centre.



There will be a range of fantastic holistic therapies and beauty treatments on offer including hand and Indian head massage, acupressure, reflexology, hair, nails, makeup and tanning. Therapies and treatments are by appointment only and must be paid for at the time of booking. Prices start from a very reasonable £5.

There will also be a raffle so donations are always welcome! Tickets are £3.50 and includes a glass of wine and nibbles. The Fundraising Pamper Night is open to everyone so please feel free to bring your friends.



Phone now to book your appointment!

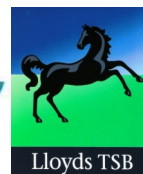
CARERS CENTRE TEAM

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

Our next couple of meetings...

Wed. 3rd August, 12.30

Firkin Point, Loch Lomond

Bring a sandwich and a flask.

Tue. 19th August, 11.00

Ardmore Point, Cardross

Going to Ardardan for a coffee afterwards.

Wed. 7th September, 7.15

Balloch Park

Meet in the car park behind the Keystore on Balloch Road.

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

Learning Disability Locality Forum

Wednesday 17th August, 1.30pm - 4pm

ENABLE Cottage, Helensburgh

This multi-agency group meets every two months to look at improving standards of care and service experiences of people with a Learning Disability. They are looking for carers of people in this group to join the forum. Contact the Centre if you would be interested in going.

Carers Surgery with Jackie Baillie MSP Short Break Information Event

Tues 23rd August, 10.30am - 2pm, Carers Centre

Jackie Baillie MSP is coming along to give carers the opportunity to discuss issues affecting their caring situation. There will be a limited number of short, private appointments with Jackie followed by a group discussion. Appointments will be allocated on a first come first served basis so please call to book.



Ben Hall from Shared Care Scotland is coming along to give us some information on his organisation and their

Short Break Directory. He will be doing a short presentation and Q & A session after the Carers Surgery. Lynda Barr from the Red Cross Short Breaks Bureau will also be there. A light lunch will be served.

Dough Modelling Workshop

Wednesday 7th September, 10am - 12noon

Centre 81, Garelochhead

Come and join us for taster session in salt dough modeling. Have fun and learn a new skill. There are limited places available so please phone the Carers Centre to book.



Shadow Puppetry Workshop

Wednesday 21st September, 10am - 12noon

Centre 81, Garelochhead

Come and join us for taster session in shadow puppetry. Have fun and learn a new skill. There are limited places available so please phone the Carers Centre to book.



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. The show will also include a new work from a prolific choreographer.



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

Felt Workshops

Wednesday 5th October

Wednesday 9th November

Wednesday 7th December

11.30am - 1.30pm, Centre 81, Garelochhead

Come and join us for one or all of our workshops in felt making. Have fun and learn a new skill. Make your own Christmas presents. Limited places available, phone the Carers Centre to book.



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

Seasons for Growth

Tuesday 16th August, 11.00am

Seasons for Growth is an education programme which gives young people and adults the opportunity to learn that change, loss and grief are normal and valuable parts of life.

The programme is run over 8 weeks, meeting once a fortnight for two hours. We hope to run the programme in October. Come along to our information session to find out more.

Supporting Individuals with Autistic Spectrum Disorders

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 can only run this course if we can get enough participants. Please contact us if you would be interested in attending.

Useful Information

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.

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.

For further information on training opportunities, contact:

Morag MacLean

Training Coordinator on
morag@northargyllcarers.org
or 07771 647 290

Carers Allowance There has been a change to how Carers Allowance looks at full time education. If the carer says they are in full time education the education establishment will be asked if they are studying for more than 21hrs per week, this will include; receiving instruction or tuition, supervised study, examination of practical work, taking part in any exercise, experiment or project which forms part of the course. If they are told the full time study is for more than 21hrs per week they will disallow Carers Allowance, if the study is less than 21hrs per week a decision will be made on the information provided from the place of study.

For more information contact the Carer's Allowance Unit on 01772 899556

Stroke Association - Agenda for Action To help promote their message, The Stroke Association has launched a new campaign to support improvements in stroke prevention and care in Scotland – Agenda for Action. For more information, visit their website:

www.stroke.org.uk/scotland/agendaforaction

If you would like to support this campaign or make a donation, please email: agendaforaction@stroke.org.uk

The Stroke Association's vision is a Scotland where there are fewer strokes and all those touched by stroke get the help they need.

Capability Scotland Lending Library

Capability Scotland's Advice Service has a small lending library which is available to anyone who lives or works in Scotland and has an interest in disability issues. They have resources about cerebral palsy as well as children's books about disability. You can search their catalogue online at: www.shelcat.org You can also phone, email or write to them. They can post their resources to anywhere in Scotland.

The Advice Service

Capability Scotland

11 Ellersly Road

Edinburgh

EH12 6HY

Tel: 0131 313 5510

Textphone: 0131 3462529

Fax: 0131 346 1681

Email: advice@capability-scotland.org.uk

Web: www.capability-scotland.org.uk

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.

We now have a complaints book as well as a suggestion box at the Carers Centre. If anyone would like to make a complaint or suggestion, we will address any issues raised in a timely and efficient manner.

Bridge Group

Would you be interested in learning how to play Bridge? We were thinking of running a class alongside our Carers Cafe in Rosneath. Would you be interested in forming a Bridge Group with a lady in Helensburgh?

Contact Bella if you are interested in either of these ideas.

Peninsula Therapies

We have been successful in obtaining one year funding from the Trusthouse Charitable Foundation to continue our holistic therapies project in the GP Practices on the peninsula. We will be offering massage, acupressure and reflexology on a monthly basis in Garelochhead, Kilcreggan and Arrochar.

Please contact Bella for more information or if you know of any carers living near you.

Rosneath Carers Cafe

The Carers Cafe in Rosneath has been going well. Last month there was a good turn-out, with even a dog coming along! Everyone enjoyed a chat over a cuppa and some pampering. Many thanks to Marina for coming along to do 'express therapies' for us.

Sugar Craft Classes

Our Sugar Craft classes have been very popular - so much so that the group have requested more sessions! Everyone has been enjoying learning a new skill, as well as chatting with the other members of the group. Many thanks to Robert for giving up his time to teach us this craft.



Argyll & Bute Care & Repair

Argyll & Bute Care & Repair is an independent charity providing free, independent, confidential advice and assistance to the older and/or disabled homeowner or private sector tenant who requires building repairs, improvements or adaptations to their home.

They can assist clients to obtain estimates, make grant application (if applicable), co-ordinate contractors, monitor work and ensure satisfactory completion.

If you are aged 60 or over and/or disabled and an owner or private tenant and feel that you could benefit from the service, please phone your area Care & Repair Officer direct:

Helensburgh & Lomond

Linda Meiklejohn

01436 678958

Susan Preston's NO HANDS® massage Fundraiser

Susan has kindly offered to raise funds for the Centre by trialling a new massage technique NO HANDS® *massage*. These new treatments will start on the afternoon of Tuesday 6th September for a number of weeks. Appointments will last an hour and will be open to carers and members of the public. Susan is asking for a minimum donation of £10 to be paid at the time of booking. Contact the Carers Centre for more information and to book an appointment.

NO HANDS® *massage* is deep, relaxing, rejuvenating and nourishing. It is a dynamic form of massage where the therapist uses mainly the soft front of their fore arm. NO HANDS is sweeping the world as one of the most powerful new therapeutic treatments available. It was conceived and developed by UK therapist Gerry Pyves after 20 years of clinical testing. Massage is the key to good health, happiness, energy, and health care and this is no ordinary massage as it works on every level. Powerful touch... Transforming touch... You can only really understand its effect by experiencing it for yourself so why not feel for your self!!!!

COSLA Community Care Charging Guidance Listening Event

Following on from COSLA's commitment to undertake a review of the COSLA Community Care Charging Guidance they would like invite stakeholder representatives and individuals to a 'listening' event to be held in the COSLA offices at Verity House on **Wednesday 24 August 2011.**

The event is aimed at all stakeholders, including the independent living community, older people, carers and care providers and is coupled with the consultation they recently issued.

The event will involve a 'panel' comprising members of the COSLA Health & Well-Being Executive Group together with specialist advisors in this area and will provide an opportunity to discuss and debate issues of concern and to hear the perspective views of the range of stakeholders.

Specific details of the event will follow and they would ask that you let them know by telephoning or emailing Amanda Hogg on 0131 474 9213 (amanda@cosla.gov.uk) to register your intention to attend.

Helensburgh and Lomond Carers Centre, 17E East King Street, Helensburgh G84 7QQ

Tel: 01436 673444 Email: admin@helensburgh-carer-support.org www.helensburgh-carer-support.org

Recognised Charity No. SC033382