



The Princess Royal Trust  
for Carers

HELENSBURGH AND LOMOND CARERS CENTRE

# CARERS NEWS

## SEPTEMBER 2011

### Tiara Walk 2011

Friday 9th September, 9.00pm - midnight

It's your last opportunity to join us on the streets of Helensburgh for our annual 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. Walkers are asked to try their hardest to seek sponsorship money from friends, neighbours, family and colleagues (min. £25 per entrant) to help raise funds for our worthwhile charity.

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.



### Pamper Night

Friday 30th September  
6.00 - 9.00pm

There will be a range of fantastic holistic therapies and beauty treatments on offer at the Carers Centre including hand and Indian head massage, acupressure, reflexology, 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!*



Our Fundraising Target for Year 2011/2012 is £10,000 and to date we have raised £3,000. These fundraising events will help us to raise much needed funds to continue to provide services for unpaid carers in Helensburgh & Lomond.

Please join us in helping us to reach our target.

### Carers Fish Tea

Thursday 15th September, 4.00pm



Due to the success of our last Fish Tea in July, we have decided to have another one! Everyone had a great time, enjoying each other's company and the best fish and chips in Helensburgh!

Join us at the Palace Restaurant for another great afternoon. There will be 20 places available to Carers so phone now to book! This outing has been funded by the Short Breaks Fund, Shared Care Scotland.

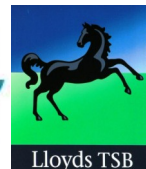


#### CARERS CENTRE TEAM

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 meeting is on...

**Wednesday 7th September, 7.15pm, Balloch Park**

Meet in the car park behind the Keystore on Balloch Road. 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 volunteer therapist will also be there to give express therapies (hand massage etc) and treatments.

## Carers / Ex-carers Coffee Morning & Drop-in

Every Thursday, 10am - 12noon, Carers Centre

Why not drop in for a cuppa and a chat with other carers and ex-carers.

Our new volunteers Katrine and Jeanette will facilitate the coffee morning.

## Friendship Group

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

## Dough Modelling Workshop

**Wednesday 7th September, 10am - 12noon, Centre 81, Garelochhead**

Join us for a taster session in salt dough modelling. 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**

Join us for a 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.



## Carers Lunch at Ardardan Tearoom

**Wednesday 12th October, 12.00noon**

There will be 20 places available to Carers so phone now to book. Transport will not be available so we will need to arrange car shares. Let us know if you need a lift or would be willing to drive.

## Carers Surgery with Jackie Baillie MSP

### Short Break Information Event

**Friday 21st October, 10.30am - 2.00pm, Carers Centre**

Jackie Baillie MSP is coming along to talk to carers about issues affecting their caring situation. Jackie will have a limited number of private appointments 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.



## Witches & Wizards Halloween Lunch

**Friday 28th October, 12.00noon**

To celebrate Halloween we are having a fun and frolics lunch at the Centre. There will be a 'trick or treat' lucky dip and prizes for best costume and party piece. It promises to be a fun event so we hope to see you there!



## Carers Rights Day 2011

### 'Money Matters'

**Friday 2nd December**

In response to requests from a number of Carers, we tried to book the Office of Public Guardian to do a talk on Power of Attorney. Unfortunately they are unable to make it this year so we will try to book them again next year. Argyll and Bute Care and Repair are coming along and we welcome other ideas on who you would like to see.

**CARERS UK**  
the voice of carers

## Christmas Coffee Morning

**Thursday 8th December, 10am - 12.00noon**

To celebrate Christmas we are having a coffee morning at the Centre. There will be a bake sale and book sale so donations are welcome. It promises to be a fun morning so we hope to see you there!



## 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.



**Please support these events!**

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

## Training Drop-in

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

Pop in and 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.

## Medicine Matters

**Wednesday 14th September,  
10am - 12noon**

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

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

**Morag MacLean**  
**Training Coordinator**  
[morag@northargyllcarers.org](mailto:morag@northargyllcarers.org)

## Welfare Benefits

**Early October**

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

## Basic IT for Carers

**Thu 1st December, 11.00am**

Information session for those interested in taking part in a free programme of classes starting in January. The seven week course will cover basic computer skills, setting up and learning how to use email, getting to know the Web, how to keep in touch using Skype and find out how to access information for Carers on the internet.

Come along and have a chat about the course and let us know what you would like to see included.



## Seasons for Growth

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, starting on Thursday 22nd September.

## 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 in October or November. Please contact us if you would be interested in attending.

# Carers Centre Information

**Peninsula Therapies** We have been successful in obtaining funding from the Trusthouse Charitable Foundation to continue our monthly holistic therapy sessions in the rural GP Practices. We will be offering massage, acupressure and reflexology in Garelochhead, Kilcreggan and Arrochar.

**Please contact Bella if you would be interested in taking part.**

**Sugar Craft Classes** Due to the success of our current class, we are hoping to start another class and were thinking of holding it in the evening in the Carers Centre. We would have the class once a month, possibly on a Thursday night between 7.00pm and 9.00pm. **Please contact Bella for more information or if you would be interested in taking part.**

**Bridge Classes** Would you be interested in learning to play Bridge? We are thinking of running a class for total beginners alongside our Carers Cafe in Rosneath.

**Bridge Group** 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.**

# Useful Information



**BT Basic** is a low cost telephone package available to people on certain benefits which can cost as little as £13.80 every quarter. Further information is available from the Centre or by visiting [www.bt.com/btbasic](http://www.bt.com/btbasic)

**RBS Community Force** works with local communities to support the people, projects and charities to make a real difference where you live. We have registered with this initiative and voting opens in September so please show your support at [www.communityforce.rbs.co.uk](http://www.communityforce.rbs.co.uk)

**Learning Disabilities Knowledge Network** Take a look at this new web portal, which is a great source of information on a range of different issues and topics. [www.knowledge.scot.nhs.uk/home/portals-and-topics/learning-disabilities-portal](http://www.knowledge.scot.nhs.uk/home/portals-and-topics/learning-disabilities-portal)

## Learning Disability Forum Update

A number of topics were discussed at the last Forum meeting. including the charging policy for care packages, Telecare, Carers' Assessments and training. A number of carers attended and were able to discuss their issues. However, the Forum are very keen to have a parent carer there so a wider range of views are represented. Contact Bella for more information or if you are interested in going.



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.

URTV did a feature on carers, including interviews with some of our staff and volunteers. Check it out by following the link:

<http://helensburgh.urtv.co.uk/stories/458-helensburgh-lomond-carers>



## Short breaks fund

## Carer Stories from the final weekend break funded by Short Breaks Fund Round 1

Dalmellington was such a wonderfully welcoming house that I feel everyone there "switched off" and relaxed on arrival. We were all looked after so well and it was such a treat to have someone take care of us and organise and plan for us. The company and food were great and I don't know when I last laughed so much! Poor Bella was teased mercilessly but, I am sure, knew full well how much we all appreciated the effort she put into making sure we all had a well earned break. Thank you all at the Carers for encouraging us to take the break knowing that some of us were perhaps a little nervous about going! I

*I have just returned from Dalmellington and although I was unsure about going, I would not have missed the weekend for anything. I came back feeling so relaxed, so much better able to cope with my caring role. I feel I was given a particularly relaxing breathing space and cannot recommend it highly enough. The atmosphere of the house is so welcoming, it is a truly luxurious boutique hotel with superb food and first class service. The whole weekend was organised for us by the wonderful staff at the Carers Centre, who did a fantastic job. All I had to do was turn up at the Carers Centre with an overnight bag, no booking of hotels, thinking about transport etc.*

Although our group had very diverse caring experiences, we shared a common bond of understanding and quickly relaxed in each other's company. Conversations flowed between all the different members of the group when we were out and about on the Saturday and Sunday, or just chatting with a glass of wine back in the house. There was so much laughter and we found ourselves easily swapping hints and tips we'd learned through our very different experiences. It was lovely to see members of the group realising we all had something to offer and share.

*I feel carers do share a unique bond, and one of the main benefits of the weekend was being with people who totally understood each other's situations, there was no need for long explanations or putting on a brave face for others' benefit, we could totally relax and be ourselves. If you do get a chance to go, please don't let shyness or anything else stop you, it really will re-charge your batteries. M*

These breaks have been a tremendous success, with carers reporting real positive benefits. We have submitted a funding bid to Round 2 of this fund for similar breaks and hope to hear the outcome very soon. So fingers crossed, we will keep you informed.



## Friendship Group



Why not pop along to our Friendship Group for people with Dementia, their families and carers. Some quotes from people who attend:

**'It's good to meet new people.'**

**'It's a shame it's only on once a month.'**

The group is run in partnership with Alzheimer Scotland and Victoria Macleod, Dementia Adviser will be there to give advice and information.

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

## 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. 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. You can only really understand its effect by experiencing it for yourself so why not feel for your self!!!!

## Discussion Group Thursday 8th September 10.00am - 12noon

During our Carers Coffee Morning at the Centre, Katy MacMillan of ODS Consulting will be holding a discussion group on behalf of Audit Scotland. As part of the Service User Consultation, Katy wants to find out more about how decisions are taken about social care services for older people, people with learning disabilities, people with physical disabilities, and people with difficulty hearing or seeing. By social care they mean support like day care, lunch clubs, home care, residential care, housing support or respite care.

This is a fantastic opportunity to express your views and it is important to have the voice of carers heard so please come along.

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

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