

# JANUARY 2012

## New Member of Staff

We are pleased to announce that we have recruited Susan Preston as our new Outreach Carer Support Worker. Susan will be working alongside Bella to develop and expand activities in the outreach areas, paying particular focus to older carers. This is an exciting development for the Carers Centre and we look forward to welcoming her on board.

## Valentines Tea Dance Fundraiser

Friday 10th February, 2.00 - 5.00pm

Osprey Suite, Commodore Hotel

Tickets £6.00

Live Music from the Q's.

Come and dance the afternoon away!

Afternoon tea will be served and there will be a raffle.

All welcome so bring your friends too!

Tickets available from the Centre.

## Carers Surgery with Jackie Baillie MSP

Friday 23rd March, 10.00am - 12.00noon

Worried about local services?

Have you been affected by the charging  
policy for care?

Jackie Baillie is coming back to talk about issues that affect you. There will be a limited number of short, private appointments with Jackie so please call to book an appointment. We have been lucky to get some time with Jackie, so please come along to this event.

## 200 Club

Our first draw of the 200 Club took place at the end of January with the lucky winners being Andy MacDonald and Paul McCann. Only members of the organisation can join in so if you haven't signed up yet, now is the time to do it! Members can have up to five numbers and there are still a lot available so join now! Joining the 200 Club for the rest of 2012 costs £11. Please help us reach our target of getting 200 members.

## Time to Live Fund

Short Breaks/Respite for Unpaid Carers

We have secured funding from Time

To Live Short Breaks Fund to

provide short breaks or respite for unpaid carers in Helensburgh and Lomond.

Helensburgh and Lomond Carers invites unpaid carers to apply for a small grant up to £500 to help with respite or a short break. All funds must be spent by September 2012. For further information and an application form please contact Bella, Sharon or Susan.

## Carers Survey Focus Group

Katrine is conducting the annual survey by phone and has had some success in reaching carers who hadn't been in contact with the centre for some time. This has helped us engage with them again. We have now decided to host two focus groups which will be held on the following dates:

Thursday 16th and 23rd February

1.00 - 3.00pm at the Centre

Please come along and give us your views on the services we provide and share your ideas.

### CARERS CENTRE TEAM

Eileen McCrory, Manager

Bella Fairman, Outreach Carer Support Worker

Susan Preston, Outreach Carer Support Worker

Sharon Richardson, Administrative Support Worker

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

# Regular Events

Please support our events!

## Carers Café

**3rd Thursday of each month,  
10.00am - 12.00noon, Howie  
Pavilion, Rosneath**

Join us for a cuppa and a chat!  
Discuss your caring issues with other  
carers and find out about services.

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

**Every Thursday, 10.00am -  
12.00noon, Carers Centre**

Why not drop in for a cuppa and a  
chat with other carers and ex-carers.  
Our new volunteers Katrine and  
Kathleen will facilitate the coffee  
morning.

Contact Bella Fairman or Susan Preston,  
Outreach Carer Support Workers for  
more details on 01436 673444

## Friendship Group

Coffee and chat for people with  
Dementia, their families and carers.  
The group is run in partnership with  
Alzheimer Scotland and meets

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

Why not drop in for a cuppa and  
meet new friends! Join in our new  
programme of events. Our February  
group will include a local musician.

## Sugar Craft Classes

Have fun while learning a new skill!  
Why not join us at our class.

**Every Wednesday, 10.00am -  
12.00noon, Carers Centre**

Sugar craft uses sugar paste to make  
flowers and leaves for decorating  
cakes.

## New to the centre

### Evening Carers Drop-in and 'Chat and Chill' Group

**3rd Thursday of each month,  
7.00pm - 9.00pm, Carers Centre**

No appointment necessary, just drop  
in for a cuppa and a chat! Discuss  
your caring issues with other carers  
and find out about our services.

## Walking Group

Do you enjoy walking? Do you enjoy  
good company? Join our walking  
group! Dogs welcome. Our next walk  
is in Gartocharn on

**Wednesday 8th February,  
Meet at Carers Centre at 1.00pm**

If anyone would like a lift or has  
suggestions for future walks, please  
let Bella know. Remember to wear  
sensible shoes and bring water.

# Upcoming Events

## Breathing Space Day

**Wednesday 1st February**

Breathing Space Day highlights the importance of looking  
after your mental wellbeing. This years theme is 'Well  
Wednesday', and you are encouraged to look after your  
mental wellbeing and celebrate the day by taking some  
time out to do something you enjoy.

## Waitrose Public Meeting

**Tuesday 21st February, 10.30am, Victoria Halls**

Have your say on Waitrose's plans to build a new  
supermarket opposite the new Hermitage Academy.

## Coalition of Carers in Scotland

**Wednesday 29th of February, 10.30am - 3.00pm,  
Thistle Hotel, Cambridge Street, Glasgow**

Find out about the government's proposals for the future  
Integration of Health and Social Care and the National  
Carer Organisation's local Manifesto Campaign in  
advance of the local elections in May 2012. To book a  
place, please telephone 01786 825529 or email  
coalition@carersnet.org

## The Gathering

**Wednesday 29th February & Thursday 1st March  
SECC, Glasgow**

This free exhibition bringing together all parts of  
Scotland's third sector. Come along to find out more  
about services. Register for the event at  
www.gatherscotland.org.uk

## Picking Up the Pieces

**Wednesday 29th February, 10.00am**

As part of 'The Gathering' ENABLE will be hosting  
'Picking Up the Pieces – Who supports the Carer when  
the unexpected happens?' which focuses on back up  
plans for unpaid carers, some of the more creative  
approaches developed to support carers and the support  
networks they rely on to help them plan for the future.

## Parents Together Conference

**Thursday 1st March, 9.30am - 2.30pm**

**Forthbank Sports Centre, Stirling**

This free event will include workshops and information  
stands, for parents, carers and family members of  
children with additional support needs. There will also be  
relaxation therapy 'taster sessions' available and lunch  
will be provided. Contact ENABLE Scotland Marketing  
Team on 0141 226 4541 or email  
marketing@enable.org.uk for more information.

## Carers Dinner at Fifi & Ally's

**Thursday 8th March, 6.00pm**

We will be taking 5 carers for a private dining experience  
at one of Glasgow's best restaurants 'Fifi & Ally'. Names  
will go in a hat so let us know if you would like to enter.  
The draw closes at 12noon on Friday 2nd March. Win-  
ners will be notified.

Priority is given to carers for all social activities.

Ex-carers are welcome if there are places available but will be  
asked for a donation towards costs.

## The World of Work - Pre-employability for Carers

**Start date: Tuesday 7th February, 10.30am – 1.30pm, Inverness**

This course has been designed to inform Carers of the type of opportunities available, working from home. It will give an introduction to the skills and knowledge required to work from home, and to seek various employment opportunities. The course will run for 1 day a week for 7 weeks and will focus on the world of work, customer care and working with others, researching, applying for work and interview skills, mock interviews with feedback and outcome and a site visit to local employer who has a working at home team. Please contact Roisin Taylor at Lead Scotland for further information and to book a place on 07768 917509 or [rtaylor@lead.org.uk](mailto:rtaylor@lead.org.uk) We are hoping replicate this course locally so watch this space for more information.

**Steps of Caring** is a programme specially designed to provide practical advice and useful information for unpaid carers, particularly those new to caring. Funded by the Big Lottery, it offers a guide to accessing help and support and establishing contacts for ongoing support. Steps of Caring features local services and service providers. It includes an introduction to Helensburgh and Lomond Carers, how to access support services available locally, find out what finance, benefits and entitlements you may be entitled to, find out ways to recognise and deal with stress and an opportunity to have your blood pressure checked and have taster sessions in relaxing therapies. Come along and meet representatives from local organisations and fellow carers. We can support respite costs for those attending.

## Useful Information

**Wheelchair Repairs** D M Servicing, based in Scotland, the Coalition of Carers and the Minority Ethnic Carers of Older People Project Port Glasgow will collect, (MECOPP) to help address the lack of evidence on carer experiences of short breaks/ service, repair and return respite services in Scotland. They are conducting a survey which focuses on carers' wheelchairs and experience of short breaks and are looking for people to take part. They are also scooters. 01475 744585 conducting focus groups in Edinburgh, Glasgow and Argyll. For more information visit [www.dmservicing.co.uk](http://www.dmservicing.co.uk) [www.iriss.org.uk](http://www.iriss.org.uk) or contact Ben Hall at [ben.hall@sharedcarescotland.com](mailto:ben.hall@sharedcarescotland.com).

### Calling all Knitters!



Alzheimer Scotland are hoping to raise awareness by making a blanket made up of 71,000 squares to represent the number of people with dementia in 2010. They need as many people as possible to get knitting. If you can help please contact them on 01436 678050.

### Equipment Available

**Stannah Stair Lift** Maintained by Stannah engineers. Recipient would need to arrange removal and installation.

**Munroe Ceiling Tracking Hoist Elap Wheelchair for Cars**

**Commode on Wheels**

These items are available for a donation. For further information please contact Bella.

### [www.netbuddy.org.uk](http://www.netbuddy.org.uk)

is an award-winning website for parents, carers and learning disability professionals. It is a space to hunt for ideas, swap tips and access information on everything from brushing teeth to challenging behaviour. All the information on the site is submitted by people with first-hand experience of learning disability, and is organised under quick searches such as 'Dressing & undressing' 'Out and about' 'Behaviour' and 'Routines'. There are also practical info packs on subjects like financial help and jobs & training, plus a friendly interactive forum.



### Pat's Petition

is the people's petition for every one who wants to tell the government how they feel about the perfect storm of cuts and changes affecting disabled people and carers. Pat Onions, who is blind and also a carer, submitted the e-petition to the government website. Pat's Petition reads – Stop and review the cuts to benefits and services which are falling disproportionately on disabled people, their carers and families. For more information on the petition visit [www.carerwatch.com/reform](http://www.carerwatch.com/reform) To sign the petition visit [www.epetitions.direct.gov.uk/petitions/20968](http://www.epetitions.direct.gov.uk/petitions/20968)

### Free Home Fire Safety Visits

Strathclyde Fire and Rescue are offering free Home Fire Safety Visits to anyone who wishes one. Officers will carry out a risk assessment and provide general fire safety advice or risk specific advice if required. Smoke detectors will be supplied and fitted if required. We urge you to make use of this service to stay safe. For more information visit:

[www.strathclydefire.org/your-safety/at-home/is-your-home-safe.aspx](http://www.strathclydefire.org/your-safety/at-home/is-your-home-safe.aspx)

## HeartStart UK Training

**Tuesday 7th February, Carers Centre**



HeartStart is coordinated by the British Heart Foundation to teach members of the public what to do in a life threatening emergency. This training is provided in partnership with the Rotary Club of Helensburgh Garelochside. If you would like to attend please let us know.



## Training Drop-in

**1st Thursday of each month, 10.00am - 12.00noon, Carers Centre**

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

**If you no longer wish to receive a copy of CarersNews or you would prefer to receive it by email please let us know. Opting to receive the newsletter by email helps us keep our printing and postage costs down.**

## **St Modan's Carol Concert**

A big thank you to St Modan's for inviting Bella to speak at their Christmas Carol Concert. A very generous £185.71 was donated by the parishioners of St Modan's and St Gilda's Churches.

## **Argyll Voluntary Action**

Argyll Voluntary Action stock a fantastic selection of locally made jewellery, cards and gifts at fantastic prices. Why not call in and have a browse?

### **Dumbarton Credit Union**

Every Friday, 10.00am - 12.00 noon  
Argyll Voluntary Action, Colquhoun Square.  
Pop in and find out what your Credit Union can do for you and how to open an account.

## **Trustees Wanted!**

Do you have a little spare time and a lot of enthusiasm? The Management Committee are looking to recruit new trustees. We would especially like to recruit an Accountant, however we would welcome any support offered. We are working towards Scottish Charitable Incorporated Organisation (SCIO) status which means less liability for trustees. Please contact Eileen for more information.

## **Student Placement**

We are pleased to welcome Fiona Upton, 2nd year student, who has recently joined the team on an 18 week placement from Strathclyde University where she is studying Community Development.

## **New Holistic Therapy Treatment - Shiatsu**

When Susan takes up her new post, her holistic therapy sessions on Tuesdays will be taken over by Richard Martin (reflexology) and Moira Hyatt (Shiatsu). Both recently volunteered at the Pamper Evening. We look forward to welcoming them to our team!

Shiatsu is a highly effective and enjoyable healing art that works with the body's own energy channels to promote better health and strengthen the body's own self-healing abilities. Treatment is carried out with the client seated and fully clothed. This therapy is wonderfully relaxing and revitalising; helping to soothe strains, ease stress and clear the mind. It is particularly effective for relieving tension, particularly in the head, neck, shoulders and upper back areas. Appointments will run as normal!

## **Creating a Power of Attorney**

**McArthur  
Stanton**  
SOLICITORS

During Carers Rights Day in December, Jonathan Clinch, Solicitor at McArthur Stanton kindly attended to talk to carers about the process of setting up a Power of Attorney. The inclement weather meant that a lot of carers couldn't attend so Mr Clinch agreed to put together a brief explanation of the process involved. Our sincere thanks to him for taking the time to do this.

**Setting up a Power of Attorney can be very straightforward. At a meeting with your solicitor the person granting the Power of Attorney (the Granter) merely needs to provide the full name and address of the people to be appointed as the Attorneys and a draft Power of Attorney can then be prepared. It is quite possible to appoint more than one Attorney although if the Granter wishes to do this it is important for the Granter to consider whether the Attorneys can act independently or must make joint decisions.**

The solicitor would then send the Power of Attorney out for approval by the Granter and at a final meeting the Granter signs the Power of Attorney in front of the solicitor. It is also helpful (but not essential) if the Attorneys are present at the meeting so that they can sign the registration form agreeing to act as Attorneys. If the Attorneys are unable to attend this meeting the registration form can be signed later. This process can comfortably be completed within a couple of weeks of the initial meeting between the Granter and the solicitor if everyone is in agreement and the Attorneys attend the same meeting as the Granter so that all the documentation is signed at the one time.

Thereafter the Power of Attorney is sent to the Office of the Public Guardian (OPG) for registration. The current time scale for the registration process to be completed is approximately three months from the date that the OPG receives all of the necessary paperwork. It is only after the registered Power of Attorney is returned to the solicitor that the Power of Attorney can be used.

If you would like to discuss the preparation of a Power of Attorney to suit your specific needs or if you care for someone who needs to consider granting Power of Attorney please telephone Jonathan Clinch at McArthur Stanton, Solicitors, 22 Colquhoun Square, Helensburgh on 01436 672212 to arrange a suitable appointment.

**Helensburgh and Lomond Carers Centre, 17E East King Street, Helensburgh G84 7QQ**  
**Tel: 01436 673444 Email: [admin@helensburgh-carer-support.org](mailto:admin@helensburgh-carer-support.org) [www.helensburgh-carer-support.org](http://www.helensburgh-carer-support.org)**