

MARCH 2012

YOUNG CARERS INITIATIVE

We are delighted to announce the Charity has been awarded **£389,727** through the National Lottery's, Big Lottery's Fund to introduce a new service aimed at benefiting young carers in the Helensburgh & Lomond area. The new Initiative seeks to support young carers to cope with their caring responsibility, improve their levels of confidence and skills as well as lessen their isolation by improving relationships with their peers, families and community.

Two new members of staff will be employed to take forward the initiative and will lead a multi agency partnership approach comprising key stakeholders from statutory and voluntary sectors. The 4 year Initiative is support 150 young carers aged Young carers are children and mums, dads, grandparents, manage without their help. responsibilities usually taken Volunteer mentoring, work clubs, counselling sessions, confidence building courses, weekend respite, social activities as well as information and advice.



In 2010, we carried out research into young carers and identified approximately 380 young carers in the area, with only 5% of this number known to statutory services. Through the new initiative for young carers, we aim to support 150 children and young people aged between 5 and 25 in the Helensburgh & Lomond locality.

Eileen said *"Everyone at Helensburgh & Lomond Carers is delighted with the Award. It is a huge achievement for the organisation, and more importantly, great news for Young Carers in Helensburgh & Lomond. We look forward to working alongside our Partners and the wider community to provide a support service to ensure we make a positive difference to the lives of young carers in the area. Our appreciation goes to the Big Lottery, which has recognised the value of and invested in this new initiative"*.

One of our Young Carers said *"I am overjoyed that the funding for young carers has been awarded because of the many benefits it will bring young carers like me in the Helensburgh and Lomond area. It means a dedicated support service will be available for young carers where they can go and talk to each other and have a place to have some fun and help in building self confidence. Having two Young Carers workers hired to support us will be great because young carers will have place to go and chat about any problems. This funding will help to improve the lives of young carers in the Helensburgh and Lomond area because they will feel better supported, less stressed and will learn how to cope better in their caring role"*.



Carers Centre Opening Hours

Please note that the Carers Centre is open
Tuesday - Friday
10.00am - 3.00pm
The Centre is closed on Mondays for staff training and administration.

Welcome Susan!

Susan is settling in and already making great strides in developing the outreach service.



"I am delighted to have been successful in getting this post. I am looking forward to sharing my ideas with carers and developing the fantastic services we currently offer. It has been overwhelming to have had so many carers wish me well in my new post. I am sure together we will make a brilliant team."

Susan is looking for ideas on future events and activities so please get in touch with your suggestions.

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 during opening hours.

Regular Events

Please support our events!

Carers Café

3rd Thursday of each month, 10.00am - 12.00noon, at 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, at Carers Centre
Why not drop in for a cuppa and a chat with other carers and ex-carers. Our 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 March group will have an Easter theme and include a game or two of bingo!

Sugar Craft Classes

Have fun while learning a new skill! Why not join us at our class.
Every Wednesday, 10.00am - 12.00noon, at Carers Centre
Sugar craft uses sugar paste to make flowers 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, at 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 to the Yankee Road on **Wednesday 7th March, Meet at Carers Centre at 1.30pm**
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

Volunteers Meeting

Wednesday 7th March, 1.00pm, at Carers Centre
For all new and existing volunteers. Come along for a catch up and to find out about what you can do to help with our programme of activities and events over the coming year.

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**. Winners will be notified.

Dip & Dine at Loch Fyne

Wednesday 21st March, Inveraray
Come with us to the Loch Fyne Hotel to enjoy the use of their leisure facilities followed by a bar meal. Please meet at the Carers Centre at 10.00am as we will be leaving at 10.15am sharp. We hope to return to the Centre no later than 4.45pm. Please remember to bring your cossie. Towels cost £1.00 or you can bring your own. Please let us know if you would like to come along. We will need to do car shares so please let us know if you need a lift or would be willing to drive.

Carers Surgery with Jackie Baillie MSP

Friday 23rd March, 10.00am - 12.00noon, at Carers Centre
Jackie Baillie MSP 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.

Carers Cafe Drop-ins

Wed 4th April, 10.00am - 12noon, Kilcreggan
Thurs 19th April, 10.00am - 12noon, Garelochhead
As part of our new and improved Outreach Service, we are starting 'Carers Cafe Drop-ins' in the Kilcreggan Cafe on the third Thursday of each month and in the Centre 81 Cafe in Garelochhead on the first Wednesday of each month. Drop-in for a cuppa and a chat with other carers.

Parent Carer Support Group

Thursday 12th April, 10.00am - 12.00noon, at Carers Centre
Following a suggestion from some of our carers, we are going to incorporate a 'Parent Carers Support Group' into our coffee mornings on the second Thursday of every month, starting in April. Come along to meet other parent carers and discuss common issues.

'The Steamie' at the King's Theatre

Wednesday 2nd May, 2.30pm Matinee
Join us for this new anniversary production of 'The Steamie' with Dolly, Magrit, Doreen and Mrs Culfeathers in their Glasgow wash house on Hogmanay. Be prepared to laugh and cry with the characters of this delightful play and there are even a few songs too! The show will be followed by meal at The Griffin at Charing Cross. We will be meeting at Helensburgh train station at 1.00pm to get the 1.10pm train. We aim to be back no later than 8.00pm. There are a limited number of tickets so please let us know if you would like to come. If you require respite, please let us know.

Priority is given to carers for all social activities.

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

Stress Management for Carers

Wednesday 28th March, 10.30am - 12.30pm, at Carers Centre

This introductory session raises awareness on the causes of stress. Learn to combat stress, improve wellbeing and gain practical tools and techniques for managing stress.

Training Drop-in

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

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

Carers Centre Information

February 200 Club Draw

The lucky winners of our February draw of the 200 Club were *Sandy Brown and Gladys Stephenson*. Only members of the organisation can join in so if you haven't already signed up, 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 £10. Please help us reach our target of getting 200 members. Contact Bella, Sharon or Susan for further information.

Urgent! Trustees Wanted!

*Do you have a little spare time and a lot of enthusiasm?
Would you like a say in how the Carers Centre is run?*

The Management Committee are looking to recruit new trustees and are keen to include younger people. Our impending SCIO status will mean less liability for trustees. *Please contact Eileen for more information.*

Helensburgh & Lomond Carers SCIO

At the AGM 2011 the proposal to change the legal form of the Charity from an Unincorporated Voluntary Association to a Scottish Charitable Incorporated Organisation (SCIO) was passed. The Management Committee submitted an application to Office of the Scottish Charity Regulator (OSCR) requesting that the legal form be changed with effect from 1st April 2012 and has now been approved. The name of the Charity will therefore be changed to **Helensburgh & Lomond Carers SCIO**.

Useful Information

Useful Helplines

NHS24 Comprehensive up-to-date health information and self care advice for people in Scotland. **08454 24 24 24** www.nhs24.com

Dementia Helpline Free 24hr helpline for those suffering from Dementia, their families and carers. **0808 808 3000** email: helpline@alzscot.org

CarersUK AdviceLine high quality advice and information for carers on a range of subjects. **0808 808 7777** www.carersuk.org



Carewell is a new website designed to encourage and support carers to be healthier and happier. It has a range of information, support and guidance aimed at helping improve carers' health and quality of life and supporting them to provide better care for their friends and family. www.carewelluk.org

Self Directed Support Scotland is the Scottish Government's one stop shop for information on Self Directed Support in Scotland. It provides guidance on Self-Directed Support, useful links and FAQs for new and existing service users. www.selfdirectedsupportscotland.org.uk

Carers Week Survey Carers UK use the survey is a way of tracking the health and happiness of carers in the UK. The results will shape their work for Carers Week 2012, the theme of which is 'In Sickness and in Health'. Please take part as your answers will help highlight

- how caring impacts on your health and wellbeing
- how cuts to local services have impacted on your health and wellbeing
- what could really make a difference to your life as a carer

www.surveymonkey.com/s/carersweek2012

CARERS UK
the voice of carers

My Bus is designed to help people of all ages who have difficulty using standard buses to have access to facilities and amenities. Adapted buses will pick you up and drop off as close as possible to your home and destination. Qualifying criteria applies. Apply online or by post. For more information call **0845 128 4025**

For Sale

Kymco Mini Mobility Scooter

Nearly new, never used! Easily dismantled, will fit in a car, folding ramps also available. Cost new £1000, will sell for **£400 ONO**

Equipment Available

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

Munroe Ceiling Tracking Hoist

Elap Wheelchair for Cars

Commode on Wheels

These items are available for a donation.

For further details please contact Bella, Susan or Sharon.

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 it by email helps us keep our printing and postage costs down.

Holistic Therapies

Moira Hyatt has very kindly volunteered to do additional holistic therapies on alternate Thursdays in the Carers Centre.

She will offer either reflexology or acupuncture. These sessions will be free but carers will be asked for a donation.

Cinema Group

We are planning to start a Cinema Group in April. One month we will go to the cinema in Clydebank and the following month we will show a DVD at Centre 81, Garelochhead. Please let us know if you would like to put your name down or if there are any films you would like to see.

**Clydebank: 1st Tuesday every month
starting 3rd April**

**Centre 81: 1st Thursday every month
starting 3rd May**

Walking Weekend Pilot

We have been successful in obtaining funding from the Joint Health Improvement Fund to take a group of carers on a walking weekend to Carlogie House in Carnoustie in May. Contact Bella, Susan or Sharon for more information. Spaces are limited so please let us know if you would like to attend.



An Evening with Edward Reid

Twinkle Twinkle with this Star on

Friday 18th May, 7.30pm - 1.00am

Commodore Hotel, Helensburgh

Plus guests and a raffle.

Join us for an evening of fun and laughter to raise funds for Helensburgh & Lomond Carers. Comedian Edward Reid of *Britain's Got Talent* said *I think the charity is amazing. It offers support to a part of the community that is often forgotten about saving the government and tax payer's lots of money. When I visited the centre I felt humbled and inspired by the carers, staff and volunteers, it makes you believe in the greatness of the human spirit!*

Tickets cost £12.50 and are available from the Carers Centre and the Commodore Hotel.



Copper Dropper

Are you lucky enough to find your purse or pockets full of coppers? Do you want to put them to good use? Well now is your chance! Please encourage friends and family to collect their coppers too. You can drop your stash into the Carers Centre at any time, or Bella and Susan can pick it up when they are out and about. We would like to have a little bit of fun with this by running two totals - one for Helensburgh and one for all other locations in Lomond. Can the outreach areas beat the townies?



Grow Your Own Sunshine

I think we'd all agree that the weather has been dreach recently so let's try to brighten things up by growing our own sunshine! Sunflowers are easy and satisfying to grow. We might not reach the world record of 7.76m, but let's see who can grow the tallest. No garden, no excuse! There will be competitions for children (under 18s) and adults. Pop in to the Carers Centre to pick up equipment and instructions. The entry fee is £1.00 for both competitions. Prizes for the winners!

SPONSORED 12 HOUR SPINATHON



Helensburgh & Lomond Carers

in partnership with

Chris Bowman Fitness



COAST TO COAST - HELENSBURGH TO ABERDEEN

Saturday 10th March, 9.30am - 9.30pm, in The Station Bar, Helensburgh

Plus spin demos, quiz, bottle tombola and raffle.

Help us to raise funds for the Carers Centre by sponsoring Eileen and Sharon who will spin for 12 hours or alternatively take part with them and spin for 1 hour. All donations for the Bottle Tombola and raffle will be greatly appreciated. For more details contact Sharon, Bella or Susan at the Carers Centre.

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

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