



The Princess Royal Trust
for Carers

HELENSBURGH AND LOMOND CARERS SCIO

CARERS NEWS

APRIL 2012

An Evening With Edward Reid

From 'Britain's Got Talent'

Twinkle Twinkle with this star on



Friday 18th May

7.30pm - 1.00am

Commodore Hotel, Helensburgh

Includes music with **Des & Louise**,

DJ Stewart Maule and raffle

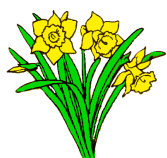


Tickets £12.50



Available from the Carers Centre or the Commodore Hotel

Daffodil Spring Coffee Morning



Wednesday 18th April

10.00am - 1.00pm

Carers Centre



Help us celebrate the arrival of spring while raising funds for the Centre! Join us for a cuppa and home baking. We will be having a raffle and competitions for baking so please bring us your unwanted Easter eggs for prizes. Donations of home baking will also be appreciated and feel free to bring your friends along!

Carers Centre

Name Change

As of 1st April 2012 the Charity will become a Scottish Charitable Incorporated Organisation (SCIO) and the name will change to **Helensburgh & Lomond SCIO**.

Easter Holiday Closure

We will close at 3.00pm on Thursday 5th April and will reopen at 10.00am on Tuesday 10th April 2012.

Apologies for any inconvenience.

Emergency Phone Numbers

If an emergency arises during this time, please call:

Emergency Services	999
NHS24	08454 24 24 24
Social Work	01546 605 517



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 / 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.

Parent Carer Support Group

2nd Thursday of each month, 10.00am - 12.00noon, at Carers Centre

Pop in for a cuppa and a chat with other parent carers. Discuss common issues and share ideas.

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.

Chit Chat Matters

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

1st Wednesday of each month

10.00am - 12noon at the

Kilcreggan Cafe

3rd Thursday of each month

10.00am - 12noon at

Centre 81 Garelochhead

We will pilot both venues until June to see how it goes!

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. In April we will have a talk about Telecare.

Walking Group

Do you enjoy walking? Do you enjoy good company? Join our walking group! Dogs welcome. Our next walks are on

Wednesday 11th April, 2.00pm, Loch Lomond Golf Course

Tuesday 24th April, 7.00pm, Hill House

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

Film Group

Do you enjoy watching films? Why not join our new Film Group! We will visit Clydebank Cinema and Centre 81 in Garelochhead on alternate months to watch films of your choice.

Clydebank: Tuesday 3rd April

Centre 81: Thursday 3rd May

We will pilot this group until September. Please let us know if you would like to attend.

Upcoming Events

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

Foot Care Awareness Training for Carers

Thursday 19th April, Thursday 24th May, Thursday 21st June, Jeanie Deans Centre

The Podiatry Department no longer provide a nail cutting service where there is no other foot problem or medical risk present. They are running training sessions on foot care for carers who provide personal care.

The sessions will be held at 10.30am and 2.00pm and last about an hour. To book your place, please contact the Podiatry Department on 01436 655074 or email lynn.dalrymple@nhs.net with your name, contact number and the date and time you wish to attend.

Caledonian Fiddle Orchestra Concert

Saturday 21st April, 7.30pm, City Hall, Glasgow

We have tickets for the Caledonian Fiddle Orchestra's 124th Annual Concert for a group of carers. Please let us know if you would be interested in going. There will be no cost and should be a really enjoyable evening! Staff and volunteers will not be attending this event and carers will travel independently to and from this event. However, if required an introduction meeting can be arranged at the Centre prior to going so that carers are familiar with those attending. Please contact Susan for more information.

Dip & Dine at Loch Fyne

Thursday 26th April, 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 no later than 4.45pm.

Please remember to bring your cossie. Towels cost £1.00 to hire or you can bring your own. Please let us know if you would like to come along. We will be doing car shares so please let us know if you need a lift or would be willing to drive.

Grey Matters

Every Saturday, 10.30am - 12.30pm, Argyll Voluntary Action Office, Colquhoun Square

Argyll Voluntary Action are holding a weekly focus group for the over 60's. They will be discussing the weeks news from the local media and setting the world to rights over a cuppa! If you are over 60 and interested in what goes on in your local community, why not pop along! Contact Eva or Alison at AVA on 01436 671613 for more information.

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.

Carer Training

Training Drop-in

1st Thursday 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.

For further information on training opportunities, please contact:

Morag MacLean

Training Coordinator

morag@northargyllcarers.org

Getting Back Into Employment

Information Session

**Tuesday 1st May, 11.00am,
Carers Centre**

We will be running a four week course for carers interested in getting into employment. This course is for you if you are thinking about getting back to work or volunteering and seeking to improve your skills for a return to work. You will be supported to develop the following skills: CV writing, interview techniques, team work, self esteem and confidence building. Come to our information session to find out more.

Tai Chi Movements for

Wellbeing Information Session

**Tuesday 24th April, 11.00am,
Carers Centre**

Tai Chi Movements for Wellbeing (TMW) is a specially developed sequence of movements which promotes physical and emotional health and wellbeing. TMW is for all ages. It can be practised sitting or standing so is accessible for all. We hope to run an eight week course, supported by Ken Symon, an accredited TMW Trainer. This will equip you with the skills to continue practising TMW following the course. Come to our information session to find out more.

Carers Centre Information

Nail Cutting Service

In response to the new Podiatry Department guidelines, we are piloting a free nail cutting service for carers in partnership with Dymphna Goward from the Lomond Clinic. The first session will be on Wednesday 20th June as part of Carers Week - 'In Sickness and In Health'. If you would like an appointment, please contact us.

Volunteer Befrienders Wanted!

We have been successful in securing funding to roll out the Befriending Service. We are hoping to offer the service to more people so are recruiting volunteer befrienders. Please contact the Sharon or Susan if you would like further information or if you would be interested in taking part.

Good Luck Bella!

After nearly three years in post as Outreach Carer Support Worker, Bella has decided to leave the Carers Centre to continue further education. *"I have enjoyed my time at Helensburgh & Lomond Carers and will really miss the people I have gotten to know over the years. Thank you all for making my time here so special and for teaching me so many important things. I wish you all the best for the future."* You are invited to my leaving party on **Thursday 19th April at 12.00noon.**

A light lunch and refreshments will be available. For catering purposes, please contact Susan or Sharon to confirm your attendance. The staff, trustees and volunteers wish Bella every success for the future.



Useful Information

Contacting Argyll & Bute Council

Website: www.argyll-bute.gov.uk
Email: enquiries@argyll-bute.gov.uk
Text: 07624 808 798

Council Tax Enquiries:	01546 605511
Benefits Enquiries:	01546 605512
Roads, Waste Pest Enquiries:	01546 605514
All types of payments:	01546 605515
Complaints and feedback:	01546 605516
Social Work & Social Care:	01546 605517
Planning Services:	01546 605518
Switchboard/General Enquiries:	01546 605511

Customer Service Point:
Scotcourt House, 45 West Princes Street, Helensburgh

Mental Health Carers Group

NHS Highland and ACUMEN are setting up a group for people who care for someone with a mental illness. The group will give carers the opportunity to be directly and actively involved in the 'Mental Health Modernisation Project' and in the design work for the new mental health hospital. This is a real opportunity for carers to get involved and to influence the implementation of changes in service provision.

The first meeting will include a light lunch at 1.00pm

Friday 13th April, 2.00pm

Lorn Room 2, Argyll & Bute Hospital, Lochgilphead

If you are interested in attending, please contact ACUMEN on 0141 887 9103

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.

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.**

Carers Fish Tea

Following the success of our
previous Fish Teas at the Palace
we are having another one
funded by the People's
Health Lottery.

Friday 11th May, 2.00pm

Please let us know if you would
like to come along.



March 200 Club Draw

The lucky winners of our March draw of the 200 Club were

Mike Blair & Trish Hedger

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 £9.

Please help us reach our target of getting 200 members.

Contact Sharon or Susan for further information.



Grow a Little Sunshine

There's still plenty of time to plant sunflower seeds for this competition.
Don't let your competitors get the upper leaf! We have two sections for the
tallest plant grown; one for adults and one for children. All you need is here at the
Centre and the entry fee is only £1.00. Any problems accessing the centre is no
problem - Bella or Susan can deliver when out on their travels.

Make us of this lovely spell of weather!

Prizes for the winners!

Dip & Dine at Loch Fyne!

Everyone enjoyed the trip to Inveraray and had a
great time at the Dip & Dine!

Some of the quotes from the day were:

'lovely day, very restful, a great break with good company'

'great company, relaxing time had by all'

'had a lovely day', 'good company, good food'



Budget 2012 - Key Announcements

George Osborne's third Budget "rewards work" and "unashamedly backs business", he told MPs last week. He promised to deliver a "simpler tax system" that would be more competitive, to help lift low-paid workers out of paying tax and to increase the amount of money the Treasury gets from the rich.

Some of the main changes include: the 50p top rate of income tax will be cut to 45p and the salary at which child benefit will be withdrawn will be increased. New stamp duty measures will see properties sold for more than £2m subject to a new 7 per cent stamp duty charge.

There were also several important welfare reforms mentioned: there will be an automatic review of the state pension age.

A single tier pension, at a minimum of £140, will be set. Age-related tax allowances for pensioners will be simplified.

Child benefit to be reduced incrementally when one member of household earns more than £50,000. Child benefit will be removed completely at £60,000. Up to £10bn additional welfare savings will be needed by 2016!

The BBC website includes a good summary of some of the key announcements which might be interesting to carers.

<http://www.bbc.co.uk/news/business-17461472>

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