

Caring with Confidence



WELCOME

If you provide regular help and support to a partner, relative, friend or neighbour because they cannot manage without your help, then Carers Link can help you.

You may not think of yourself as a Carer, particularly if the person you look after is a close family member or friend, but the term 'Carer' applies to anyone who looks after someone, adult or child, who cannot manage without additional support - whether physical or emotional, or both - due to disability, illness, addiction or general frailty.

As a Carer, you might well be feeling that so much is expected of you or that providing this support is placing many demands and stresses on you. But you are not on your own. Carers Link is the local organisation dedicated to Carers in East Dunbartonshire and exists to provide you with support that you need and deserve.

One important way we can help you is through '***Caring with Confidence***'.



WHAT IS 'CARING WITH CONFIDENCE'?

Through a range of information and training activities, **Caring with Confidence** aims to help Carers throughout East Dunbartonshire make a positive difference to their lives - and to those of the people they care for.

It provides opportunities for you to learn skills to help you cope with your caring role, whether in a training course or simply over coffee.

Through our courses and groups, Carers can share and build on their caring expertise. Colleagues from Social Work, Health and voluntary organisations regularly input to our training and groups, providing useful knowledge and advice. Equally importantly, other Carers who attend can be a great source of sharing and information.



WHAT CARERS HAVE SAID...

"I've attended the Group Relaxation, which is absolutely superb...when you're under stress, which Carers are, it's the most wonderful thing you could go to. I would recommend it to anybody who gets the opportunity to go"

"Thoroughly enjoyed the day, learned a lot and have much more confidence in my abilities"

"Very helpful and so 'de-stressful' to be able to discuss the issues"

"Each course has its benefits and this one made me realise that I am as important as my husband"

"This course was very good and I thoroughly enjoyed it. Interestingly presented. Very informative, good suggestions, too"

HOW WE CAN HELP YOU



As a result of taking part in Caring with Confidence you will have the opportunity to:

- Be better informed of your rights and how to access services
- Develop life skills to plan for the future and cope with the present
- Cut down on stress and improve your health
- Give and receive support from other Carers by sharing experiences
- Develop more confidence and self-esteem as a Carer

COURSES ABOUT CARING

"Good presentation of information by friendly people in a relaxed atmosphere"

"Very good experience. Lovely people on the course. Learned a lot of techniques"

Caring with Confidence offers a wide range of courses that can help you with your caring role. These courses run throughout the year and are open to Carers living in or caring for someone within East Dunbartonshire.

Examples of courses available include:

Carers Rights and Support

A whistle-stop tour of the support that is available for you and a chance to look at your rights as a Carer

Moving and Handling Awareness

Advice to those of you who give physical help to the person you care for, helping you to develop confidence in the way you give care

Understanding Dementia

Telecare

Changing Relationships

Money Matters

Emergency First Aid



SURVIVAL GUIDE

Anyone can become a Carer, at any time, and in the course of our lives many of us will spend time looking after someone. Caring can be very rewarding, but there may also be times when you find it very challenging - the Survival Guide might help. Building on the experiences of other Carers and how they have coped with the demands of looking after someone, the Survival Guide workshops can help you with:

- Dealing with the impact of caring
- Finding the right balance between supporting and taking time out
- Engaging with other Carers
- Exploring service entitlements and rights you have as a Carer
- Accessing Carer support and advocacy services, such as Carer Link
- Discussing new skills and training opportunities

“Completely changed my life, gave me confidence and opened options to access support”

**Hear the stories on our DVD
about how others have come to
terms with being Carers**



COURSES JUST FOR YOU

We feel that training should not be there just to give you more confidence as a Carer. There are also courses you might like to do to gain a new skill, interest or hobby.

Examples of courses available include:

Looking After Yourself

Explore ways to look after yourself well while you are looking after someone else

Relaxation

Do you ever feel anxious? Learn easy ways to release tension and calm the mind and body

Digital Photography

Do you chop the heads off your loved ones? Learn ways of getting more from your digital camera



Our Comic Relief-funded programme offers the chance to learn basic computing skills in your own home, and at a pace that suits you

OUR CARER GROUPS

Our range of Carer groups has evolved in response to the needs of Carers who want to come together with others in a similar position. Each group is unique, some bringing Carers together to talk about issues specific to their caring and to hear talks from professionals, while others offer a break from caring with activities and the chance to chat over coffee and cake.

Although some groups provide support around a particular care condition, such as Dementia or Learning Disabilities, other monthly **Blether Groups** are open to all Carers. The Blether programme often includes demonstrations on topics such as Stress Management and Healthy Cooking, and has occasional excursions - but an important aspect of Blether is the chance for you just to come together with other Carers to socialise, share information over coffee and have a 'richt guid blether'.

"I really get a lot out of this. It's an opportunity to talk and meet up with others"

"I find the group relaxing and meeting people who are Carers helps me"



For up-to-date information about **Blether** and our other groups please call **0800 975 2131**, or visit www.carerslink.org.uk

ARE YOU INTERESTED?

We hope that your answer is “yes”. The Carers Link 'What's On' magazine can be sent to you directly, keeping you updated with details of all the training courses which are planned. All you need to do is think about which courses suit you, let us know and we will do the rest.

'What's On' also tells you about the meetings of the various Carer Groups and you can attend those meetings that suit you.

If you would like to know more about our training courses and groups please telephone **0800 975 2131** or email **whatson@carerslink.org.uk** - we look forward to hearing from you.

You can also follow us on Facebook at **www.facebook.com/carerslink**

WHAT'S ON




MORE ABOUT CARERS LINK

Providing care and support to someone can be very rewarding but it can also affect other areas of your life such as your job, relationships, family life, and even your own health.

If you are looking after someone on a regular basis, or are about to start providing care, in addition to the groups and Caring With Confidence courses Carers Link can also:

- Provide individual support and advocacy from dedicated Support Workers helping you to explore different options, resolve issues or ensure your views or concerns are heard
- Help you with writing letters, attending meetings or preparing for a Carers Assessment
- Offer information about services or resources to help you
- Keep in touch through our regular telephone support service 'Carers Call', providing a listening ear
- Give opportunities to volunteer or to become involved in developing Carer support locally



"When faced with the day-to-day struggles, being a Carer can feel very isolating. Being able to express these feelings, seek advice and know that there is someone who listens makes a big difference"

CONTACT US



Freephone: 0800 975 2131

Telephone: 0141 955 2131

Email: enquiry@carerslink.org.uk

Website: www.carerslink.org.uk

Facebook: www.facebook.com/carerslink

Office: Carers Link East Dunbartonshire,
Enterprise Centre, Ellangowan Road
Milngavie G62 8PH

Normal hours: Normal Office Hours
Monday - Friday 8.30am to 5pm
(Appointments outwith these hours can be arranged)

Caring with Confidence implements
the National Carer Information
Strategy and is funded by:

East Dunbartonshire
Community Health Partnership



Carers Link is supported by East Dunbartonshire Council, East Dunbartonshire Community Health Partnership, NHS Greater Glasgow and Clyde, the Big Lottery and Comic Relief.

Carers Link is recognised as a Scottish Charity Number SC034447 and is registered in Scotland as a Company Limited by Guarantee Number 270702