

WHAT'S ON

June – Aug 17

For people looking after friends and family



Carers Choir
– see back page
for details

Fundraising

**Carers & Volunteers
Week 2017**

Carers Week

Monday 12th June – Sunday 18th June is national **Carers Week** and as always, Carers Link will be hosting an event to celebrate and recognise the contribution that carers make to families and communities alike.



This year, we're organising a trip to the Falkirk Wheel on **Friday 16th June**. Details have still to be finalised, however we're planning to arrive in time for a sail on the canal at 12.30pm followed by a bite of lunch in the Visitor Centre cafeteria. There will also be time just to marvel at the world's first, and only, rotating boat lift.

Travel to and from Falkirk will be by coach and there will be pick-ups/drop offs in Milngavie and Bishopbriggs. We will aim to be back at the last drop off by 3.30pm.

Places will be limited so please use the reply slip to let us know if you would like to reserve a place. Please also indicate which of the pick-up points you plan to use and we will be in touch once we have details of timings and location.



Emergency Planning – Are you prepared?

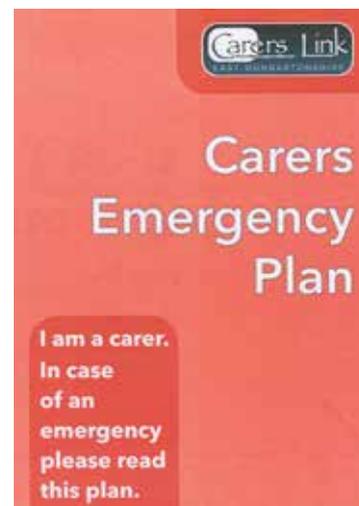
An Emergency Plan aims to give carers peace of mind by having a plan in place to support the person they care for in the event of the carer having an accident or an emergency.

The Emergency Plan is a document which allows carers to put down in black and white details of their caring role – information that carers often carry about in their head and that no one else might know. In the event of an emergency this information may help the person you care for experience less distress should someone else have to step in and help look after them.

Carers who complete an Emergency Plan will also receive some cards to carry which should identify them as a carer in the event of an emergency.

The Emergency Plan can be completed with you at a time and place that suits you best. Home visits can easily be arranged or we can meet at a mutually suitable venue.

Please complete the reply slip if you wish to complete an Emergency Plan or you would like more information.



Carers Forum

The forum has been meeting since the Spring of 2015. We are normally joined by around 11 carers and we have over 40 carers who receive updates on the work of the forum. The purpose is to give carers a place where they can raise concerns about the support that they receive in the community. These concerns are taken up by either the Carer Representatives who sit on the various planning groups, or alternatively Carers Link can relay these concerns to those who are responsible for the planning and delivery of services.



In addition, the forum provides a great opportunity for professionals in both the voluntary sector and in health and social care services to come and seek the views of carers when they are developing or changing service provision. This is an example of how the forum can inform and shape the **local carers strategy**. Consultations that the forum has previously taken part in include:

- East Dunbartonshire's Strategic Planning
- Scottish Government's "Creating a Healthier Scotland" initiative
- Carers (Scotland) Act Hospital Discharge process

If you are interested in the forum, or have an issue that you would like to raise, then please contact **enquiry@carerslink.org.uk** or **phone 0800 975 2131**.

Please note that we cannot explore personal advocacy issues at the forum. If you have a need for this, or any other support requirement, please contact our support and advocacy team on the number above or email **enquiry@carerslink.org.uk**.

The next forum will meet here at **Carers Link in Milngavie Enterprise Centre** on **Tuesday 13th June** from **10.30am – 1.30pm** and will include a light lunch. Please use the reply slip to let us know if you'd like to join us.

Young Carers

Our Young Carers Service supports young carers aged 8-18. A young carer is anyone who cares for someone in their family who has a disability, chronic illness, mental health illness or substance misuse issues.



Summer Activities

The summer break can be an isolating time for many children, particularly those who have a caring role as they miss out on trips and activities that many of their friends will be able to enjoy.

In an attempt to combat this, once again we will be running a programme of activities over the 6-week summer break. Activities are chosen by the young carers we work with as much as possible and aim to give them something to look forward to, a break from caring and an opportunity to try out new things.

Activities last year included trips to Airspace, the cinema, Heads of Ayr Farm Park, Auchengillan Outdoor Centre, ice skating and many more!

If you are a young carer, or know of a young carer who might like to attend such activities, please get in touch with Brian or Emma on 0141 955 2131.



Young Carer Cooking Classes

It's recognised that a lot of young carers are expected to help out with tasks at home such as cleaning, shopping and cooking. We are aware that many young people might not feel confident when cooking and so we are hoping to run some cookery classes over the Summer Break to teach basic cooking skills. These sessions will be open to young carers aged 12+ and will focus on healthy eating and cooking on a budget.

Please note, spaces will be very limited for this so if you are interested please get in touch with Emma on 0141 955 2131.

Young Adult Carers



Our first Young Adult Carers meeting this year focused on Wellbeing. It was held at Allander Sports Centre where the sports coaches provided a tour of the gym and information on keeping fit/healthy eating.

Dates and times of all Linked Up activities will be advertised on Carers Link's facebook page at [facebook.com/carerslink](https://www.facebook.com/carerslink) and on our website at carerslink.org.uk.

If you or someone you know is a Young Adult Carer and would like some extra support, contact Jan on 0800 975 2131, text 07908718813 or email janice@carerslink.org.uk

Coaching at Carers Link – New Project

Are you concerned about your ability to cope with the challenges you face as a carer, or do you feel that there must be more to life – but are not sure what?

As detailed in our last edition of What's On, Carers Link will be running a pilot project offering one-to-one coaching that focuses on developing your self-awareness and resilience. For example, if you have previously attended our Bouncing Back, Adjusting to Change or Mindfulness courses and need help to apply what you have learned at home, one-to-one coaching could provide the extra support that you need. One-to-one coaching offers a way of looking at what is going on in your life now and helps you to identify and plan the steps you would like to take to make positive changes.....in your caring role or in your life generally.

If you would like to find out more, please indicate your interest on the reply slip. If you have already expressed interest, we have noted this and will be in touch in due course.

In East Dunbartonshire one person in eight is a carer.

A carer is anyone who provides regular help to someone who cannot manage without additional support - whether physical, emotional or both - due to disability, frailty, illness or addiction.

We publish What's On four times throughout the year, giving details of our carer learning & information sessions and groups. If you do not receive What's On regularly, but would like to, please contact us on 0800 975 2131 and we will be happy to add you to our mailing list.

For your Learning and Wellbeing

If you would like to attend any of these events, you can let us know by using the **new online booking form on our website** at www.carerslink.org.uk Simply search the calendar to find the event that you wish to book, then click on the event, complete the booking form and click **Send your booking**. Your invitation will be posted to you around 2 weeks prior to the event. **This will confirm the venue**. Alternatively you can complete and return the enclosed reply slip.

Mindfulness Drop Ins

Mingavie (Carers Link Meeting Room)

Wednesdays 7th June, 5th July, 2nd August
from 2pm – 3pm

Bishopbriggs (Etive Room in Woodhill Evangelical Church)

Mondays 26th June, 31st July, 28th August
from 2pm – 3pm

No need to sign up in advance, simply drop in and practice some meditations under Jon's guidance. Please note, however, that as there is no teaching involved, the drop ins are suitable only for those who have already attended the 4-week mindfulness course.

A Mindful Morning Kirkintilloch

Tuesday 20th June
10.30am – 1.30pm

Following the success of our Mindful Afternoon in October last year, we thought we'd repeat the experience but with a morning session instead. Even the rain didn't put us off in October, in fact some of our carers found walking in the rain quite therapeutic. Still, we'll be crossing our fingers for sunshine this time around!

Ideally you should have attended the full 4-week mindfulness course to get the most from this experience. During the morning you will have the opportunity to practice a number of meditations whilst enjoying a gentle walk.

I Matter

Bishopbriggs

Thursday 29th June
11am – 1pm

It's human nature to put the needs of the person you care for before your own, but you matter too. Your wellbeing is especially important, especially when you have caring responsibilities and want to stay as fit and healthy as you can. This session is all about looking after your physical and emotional health.

De Stress

Milngavie

Thursday 6th July
11am – 2pm
Includes lunch

Life can be stressful for all of us, and carers in particular often talk about feeling anxious and finding it difficult to cope at times.

The simple aim of this session is to help you relax, unwind and feel better. The session also includes a gentle introduction to the practice of mindfulness.

Bouncing Back Kirkintilloch

Friday 28th July
11am – 2pm
Includes lunch

This popular session continues to be a hit with carers:

"Great info for pointing us in the right direction. I would recommend this as a way of recovering from life's traumas. Thank you."

If you're feeling a bit flat and washed out, and would like to be more resilient to the pressures of caring for someone, why not come along?

Mixed Emotions

Bishopbriggs

Thursday 3rd August
11am – 1pm

It is common for carers to report that their caring role causes them to feel a mix of emotions.....not all of them helpful. This session will help us to understand why this happens and how to lessen the impact of emotions such as feeling guilty.

Mindfulness for Beginners (4 part course)

Bishopbriggs

Thursdays 10th, 17th, 24th & 31st August
11am – 1pm

Mindfulness is a way of paying attention to the present moment, using techniques such as meditation and breathing. It helps us become aware of our thoughts and feelings so that instead of being overwhelmed by them, we are better able to manage them. This is especially important when you are caring for someone and perhaps find it difficult to 'switch off'.

What Next? After caring stops

Kirkintilloch

Wednesday 23rd August
11am – 2pm
Includes lunch

After caring for someone for a long time it can be daunting to readjust to your new life. Come along and hear what others have done and find out what support is available to you to help you come to terms with the inevitable changes that this situation brings.

T'ai Chi

For interest

T'ai Chi is for individuals with the patience and focus to discover wellbeing from the inside out, regardless of age or ability. It can be especially helpful for those with caring responsibilities as it has been known to help lower blood pressure, lift depression and improve insomnia.

We hope to run a 4 week course in Milngavie in late summer – if you are interested, please let us know and we will contact you when we have more details.

Strength and Balance **NEW**

An initiative by "Paths for All", the organisation behind the East Dunbartonshire W.A.L.K. Development Project.

For interest

A natural consequence of growing older is the loss of muscle strength, flexibility and balance. Older adults are more at risk of falls which are a common reason for hospital admission.

Regular activity such as walking helps keep bones and muscles strong. Doing certain exercises twice a week in addition to walking every day is a great way to improve strength and balance and can help older adults live active and independent lives with reduced risk of falls.

Rose and Judith will teach you how to properly do those exercises. You will take home a leaflet reminding you of the exercises which you can do yourself at home, on your own or with other people such as the person you look after. We hope to run the session in early/mid August.

Worried about addiction? **NEW**

For interest

Are you worried about a family member or friend's use of alcohol and/or drugs? If so, you may be interested in a new course we are hoping to run in the autumn, courtesy of Claire Wadsworth, family support development officer with SFAD.

CRAFT (Community Reinforcement and Family Training) teaches concerned family members how to build meaningful strategies to increase the chances of their loved one entering treatment. Carers report increased trust and communications with their substance misusing family member, as well as greatly reduced conflict within the family.

AUTISM – some sessions to support you...

Please use the reply slip to let us know which sessions you'd like to attend.



Autism Awareness

This session is aimed at people with little or no knowledge of Autism Spectrum Disorder (ASD) as well as those who require a refresher. The aim is to make a difference in the lives of the individuals with ASD that you support. You will acquire knowledge, information and strategies for good practice.

Thursday 8th June from 10.30am – 12.30pm in Milngavie.

Behavioural Support

This session will look at some of the behaviours that cause difficulties, their causes and possible solutions.

Wednesday 21st June from 10.30am – 12.30pm in Kirkintilloch.

Sensory Workshop

This session will explore ways of dealing with sensory difficulties, with the option to put together a programme of support.

Wednesday 30th August from 10.30am – 12.30pm in Milngavie.



More Support for Carers Offered

Shared Care Scotland has awarded Carers Link funding to provide grants of up to £300 for short 'creative' breaks for carers in East Dunbartonshire. The funding is available until October 2017 (or until funding is exhausted) and to be eligible, the person being cared for must be 21 or older. The breaks will give carers 'Time to Live', reducing stress, improving wellbeing and helping them sustain their caring role.

The fund is aimed at carers who most need support such as carers who have a substantial caring role, are less likely to access current support or whose needs are not met by current models of service provision. Carers can apply for a grant to pay for breaks or activities which are very individual, and personalised to their own unique situation.

To find out more about applying for a grant contact Fiona on 0800 975 2131 or email fiona@carerslink.org.uk

Fundraising

As ever, budgets are tight at Carers Link, and this year we need to raise around £20,000 in the next financial year so that we can continue to support carers in East Dunbartonshire.

Building on the success of **Walk With Us** last April (which raised a magnificent £17,000) we are planning a range of different events so that lots of different people can get involved. Ideas so far include another **Walk With Us** in April 2018, a zip wire ride across the Clyde and a Smoothie Bike Ride in Milngavie. If you have any other ideas, please get in touch.

We will let you know what's planned through What's On, but if you want to find out first you can sign up to our weekly e-bulletin at <http://eepurl.com/bl4KTP>.





Time to celebrate our wonderful Volunteers

Volunteers Week takes place from 1st – 7th June and we will be celebrating our

volunteers' fabulous contribution with a Wellbeing Day and a Canal Trip from Kirkintilloch in June. Details and dates will be sent out soon.

Our volunteers provide many hours of core support to our carers and to our organisation. In 2015-2016 alone, volunteers donated 5,851 hours of their time, which was worth £88,058! This is invaluable in terms of the emotional support to carers, many of whom say it is a lifeline.

If you would like to volunteer with us, and be part of the team here at Carers Link, please get in touch for a chat. Fiona Farris is our Volunteer Co-ordinator and you can contact Fiona by email at fionagrace@carerslink.org.uk or by phone on 0141 955 2131 or Freephone 0800 975 2131.

Legal Clinic

Our Legal Clinics will continue to run of the first Tuesday of each month between 9.30am and 12.30pm. Carers will be able to arrange 30-minute individual appointments with either Karen Wooton or Katie Ratcliffe from Morisons Solicitors*

Power of Attorney, Wills, Guardianship, Trusts and Care Home Fees are just some of the topics that can be discussed and other topics can also be addressed.

Please note, however, that appointments are for information and advice only.

Dates for the next few months are **Tuesdays 6th June, 4th July and 1st August**. To book an appointment please tick the reply slip and a member of our team will contact you to arrange a mutually convenient date and time.

*Carers Link is not affiliated to Morisons, and other legal service providers are available.

A fond farewell

In April Margaret Coats, one of our longest serving members of staff, retired. Margaret started working for Carers Link in September 2006, when Jennifer, our CEO, asked her to help out to cover for a month for a member of staff who was ill. That 'month' turned into 128 months!



When Margaret started working with Carers Link there were 4 other members of staff, and as Margaret said *"We had 2 rooms, and all the staff except Jennifer worked in what is now the meeting room. Paul covered the advocacy work, Sharon supported the volunteers, and I swept up all the other bits that needed doing. I was even involved in recruiting volunteers, and I still remember having a stand at Asda where I accosted a gentleman to talk to him about volunteering with us. He seemed a bit bemused, but agreed to come along for a chat – and like me, Gordon stayed and is now one of our longest serving volunteers."* Margaret went on to take up the position of the organisation's Finance Manager and when we asked her what she'll miss most, she said *"The people. Carers Link is a very supportive environment full of people of all ages. They are such a mixed bunch, and I've enjoyed hearing their stories across the years."*

Thank you for all your hard work for Carers Link Margaret. You will be much missed.

Introducing Nicky

I joined Carers Link in December 2016 as Finance Administrator.

Over the last few months I have been working closely with Margaret, our Finance Manager which has been an absolute pleasure... her knowledge and warmth has made training an enjoyable experience!

Whilst my role within the organisation is to look after finances, I am really looking forward to working closely with Jennifer and learning more about the invaluable projects we are involved in.

My colleagues are fabulous and it's a real privilege to work here as it is to meet all the exceptional volunteers involved.

It seems we are all a very active bunch here with similar interests and hobbies which is also a great incentive to get involved and get outdoors!



Introducing Brian

I joined Carers Link in February 2017 as a Young Carers Support & Communications Worker.

It's been great to meet the Carers Link team and volunteers, all of whom have been really welcoming and supportive; the dedication they have for the work Carers Link is involved in is inspiring and I can't wait to get started in my new role.

I will be responsible for expanding online support for Young Carers in East Dunbartonshire through developing social media sites like Facebook and Instagram, and also maintaining the website for Young Carers.

I enjoy running, cycling and attending music concerts in my spare time.



Find your Group . . .

For more details about any of the groups on this page, please contact Amrit on 0800 975 2131 or email amrit@carerslink.org.uk



Dementia Carer Groups

Each month there will be a chance to catch up with other carers in similar situations and to cover the topics that you REALLY want answers to when caring for someone with dementia. Every meeting we are joined by a dementia specialist.

Alzheimer Scotland, Milngavie Road, Bearsden	7pm – 9pm	Monday 5th June	Monday 3rd July	Monday 7th August
Carers Link, Milngavie Enterprise Centre	10.30am – 12.30pm	Thursday 15th June	Thursday 20th July	Thursday 17th August
Woodhill Evangelical Church, Bishopbriggs	10.30am – 12.30pm	Tuesday 20th June	Tuesday 18th July	Tuesday 15th August

Carers Cafés

Carers Café is a monthly get-together where you can chat with other carers over coffee. Each café runs from 10.30am till 12.30pm. No need to sign up in advance, just drop in!

- Bearsden:** The Station (formerly The Inn) Station Road
Monday 5th June, Monday 3rd July, Monday 7th August
- MILNGAVIE:** Carers Link
Friday 9th June, Friday 14th July, Friday 11th August
- BISHOPBRIGGS:** The Avenue
Monday 12th June, Monday 10th July, Monday 14th August
- KIRKINTILLOCH:** Smiths Hotel
Monday 26th June, Monday 24th July, Monday 28th August
- LENNOXTOWN:** Glazert Country House Hotel
Monday 19th June, Monday 17th July, Monday 21st August

Men's Group

Our Men's Group will be out and about as follows:

- Titan Crane Tour on Wednesday 28th June**
- No meeting in July**
- Glengoyne Distillery on Wednesday 30th August**

Gentlemen, please use the reply slip to let Amrit know if you'd like to come along.

Crafty Carers

Are you a carer with an interest in crafts? Or do you just want to try your hand at something new?

If so, our Crafty Carers group may be what you're looking for. Bring along your knitting, sewing, crochet, card making kit or anything else 'arty or crafty', or just come along and join us for a cup of tea and a blether.



Carers Link, Milngavie Enterprise Centre 1.30pm till 3.30pm
Thurs 22nd June, Thurs 27th July, Thurs 24th August

Walking Café

Our walks take place throughout East Dunbartonshire and you don't need any specialist equipment – just your waterproofs and a bottle of water! At the end of the walk you will have an opportunity to enjoy a tea or coffee at the café and have a chat with other carers.

Dates for the next walks are **Wednesdays 21st June and 16th August**. There will be no walk in July. Destinations are still to be decided, however the walks will begin at 10.30am and finish around 12.30pm.



Chair Yoga

This is a weekly drop-in with Yogability that meets every **Tuesday from 11am – 12noon in Milngavie Enterprise Centre**. If you are interested in the class please just drop in, no booking necessary. **Please note that after the class on 20th June, Chair Yoga will stop for the summer. Classes will resume again on 22nd August.**

Carers Choir

Our choir is for carers of all singing abilities, including those who don't think they have a 'voice'. You don't need to be able to read music and there will be no pressure to perform in front of an audience.....this is all about singing some familiar favourites and having fun!

The choir normally meets on the first Tuesday of each month, **however there will be no meeting in July**. Please see below for dates:

Carers Link, Milngavie Enterprise Centre 1.30pm till 3.30pm
Tuesday 6th June. **No meeting in July**. Tuesday 8th August

Please let Amrit know if you are planning to come along, and also if you would need transport to get to Milngavie. Call 0800 975 2131 or email amrit@carerslink.org.uk



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