

WHAT'S ON

March – May 17

For people looking after friends and family



New!
**Coaching
at Carers Link**

**Légion
d'Honneur
award**

*Introducing
Fiona Farris*

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?

Carers Link is 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 have attended one of the above courses or you are just curious and would like to find out more, please indicate your interest on the reply slip.

Christmas Tree Festival

The Association of Milngavie Churches organised the eighth Christmas Tree Festival in December 2016. The festival included an excellent display of trees decorated by local organisations along with performances by local people, and raised money for three charities. Carers Link was honoured to be one of the charities supported and we are very grateful for the very generous donation of over £1200 that we received. Our thanks to everyone involved in organising the festival, and to those who visited and donated.



Receiving What's On

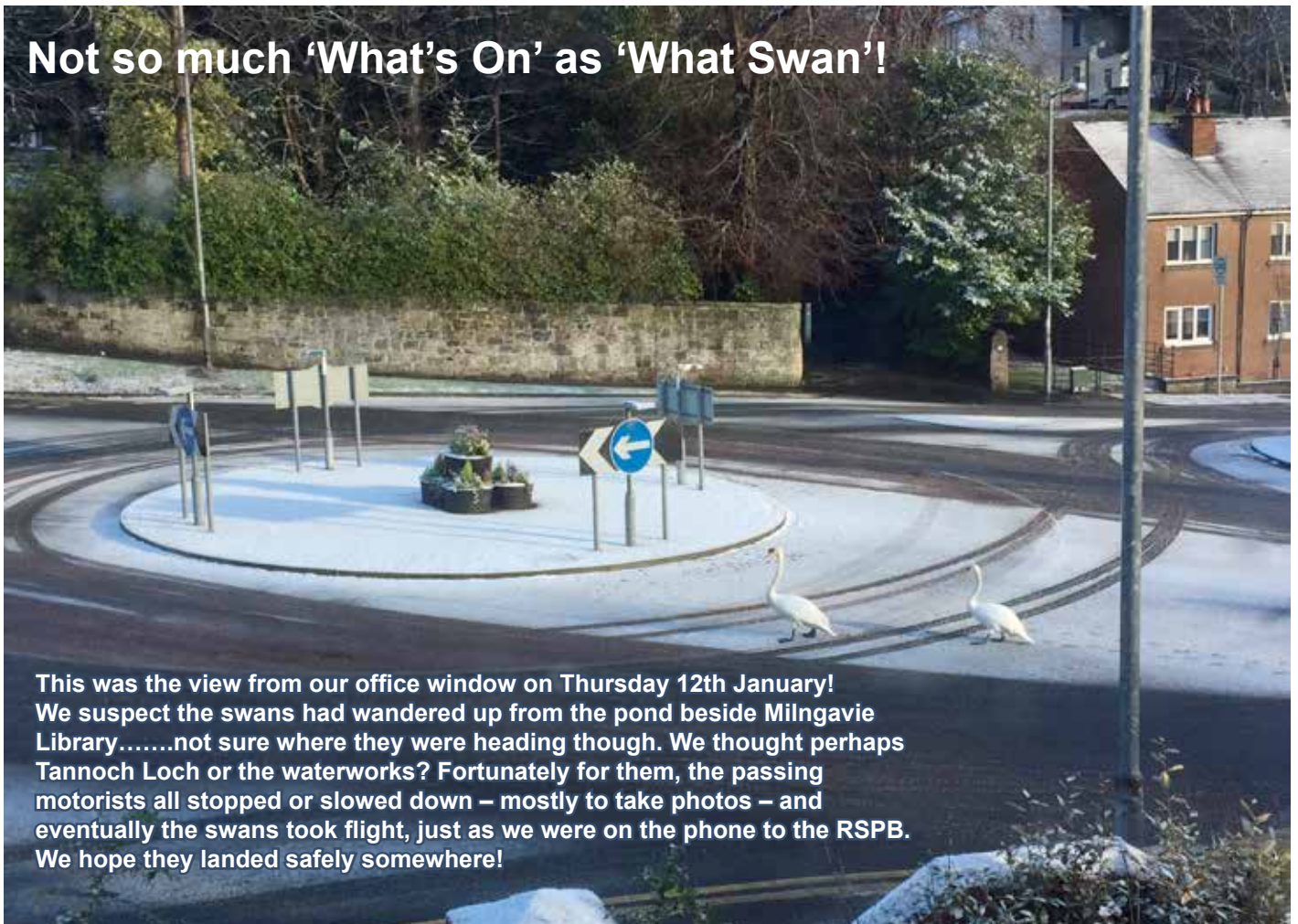
Just a reminder that it's possible to receive What's On by post or electronically by email. If you would prefer to 'go paperless' simply tick the relevant box at the bottom of the reply slip, complete your details and pop the form back to us in the freepost envelope.

Thank you!



Our sincere thanks go to everyone who kindly handed in festive goodies and treats for the staff and volunteers to enjoy. The kettle is always on at Carers Link and thanks to your generosity, we'll be enjoying biscuits and shortbread along with our cuppas for many months to come. We'll worry about our waistlines later.....!

Not so much 'What's On' as 'What Swan'!



This was the view from our office window on Thursday 12th January! We suspect the swans had wandered up from the pond beside Milngavie Library.....not sure where they were heading though. We thought perhaps Tannoch Loch or the waterworks? Fortunately for them, the passing motorists all stopped or slowed down – mostly to take photos – and eventually the swans took flight, just as we were on the phone to the RSPB. We hope they landed safely somewhere!

Young Carers

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

Our service for young carers offers a variety of support including;

- Tailored 1-1 support and a listening ear for the young carer
- Information on supports available for the whole family
- Regular group support to give young carers the chance to meet others & have fun
- Activities and residential trips during school holidays to give young carers a break & the opportunity to try loads of new things!

To find out more about the young carer service and the groups/activities we have planned please get in touch with Emma. You can call on 0141 955 2131 or you can text 0790 388 9858 or email Emma directly on emma@carerslink.org.uk



Some of our young carers having fun at Bearsden Ski Club in December

Young Adult Carers



We are delighted that **The Big Lottery Young Start Fund** has awarded

funding over the next two years to continue our Linked Up service for Young Adult Carers aged 16-25. This is exciting news enabling continuing support through information, advocacy, 1-1 support, employability, wellbeing and social activities.

A group of our Young Adult Carers enjoyed a Christmas meal at The Avenue, Bishopbriggs on the 14th of December - a lovely night enjoyed by everyone.

Dates and times of Linked Up activities will be advertised on Carers Link's facebook page at 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

Legal Clinic

Following our first successful clinic in February, Carers Link is very fortunate to extend the opportunity to offer carers one-to-one legal advice courtesy of Karen Wooton and Katie Ratcliffe, both solicitors with Morisons Solicitors*.

Either Karen or Katie will be available at our offices in Milngavie Enterprise Centre on the first Tuesday of each month between 9.30am – 12.30pm, and carers will be able to arrange 30-minute individual appointments.

Power of Attorney, Wills, Guardianship, Emergency Plans**, Trusts and Care Home Fees are just some of the topics that Karen or Katie will be happy to discuss and other topics can also be addressed. **Please note, however, that appointments are for information and advice only.**

The Clinics will be piloted until May when an evaluation will be carried out.

Dates for the next few months are **Tuesdays 7th March, 4th April and 2nd May**. If you would like to book an appointment, please use the reply slip to let us know. A member of the team will then contact you to arrange a mutually convenient time.

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

****If you would like more information on completing an Emergency Plan – please contact Rose on 0141 955 2131 or 0800 975 2131 or by email at rose@carerslink.org.uk to discuss.**

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.

Footcare

For interest

Last year we teamed up with the NHS Podiatry Service to talk to carers about how to look after their feet and to help the person they care for with their own footcare needs.

“Excellent! A very interesting and informative session and very well presented.”

We would like to offer the same session in Kirkintilloch in the Spring and if you would be interested in coming along, please let us know. If you have previously expressed interest we already have this noted.

Mindfulness Drop Ins

Mingavie (Carers Link Meeting Room)

Wednesdays 1st March, 5th April, 3rd May
from 2pm – 3pm

Bishopbriggs (Etive Room in Woodhill Evangelical Church)

Mondays 27th March, 24th April, 29th May
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.

If you haven’t attended the mindfulness course, the next one will run in Milngavie in April/May – see below for details.

De Stress

Kirkintilloch

Thursday 9th March
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 using techniques that you can put into practice whenever and wherever you need to.

What Next? After caring stops

Bishopbriggs

Thursday 16th March
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 other carers have done and find out what support is available to help you come to terms with the inevitable changes that this situation brings.

Mixed Emotions

Milngavie

Wednesday 22nd March
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.

Bouncing Back Milngavie

Wednesday 29th March
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?

Really Useful Things

UPDATED!

Bishopbriggs

Thursday 30th March
11am – 2pm
Includes lunch

Milngavie

Wednesday 26th April
11am – 2pm
Includes lunch

This is the session that does what it says on the tin, providing you with information that we hope you will find **really useful**. This includes information about your rights as a carer and also the help and support that is available to you.

Qigong

(4 part course)

Bishopbriggs

Fridays 7th, 14th, 21st & 28th April
1.30pm – 2.30pm

Qigong is an ancient system of exercise, originally developed in China over 2000 years ago. Benefits are said to include increased energy, improved immunity, better balance and a feeling of wellbeing. We are again grateful to Mrs Hing Fung The for running these sessions for us.

Adjusting to Change

Milngavie

Tuesday 11th April
11am – 2pm
Includes lunch

Being a carer often requires us to adapt to new challenges and learn new things that we never had to do before. This change can also affect the relationships we have with the person we care for and other members of our family and friends.

The aim of this session is to help you cope with, and adjust to, these changes and challenges.

Mindfulness for

Beginners

(4 part course)

Milngavie

Fridays 21st & 28th April +
5th & 12th May
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'.

Taking Control

(2 part course)

Bishopbriggs

Thursdays 4th & 11th May
11am – 2.30pm
Includes lunch

Have you ever been in a situation where you lacked confidence? We all know what it feels like, and there are times when we could all do with a confidence boost. That's what this course is all about; helping you to feel more confident, especially in your caring role which often involves negotiating and dealing with a range of professionals.

Emergency

First Aid

Kirkintilloch

Monday 15th May
10am – 3pm
Includes lunch

This course will cover the basics and the principles of First Aid so that you are able to respond to an incident in a safe, confident & competent manner.

Places are limited and will be allocated on a 'first come, first served' basis.

Please note that the course is not certificated.

A Mindful Morning

Mugdock

Friday 19th May
10.30am – 1.30pm

Following the success of our previous Mindful Morning at Mugdock, we are repeating this peaceful retreat. Ideally you should have attended the full 4-week mindfulness course to get the most from this experience. During the session you will have the opportunity to practice a number of meditations and also take part in a walk in the Spring sunshine (we hope!) Transport will be available from Milngavie Enterprise Centre.

Autism

Carers Link has been fortunate to have received further funding from the Postcode Lottery to provide information sessions for those caring for someone on the spectrum. Topics that we've covered over the last couple of years include:



- Managing behaviour
- Sensory Issues
- Homework study and beyond
- Management of aggression
- Structures
- Social Stories

Can you let us know if you would be interested in attending any of these courses if we were to repeat them, and if also you have any further suggestions for training or materials that you would find useful? Contact Fiona on 0800 975 2131 or email fiona@carerslink.org.uk

We are also considering running a session that will let carers experience for themselves some of the sensory difficulties that people with autism face. The aim is then to come up with some strategies to help with the day to day management of these. If this is something that you would be keen to attend, please let Fiona know using the contact details above.

And another thing!



In conjunction with Yogability* we plan to run small group yoga sessions for carers of people on the spectrum and for the person they care for. We also appreciate that there are some cases whereby one-to-one Yogability support may be more appropriate, and more beneficial, than group sessions and this will be available.

Yoga can be linked to the calming proprioceptive pressure that is so valuable in stress management, ideal for both carers and our individuals on the spectrum.

Yogability already provides yoga to young people and adults with special needs as well as their carers. Yoga can provide many benefits, both physical and mental, including the ability to help control emotions and improve the overall feeling of wellbeing.

Places will be limited so please use the reply slip to let us know if you are interested.

**Yogability is recognised as a Scottish Charity Number SC043956*

Introducing Fiona Farris

I joined Carers Link in November 2016 as Volunteer Services Co-ordinator.

It's been a real pleasure meeting and working with the team and the volunteers. The dedication is inspiring!

As Volunteer Co-ordinator I will be supporting, training and recruiting the volunteers who do so much work for Carers Link, and overseeing the therapies we offer. The role is varied which suits me well, coming from a background working with Carers Support, Mental Health Support, Adults with disabilities and Adult Education.

The best bit about my job is definitely the amazing people I meet and being part of a vibrant and motivated organisation.

I moved from East Lothian to East Dunbartonshire in November so I'm enjoying exploring the area more and looking forward to lighter evenings for more walking opportunities. I'm also a fiddle player in a ceilidh band, which is always a good way to let go at the weekend!



Planning for care

We know that planning for the future is something that is important to many carers. In particular, carers of older people need to know what happens if the person requires long term/permanent residential or nursing care.

Following the success of our Future Planning event last year, we have again teamed up with Karen Wooton of Morisons Solicitors* to offer a session specifically around this particular topic. The session will look at:

- The practical process – what should happen if an older person requires residential/nursing care
- The rules regarding paying for care in Scotland, including
 - Disregarded property
 - The family home
 - Other assets
- Completing the financial assessment
- How to pay for care home fees

The session will take place in **Bishopbriggs on Thursday 27th April from 11am – 1pm** and will include a light lunch. Please use the reply slip to let us know if you would like to reserve a place.

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

Introducing John and May Pirrie

John and May live in Bishopbriggs and are both in their 90s. They have enjoyed good health all of their lives and put this down to having a positive outlook and a lifelong love of ballroom dancing.

They have coped well as they have become older until recently when May realised that John needed support in the mornings and evenings with his personal care.

They contacted us and we arranged a visit. We met with them to discuss their situation and identify where they were having difficulties and as a result supported them to make contact with East Dunbartonshire's Homecare service.

Homecare arranged a visit to talk through the support options available to them and although initially reluctant to accept any support they agreed to accept a morning visit from Homecare staff, knowing that it would improve their lives at home.

John has benefited from the support that is being provided and enjoys the interaction with the staff, whilst May has realised that she is less stressed and less tired now she is able to take care of her own needs whilst John is assisted by Homecare.

May receives a regular call from a Carers Link volunteer and is planning to come along to the Carer Café in Bishopbriggs. They are aware of the support

Reiki at Carers Link

We are offering some free Reiki sessions at Carers Link, courtesy of Reiki Therapist Jacqui Allan. The sessions will be available to all carers/former carers.

What is Reiki?

Reiki is a Japanese healing art that was developed in Japan in the early 20th century. It is pronounced ray-key.

It is best described as a hands on healing used as a complementary therapy.

The recipient remains clothed and relaxes on a couch or chair. The therapist places their hands on or near the body. There is no massage or manipulation.

What do Reiki treatments feel like?

You may or may not feel sensations during a Reiki treatment. Benefits reported by recipients include deep relaxation promoting a calm, peaceful sense of wellbeing on all levels. Some people feel sensations of heat, tingling, or experience seeing colours, whilst others can have an emotional response, indicating that shifts are taking place, allowing harmony to be restored.

Jacqui can offer up to 3 free sessions. Following this, if you wish to continue your Reiki treatments it may be possible to arrange further sessions with her privately with a carers' discount: the cost of the discounted session would be £25. Jacqui can also arrange home visits privately where appropriate.

Please use the reply slip if you are interested and we will be in touch.

that is in the community through their contact with us and are benefiting from accepting a little support to protect their independence.

On our last visit to May and John, they mentioned that John had received a letter from the French Government informing him that he had been awarded The Order of Légion d'Honneur for his part in the liberation of France during the second world war. John had been part of the D Day Landings in June 1944.

The **Order of Légion d'Honneur** is the highest decoration in France and we would like to take this opportunity to congratulate John on his award.



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 6th March	Monday 3rd April	Monday 1st May
Carers Link, Milngavie Enterprise Centre	10.30am – 12.30pm	Thursday 16th March	Thursday 20th April	Thursday 18th May
Woodhill Evangelical Church, Bishopbriggs	10.30am – 12.30pm	Tuesday 21st March	Tuesday 18th April	Tuesday 16th May

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 6th March, Monday 3rd April, Monday 1st May
- MILNGAVIE:** Carers Link
Friday 10th March, Friday 14th April, Friday 12th May
- BISHOPBRIGGS:** The Avenue
Monday 13th March, Monday 10th April, Monday 8th May
- KIRKINTILLOCH:** Smiths Hotel
Monday 27th March, Monday 24th April, Monday 22nd May
- LENNOXTOWN:** Glazert Country House Hotel
Monday 20th March, Monday 17th April, Monday 15th May

Men's Group

Our Men's Group has two big outings coming up:

Sharmanka Kinetics Theatre on 29th March

The Resource Museum on 29th May

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 23rd March, Thurs 27th April, Thurs 25th May

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 15th March, 19th April and 17th May.** 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. Chair yoga is a gentle style of yoga you can do from a (mostly) seated position that also incorporates the breathing and mind-body benefits of a traditional class. If you are interested in the class please just drop in, no booking necessary.

New! Carers Choir

Our brand new 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 will meet on the first Tuesday of every month and dates for the next few months are:

Carers Link, Milngavie Enterprise Centre 1.30pm till 3.30pm
Tuesday 7th March, Tuesday 4th April, Tuesday 2nd May,

Please let Amrit know if you are planning to come along, and also if you would need transport to get to Milngavie. See top of page for contact details.



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