

# WHAT'S ON

Dec 17 - Feb 18

For people looking after friends and family



**NEW!**  
**Courses in**  
**Bearsden**

**Introducing**  
**Rachel**

**2017**  
**AGM**

## Creative Breaks - 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.



To be eligible the person being cared for must be 21 or older, unless the carer is a young carer (aged 8 – 18) in which case there is no age restriction on the person being cared for.

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. Here are some examples:

*"I used my grant for a swing chair for my garden.... I can now sit out in my garden and relax..... I have a lovely view from my garden and I find it very relaxing sitting out. Having time out in my garden re-charges my batteries and gives me the strength to carry on."*

*"Thank you for giving us the gift of £200 to have wonderful carefree days together. We truly feel spoilt and blessed. We much appreciated the freedom from financial worry and this allowed us to be mum and daughter (and of course the puppy too!) and play, laugh and relax and forget all the stress we've been under."*

To find out more about applying for a grant contact Fiona on 0800 975 2131 or email [fiona@carerslink.org.uk](mailto:fiona@carerslink.org.uk)

## Introducing Rachel

I joined Carers Link in August as a Community Support Co-ordinator. My role includes managing the group activities and providing advocacy support.

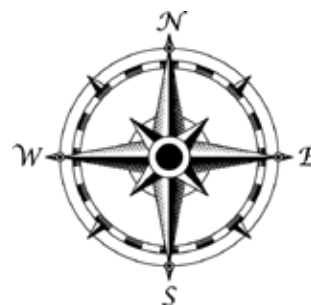


I am really enjoying the role so far and in awe of the fantastic work the staff and volunteers achieve here at Carers Link. It is a real pleasure to work closely with carers and I look forward to getting to know everyone a bit better.

In my spare time I like to go to gigs and I keep myself fit through yoga and running.

## Annual General Meeting

Carers Link's AGM takes place in the **Main Hall, Bearsden Community Hub at 11am on Friday 24th November**, and all carers are warmly invited.



This year's nautical theme is '**Charting Uncertain Waters**', reflecting the introduction of the Carers (Scotland) Act in April 2018 which will lay out the new rights that carers have in law. This ties in nicely with Carers Rights Day which also falls on 24th November.

In keeping with the nautical theme we have chosen navy blue as our colour scheme and as many of you regularly join in our tradition of wearing the theme colour, we are anticipating a 'sea' of blue on the day! As usual, a light lunch will follow the meeting.

If you plan on joining us, please let us know using the reply slip. Please also indicate whether or not you will need transport to Bearsden.



## Ship Ahoy!

On a beautiful September morning a group of carers set off from Carers Link to Ocean Youth Trust Scotland in Greenock to board the sailing yacht Alba Venturer and become its crew for the day. True to form, by the time we had eaten our breakfast and had our safety briefing, the clouds had arrived, but that just meant we got to try out the very elegant waterproof clothing. We had a great day, and worked hard – managing the sails, ropes, fenders and tacking, as well as steering a straight (sometimes) course. You can see Gordon at the helm on the front cover.

For some it was an opportunity to remember skills used long ago, and for others the chance to learn something new. For everyone it was a break from the stresses of caring.

## Young Adult Carers

A group of young adult carers recently enjoyed a night at La Vita in Glasgow to celebrate a few 21st birthdays – a lovely night enjoyed by everyone. Our next meeting will be to plan further events and activities over the coming months. The group is keen to organise an outdoor residential early next year at Kincaig in Aviemore. This outdoor centre offers a variety of outdoor sports and accommodation where they can experience skiing, snowboarding, canoeing, climbing and many other activities under the supervision of qualified instructors.

We are very proud of one of our young adult carers, Matthew Copley, who received The Player of The Year Award with The Tennis Aces Tennis Club. Matthew is also a volunteer with Tennis Aces and helps young people with disabilities learn to play tennis. The picture shows Matthew with his trophy and also his award from Saltire Scotland in recognition of 100 hours of volunteering. He has also recently gained his level 1 Coaching Assistant Award.



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

If you or someone you know is a Young Adult Carer (aged 18 – 25) and would like some extra support, contact Jan on 0800 975 2131, text 07908718813 or email [janice@carerslink.org.uk](mailto:janice@carerslink.org.uk)

[www.facebook.com/YoungCarersEastDunbartonshire](https://www.facebook.com/YoungCarersEastDunbartonshire)  
[www.instagram.com/Young\\_Carers\\_East\\_Dunbarton](https://www.instagram.com/Young_Carers_East_Dunbarton)  
<http://www.carerslinkedup.org.uk/>



## Young Carers

Is there a young person in your house? Is he/she aged 18 years or younger? Do they help you with caring?

**If so, they could be a young carer.**

We provide young carers with 1:1 support and we also run regular young carers groups. These groups give young carers a chance to make new friends, have a break from caring and most importantly have fun!

There are four young carer groups which run in Kirkintilloch and Milngavie, and transport is provided to and from the groups.

To find out more about the young carer service and the groups and activities we have planned, please get in touch with Amrit on 0141 955 2131, text 07903889858 or email [amrit@carerslink.org.uk](mailto:amrit@carerslink.org.uk)



*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](http://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.

## Emergency First Aid

### Milngavie

Saturday 18th November, 10am – 3pm

**A few places still available**

Includes lunch

### Bishopbriggs

Saturday 17th February, 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 to 12 per course so don't delay if you want to come along!

**Please note that the course is not certificated.**

## Power of Attorney / Guardianship

### Milngavie

Thursday 30th November

11am – 1pm

A Power of Attorney is a written, legal document which can make matters easier for you and the person you care for by giving you the authority to take action or make decisions on behalf of the person you care for. This informal session will be run for us courtesy of Karen Wooton of Morisons Solicitors\*. Karen will explain POA and Guardianship in simple terms and the session includes time for Q&A.

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

## Mindfulness Drop Ins

### Milngavie (Carers Link Meeting Room)

Wednesdays 6th December, No meeting in January, 7th February 2018, 2pm – 3pm

### Bishopbriggs (Etive Room in Woodhill Evangelical Church)

No meeting in December, Mondays 29th January, 26th February 2018

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.

Jon will be available 30 minutes before the session to talk about your mindfulness home practice.

## Distressed or De-stressed?

### Milngavie

Thursday 11th January, 11am – 2pm

Includes lunch

### Kirkintilloch

Friday 23rd February, 11am – 2pm

Includes lunch

Sometimes being a carer can be like being on an emotional roller-coaster often leaving you feeling stressed or anxious. The aim of the session is to help you relax, unwind and includes a gentle introduction to mindfulness.

## Finding your refuge through mindfulness (2 part course) **NEW**

### Kirkintilloch

Thursdays 18th & 25th January 11am – 2pm

Includes lunch

### Bishopbriggs

Wednesdays 21st & 28th February, 11am – 2pm

Includes lunch

This course is for those who have attended the Mindfulness for Beginners course and wish to deepen their practice. It focuses on using insight meditation to cope with difficult emotions.

## What Next? Life after caring ends

### Bishopbriggs

Thursday 15th February  
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 help you come to terms with the inevitable changes that this situation brings.

## Mindfulness for Beginners (4 part course)

### Bearsden

Fridays 19th & 26th January + 2nd & 9th February, 11am – 1pm

### Kirkintilloch

Tuesday 30th January + 6th, 13th & 20th February, 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'.

## Dementia Information session (evening)

### Bishopbriggs

Monday 22nd January,  
6.00pm – 8.30pm, Includes a light buffet

Do you know someone or care for someone who is living with dementia? Are you unsure what dementia is? The team is planning an evening get-together this winter to discuss what a diagnosis of dementia means for both the person with the condition and those around them. Let us know if you're interested and we'll contact you when we have a date.

## Really useful things for carers

### Kirkintilloch

Wednesday 24th January 11am – 2pm  
Includes lunch

This session really does what it says on the tin, providing you with information that we hope you will find really useful in your caring role. This includes information about your rights as a carer and also the help and support that is available. It could be especially helpful for those who are new to caring or have been managing alone without any support.

## Bouncing Back

### Bearsden

Thursday 1st February, 11am – 2pm  
Includes lunch

If you're feeling a bit flat and washed out then this is the session for you. The aim is to help you to become more resilient to the pressures of caring for someone. But don't take our word for it:

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

## Digital Safety

### Milngavie

Wednesday 14th February  
1pm – 3pm

With so many people using personal computers / tablets or smart phones to manage their affairs online, it's vital to keep your information safe. Come along to this session to find out how.

## Health & Wellbeing Day For interest

The team at Carers Link are hoping to organise a day dedicated to Health and Wellbeing in the Spring. The event is still in the planning stages, however the aim will be to explore issues such as healthy eating, keeping active as well as opportunities to try mindfulness or massage therapies. There will also be an opportunity to have a 1:1 chat about your wellbeing needs with our dedicated wellbeing co-ordinator. If this sounds like something you would be interested in, please let us know and we'll be in touch once our plans are finalised.

## AUTISM – to support you.....

### Autism and Impacts

This session will help families have a deeper understanding of the spectrum and provide strategies to help support the person you care for.

- **Thursday 8th February from 10am – 1pm in Milngavie**



## Christmas Groups Get-Together



Do you regularly attend one of our groups? If so, we'd like to invite you to come along to our annual Christmas coffee morning at **Milngavie Youth Café on Thursday**

**7th December from 10.30am – 12.30pm.** The team's collective home baking will once again be on offer and as usual we will have some festive treats in store! Please use the reply slip to let us know if you're planning to come along. Please also get in touch with Heather if you need transport to Milngavie.

## Flu jags – have you had yours?

As a carer, you are entitled to a free Flu

Vaccination from your GP.

Make sure you protect yourself by contacting your GP practice to make an appointment to receive the vaccination.



## Legal Clinics

The Legal Clinic is free of charge and gives carers the chance to have a one-to-one meeting with a solicitor, to ask questions on legal matters or seek legal advice.

The clinics are held here in **Milngavie Enterprise Centre** on the **first Tuesday of the month** and each month there are six 30-minute appointment slots available between 9.30am – 12.30pm.

Power of Attorney, Wills, Guardianship, Trusts and Care Home Fees are just some of the topics that the solicitor will be happy to discuss 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 5th December and 6th February. There will be no clinic in January 2018.**

If you are interested please indicate on the reply slip and we will contact you to arrange a mutually suitable appointment time.

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

## Looking towards the New Year 2018 – why not volunteer with Carers Link?



New Year can be a great time to start something new, take up a new activity and feel good through connecting with others. It's been officially recognised that Volunteering can be (very) good for your health! Taking part in your community, meeting new people, learning new skills while utilising your own experience and skills, increased physical activity, a sense of achievement and being part of a vibrant team are some of the benefits to your wellbeing that Volunteering can bring.

If **you** have a few hours to spare weekly or even monthly, we have various flexible Volunteer opportunities and would love to hear from you. We are looking for:

- **Drivers** to drive younger carers to a monthly group, picking them up from their homes locally to take them to Milngavie or Kirkintilloch, and dropping off again
- **Young Carers Group Helpers** to assist at activity groups for carers aged 8 - 18
- **Carers Call telephone support service** calling carers to have a chat and pass on any concerns to the Carers Link team
- **Caring with Confidence Helpers** to assist our trainer in making sure events run smoothly and that carers are made to feel welcome

As you can see, there's lots of variety on offer, so shake off those January blues and come and join our friendly team!

**To find out more, please contact Fiona Farris on 0800 975 2131 or email [fionagrace@carerslink.org.uk](mailto:fionagrace@carerslink.org.uk)**

## Emergency Planning

No one “plans” to have an Emergency – but if one were to happen wouldn’t you rather have a plan in place?

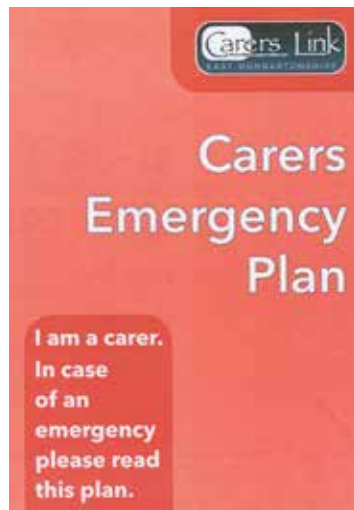
This year alone, **100 carers** have put an Emergency Plan in place to ensure that should an accident or emergency happen to them, details of the routines and care they provide to the person they look after is recorded.

Hopefully this plan would prove invaluable in the event of an emergency and result in the full details of the support provided being available to those temporarily taking over the caring role, including family, friends and statutory bodies etc.

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 if you would like more information.**

**P.S.** If you already have an Emergency Plan in place, don’t forget to let us know if any of the details change. This could be anything from a change of telephone number to something more significant, such as a change Emergency Contact details.



## Dementia Carer Groups - for carers looking after someone with a diagnosis of dementia

Supported by



Caring can be a very rewarding but sometimes lonely and challenging experience. This is particularly the case for those caring for someone with dementia.

We have two support groups specifically for carers in this position, one in Milngavie and the other in Bishopbriggs. Each group meets monthly for a cuppa and a chat, and we have the occasional speaker too. There is no need to sign up in advance, simply drop in and you will be made very welcome.

There are lots of reasons for coming along to the group. You may have questions you would like answered or there may be questions you have not even thought of yet, for example what happens after receiving a diagnosis and how the condition progresses. You may also be wondering how others carers cope and if there are any hints or tips you could pick up, or indeed swap, with other carers.

Carers tell us that one of the most rewarding parts of attending these groups is the “information exchange” and the realisation that whatever your experience is, it is not unique and that someone else has already been there.

For full details of the dates and times of groups, see the back page.



- How often do you **take notice** of your own health and wellbeing?
- Would you like to **be active** but struggle to find the time?
- Do you need to **connect** with others to get advice about things that are bothering you?
- Are you keen to **keep learning** to keep your brain active?
- Would you be willing to **give** up some time for yourself to meet with Judith Gaertner, our Wellbeing Coordinator?

There are lots of ways in which we can help you achieve an improvement in your health and wellbeing. For some people it might be starting a fitness class or losing weight, whilst for others it might be something as simple as getting advice about things that are worrying them, such as money worries, employment or their caring situation.

To take the first step towards improving your own situation, simply get in touch with Judith Gaertner, our Wellbeing Coordinator, to arrange a Wellbeing Review. During the review, you and Judith will explore any areas you would like to improve on. The aim is to make sure that as well as caring for someone else, you are also caring for yourself. This will help you cope with the stresses you face on a daily basis.

Simply tick the box on the reply slip to let Judith know that you are interested, and she will get in touch with you. Don’t delay – take that first step today!

# Find your Group . . .

For more details contact rachel@carerslink.org.uk or call 0800 975 2131



## 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 4th December	Monday 8th January	Monday 5th February
Carers Link, Milngavie Enterprise Centre	10.30am – 12.30pm	No December Group	Thursday 18th January	Thursday 15th February
Woodhill Evangelical Church, Bishopbriggs	10.30am – 12.30pm	No December Group	Tuesday 16th January	Tuesday 20th February

## 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 4th Dec, *No Jan Group*, Monday 5th Feb
- MILNGAVIE:** Carers Link  
*No Dec group*, Friday 12th Jan, Friday 9th Feb
- BISHOPBRIGGS:** The Avenue  
*No Dec group*, Monday 8th January, Monday 12th Feb
- KIRKINTILLOCH:** Smiths Hotel  
*No Dec group*, Monday 22 Jan, Monday 26th Feb
- LENNOXTOWN:** Glazert Country House Hotel  
*No Dec group*, Monday 15th January, Monday 19th Feb

## Men's Group

Our men's group will be back in the New Year. All male carers welcome! If you have any good ideas for future Men's Group outings please contact Rachel at Carers Link.

## Crafty Carers

Crafty Carers will be taking a break during December. We will be returning in the New Year to meet **monthly** in **Bishopbriggs** and **fortnightly** in **Milngavie**. Bring along your knitting, sewing, cross-stitch, card-making kit or simply come along for a cuppa and a blether.



- Carers Link, Milngavie Enterprise Centre 1.30pm till 3.30pm  
Thursday 11th and 25th Jan, Thursday 8th & 22rd Feb
- Bishopbriggs, Woodhill Evangelical Church 1.30pm till 3.30pm  
Monday 15th Jan, Monday 19th Feb

## Walking Café

Our walks take place throughout East Dunbartonshire and always finish up with tea, coffee and a chat at a local café. You don't need any specialist equipment – just your waterproofs and a bottle of water. Our Walking Café is currently in hibernation...due to return in the Spring!



## 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. **Chair Yoga will take a break during December but returns on Tuesday January 9th 2018.**

## Carers Choir

Our choir is for carers of all singing abilities, including those who don't think they have a "voice". It's all about having fun and there's no pressure to perform in front of an audience!

The choir will continue to take place twice a month in the **Milngavie Youth Café** which is situated in car park diagonally opposite Milngavie Enterprise Centre.....  
**1.30pm – 3.30pm**. Dates for the next few months are:

- Tuesday 5th Dec, Tuesday 12th Dec
- Tuesday 9th Jan, Tuesday 23rd Jan
- Tuesday 6th Feb, Tuesday 20th Feb



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