



What's on in December

Groups, courses and information sessions

The following pages show the events that are running in December, January and February.

Events with the symbol * are 'drop in' groups and no sign-up is required.

Events with the symbol ♦ need to be booked. Please use the reply slip, or book online at www.carerslink.org.uk/events/ – simply click on the event, complete the booking form and click 'Send your booking'.

Mon 3rd Dec

* **Evening Dementia Group**
Alzheimer Scotland, Milngavie Road, Bearsden. 7pm – 9pm.

Tues 4th Dec

♦ **Legal Clinic**
Milngavie. Appointment necessary. See 'Carers Link News' page for more details.

♦ **Bouncing Back**
Kirkintilloch. Rescheduled from November. 11am – 1pm

Wed 5th Dec

♦ **Moving On**
Milngavie. 1pm – 3pm.

Thurs 6th Dec

* **Carers Café**
Fraser Centre, Milngavie Precinct. 1.30pm – 3.30pm.

Fri 7th Dec

♦ **Emergency First Aid**
Milngavie. Rescheduled from November. 10am – 3pm.

Tues 11th Dec

♦ **Carers Link Christmas Party**
Bishopbriggs. 12noon – 3pm. See below for more details.

Wed 12th Dec

* **Autism Parent Carer Forum**
East Dunbartonshire Council, 22 Union Street, Kirkintilloch. 6pm – 8pm

Fri 14th Dec

♦ **Carers Forum**
Bishopbriggs. 10.30am – 12.30pm. See 'We Need Your Feedback' page for more details.



CHRISTMAS PARTY!

They say that a change is as good as a rest, so instead of our usual Christmas coffee morning in Milngavie, this year we're having a Christmas party in Bishopbriggs!

All carers and volunteers are welcome and as usual, you can expect to see some staff members there too – they are always up for a party, especially on a work day!

We'd love you to join us for some food, entertainment and dancing, so please use the reply slip to let us know if you're planning to come along. As always, we'll be happy to organise a lift for anyone from Milngavie or Bearsden.



What's on in January

Mon 7th Jan

* **Evening Dementia Group**
Alzheimer Scotland, Milngavie Road, Bearsden. 7pm – 9pm.

Tues 8th Jan

◆ **Legal Clinic**
Milngavie. Appointment necessary. See 'Carers Link News' page for more details.

* **Chair Yoga**
Milngavie Youth Café, Mugdock Road. 11am – 12noon.

* **Carers Choir**
Milngavie Youth Café, Mugdock Road. 1.15pm – 2.15pm.

Thurs 10th Jan

* **Crafty Carers**
Carers Link, Milngavie Enterprise Centre. 1.30pm – 3.30pm.

Fri 11th Jan

◆ **Carers Forum**
Milngavie. 10.30am – 12.30pm. See 'We Need Your Feedback' page for more details.

Mon 14th Jan

* **Carers Café**
The Avenue, Kirkintilloch Rd, Bishopbriggs. 10.30am – 12.30pm.

◆ **Distressed or De-Stressed?**
Kirkintilloch. 1pm – 3pm

Tues 15th Jan

* **Dementia Carer Group**
Woodhill Evangelical Church, Wester Cleddens Rd, Bishopbriggs. 10.30am – 12.30pm.

* **Chair Yoga**
Milngavie Youth Café, Mugdock Road. 11am – 12noon.

Wed 16th Jan

◆ **Mindfulness for Beginners (Part 1)**
Milngavie. 11am – 1pm

Thurs 17th Jan

◆ **Mindful Colouring**
Milngavie. 1pm – 3pm.

Mon 21st Jan

* **Carers Café**
Glazert Country House Hotel, Lennoxton. 10.30am – 12.30pm.

* **Crafty Carers**
Woodhill Evangelical Church, Wester Cleddens Road, Bishopbriggs. 1.30pm – 3.30pm.

Tues 22nd Jan

* **Chair Yoga**
Milngavie Youth Café, Mugdock Road. 11am – 12noon.

* **Carers Choir**
Milngavie Youth Café, Mugdock Road. 1.15pm – 2.15pm.

Wed 23rd Jan

* **Carers Café**
Smiths Hotel, Kirkintilloch. 10.30am – 12.30pm.

◆ **Mindfulness for Beginners (Part 2)**
Milngavie. 11am – 1pm.

Thurs 24th Jan

* **Dementia Carer Group**
Carers Link, Milngavie Enterprise Centre. 10.30am – 12.30pm.

Fri 25th Jan

◆ **Adjusting to Change**
Bishopbriggs. 1pm – 3pm

Mon 28th Jan

◆ **Assistive Technology (Telecare)**
Bishopbriggs. 11am – 1pm. See 'Other News' page for more details.

Tues 29th Jan

* **Chair Yoga**
Milngavie Youth Café, Mugdock Road. 11am – 12noon.

Wed 30th Jan

◆ **Mindfulness for Beginners (Part 3)**
Milngavie. 11am – 1pm.

Thurs 31st Jan

◆ **Safe Surfing the Internet**
Milngavie. 11am – 1pm.



Don't miss out!

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 frailty, illness or addiction.

We publish What's On four times throughout the year. 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.

What's on in February

Mon 4th Feb

* Evening Dementia Group

Alzheimer Scotland, Milngavie Road, Bearsden. 7pm – 9pm.

Tues 5th Feb

◆ Legal Clinic

Milngavie. Appointment necessary. See 'Carers Link News' page for more details.

* Chair Yoga

Milngavie Youth Café, Mugdock Road. 11am – 12noon.

* Carers Choir

Milngavie Youth Café, Mugdock Road. 1.15pm – 2.15pm.

Wed 6th Feb

◆ Mindfulness for Beginners (Part 4)

Milngavie. 11am – 1pm.

Thurs 7th Feb

◆ Really Useful Things for Carers

Milngavie. 11am – 1pm.

* Carers Café

Fraser Centre, Milngavie Precinct. 1.30pm – 3.30pm.

Fri 8th Feb

◆ Mindfulness for Beginners (Part 1)

Kirkintilloch. 1pm – 3pm.

Mon 11th Feb

* Carers Café

The Avenue, Kirkintilloch Rd, Bishopbriggs. 10.30am – 12.30pm.

Tues 12th Feb

* Chair Yoga

Milngavie Youth Café, Mugdock Road. 11am – 12noon.

◆ How to be Awesome

Milngavie. 1pm – 3pm.

Wed 13th Feb

* Autism Parent Carer Forum

East Dunbartonshire Council, 22 Union Street, Kirkintilloch. 6pm – 8pm

Thurs 14th Feb

* Crafty Carers

Carers Link, Milngavie Enterprise Centre. 1.30pm – 3.30pm.

Fri 15th Feb

◆ Mindfulness for Beginners (Part 2)

Kirkintilloch. 1pm – 3pm.

Mon 18th Feb

* Carers Café

Glazert Country House Hotel, Lennoxton. 10.30am – 12.30pm

* Crafty Carers

Woodhill Evangelical Church, Wester Cleddens Road, Bishopbriggs. 1.30pm – 3.30pm.

Tues 19th Feb

* Dementia Carer Group

Woodhill Evangelical Church, Wester Cleddens Rd, Bishopbriggs. 10.30am – 12.30pm.

* Chair Yoga

Milngavie Youth Café, Mugdock Road. 11am – 12noon.

* Carers Choir

Milngavie Youth Café, Mugdock Road. 1.15pm – 2.15pm.

Wed 20th Feb

◆ Finding Your Refuge through Mindfulness (Part 1)

Bishopbriggs. 11am – 1pm.

Thurs 21st Feb

◆ Managing Your Emotions

Milngavie. 11am – 1pm.

Fri 22nd Feb

◆ Mindfulness for Beginners (Part 3)

Kirkintilloch. 1pm – 3pm.

Tues 26th Feb

* Chair Yoga

Milngavie Youth Café, Mugdock Road. 11am – 12noon.

Wed 27th Feb

* Carers Café

Smiths Hotel, Kirkintilloch. 10.30am – 12.30pm.

◆ Finding Your Refuge through Mindfulness (Part 2)

Bishopbriggs. 11am – 1pm.

Thurs 28th Feb

* Dementia Carer Group

Carers Link, Milngavie Enterprise Centre. 10.30am – 12.30pm.

◆ What Next? Life after caring.

Kirkintilloch. 11am – 1pm.

Fri 1st March

◆ Mindfulness for Beginners (Part 4)

Kirkintilloch. 1pm – 3pm.



Young Carers & Young Adult Carers News



Young Carers

The Young Carer activities have returned to their regular monthly slots after the summer holidays.

We have 4 Young Carer groups, which take place on a Wednesday evening from 5pm – 7pm. The groups are held in either Hillhead Community Centre in Kirkintilloch or in Milngavie Library & Community Centre. Please get in touch to find out the specific dates for each venue/group. Transport can be provided for any young carers who need picked up and dropped off.

Staff members Amrit and Lauren are continuing to catch up with our seniors at school to complete their Young Carer Statements, and to provide more 1:1 support for those who need it.

If you are a professional and would like us to increase Young Carer awareness at your school, or place of work we would be happy to come in and talk to staff.

If you are a young carer or know of a young carer who would like support then please get in touch with Amrit on 0141 955 2131 or text 0790 388 9858 or email amrit@carerslink.org.uk for more information.



Young Adult Carers

Two pottery/pizza nights have seen our Young Adult Carers busy making poppies for Remembrance Sunday. These poppies

have now all been painted and are ready to display in the Carers Link garden, marking 100 years of remembrance.



Intergenerational sailing trip

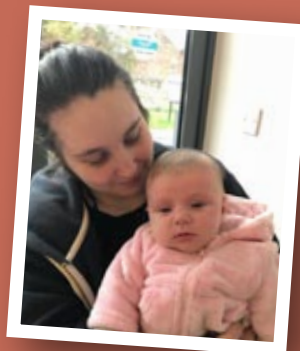
On Monday 15th October, a group of young and older carers set off on a sailing trip with Ocean Youth Trust. At the time of writing they are on the high seas (well... somewhere on the Firth of Clyde) and we'll look forward to hearing all about their adventures in the next edition of What's On!

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 (aged 16-25) and would like some extra support contact Jan on 0800 975 2131, text 07908718813 or email janice@carerslink.org.uk

New mum!

One of our young adult carers, Kelly Ann Rae, has become a new mum – baby Iona was born in July. Congratulations to mum and baby from all the team here at Carers Link!



This Christmas, don't send me a card.....

Many people are turning to electronic Christmas cards these days for a number of reasons, including the cost of postage, the cost to the environment and the time saved.

Many of us will also have had messages from friends who tell us that instead of sending cards, they are going to donate the cost of postage to a charity of their choice.

The good news is that thanks to dontsendmeacard.com you can now send an electronic card to friends and family whilst making a donation to Carers Link at the same time.

Simply go to www.dontsendmeacard.com and click on Send E-Cards at the top of the page. This will take you to the Charities page; scroll down and click on Carers Link East Dunbartonshire (not Lancashire, which is also listed!). From here, you can either choose one of the cards designed by our young carers, or one of the general Christmas designs. Just follow the instructions on the screen to send up to 100 cards to friends and family.

We are very grateful for all donations, and every penny that we receive is used to support carers in East Dunbartonshire.

Tell Your Story



People who come to our Carer Cafés enjoy the opportunity to chat with other carers, hearing about their experiences, what has helped them or what hasn't helped.

As not everyone can get to the cafés we have created a section of our website for people to share their stories, which you can find by clicking the My Story button on the home page of the website.

We would like more stories, so we need your help. If you would be willing to record your story (either in audio or video) please tick the box on the reply slip, or contact Katy on 0800 975 2131 or katy@carerslink.org.uk.

Short Breaks Fund

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.

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

New Group: Carers Camera Club

We welcome all carers from across East Dunbartonshire who enjoy taking pictures, regardless of your experience or equipment.

If you would like to register your interest please contact Rachel on 0800 975 2131 or Rachel@carerslink.org.uk.

Webinars

Carers Link has received funding from the Carers Act Transformation Support Fund to develop and deliver webinars to help people understand the Carers (Scotland) Act.

These won't be the boring type of webinar where you just sit, listen and watch – there will be lots of interaction through polls and quizzes, with time for you to ask questions and opportunities to express your thoughts. You can take part in the webinar on your pc, laptop, tablet or smartphone, from the comfort of your own home, and we will run some webinars in the evening or weekend. If you are interested in joining a webinar please let us know using the reply slip.

Contact us

Get in touch

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Enterprise Centre,
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Email enquiry@carerslink.org.uk.
www.carerslink.org.uk
facebook.com/CarersLink
twitter.com/CarersLink

Where Eagles Dare!



The Carers Link Men's Group received a warm welcome from Graeme at Strathblane Falconry, which is located in the grounds of Strathblane Country House. It was a day with mixed weather and a bit of drizzle – however this was all forgotten when we saw the first bird. Graeme brought out a beautiful white feathered Saker Falcon hybrid named Tiree which everyone was able to hold. Of course we needed to wear a falconry glove and keep our left hand straight and away from our bodies – safety first!

Everyone received a hands-on flying experience with the impressive Turkmanian Eagle Owl, Lobey, and Hirta, the Falcon. Another huge highlight of the demonstration was to hold an eagle, which can weigh as much as a baby!

The group agreed at the end of the day that they had an amazing time at the falconry. Everyone was taken by the beauty and elegance of birds and owls they had seen as well as impressed by Graeme who made the day informative and fun at the same time.

Slippers in the Fridge

'Slippers in the Fridge' is a twenty minute monologue from the perspective of Heather, a woman in hospital visiting her mother who suffers from dementia. The play looks at the frustrations and concerns Heather experiences. It also touches on mental health and personal wellbeing.

The play was written by Tom Brogan who is a writer, actor and producer whose works include Odds and Sods, Cinderella Boys and The Roxy. Heather is played by Kat Harrison; Kat recently retrained as an actor and acting coach after working for over 10 years in Community Drama. The role of Heather is particularly close to her heart as she is legal guardian to her father who is living with dementia.

We have been in contact with Tom with a view to putting on the play at a local venue some time in the Spring, and we are keen to know how many of our carers would be interested in coming along. Please use the reply slip to express your interest and also let us know if you would prefer an afternoon or evening performance. Once we have gauged the level of interest we will keep you informed of our plans.

Just one final note and perhaps a gentle word of warning! The play is written in true Glaswegian style and as such, some of the language is a bit 'fruity'. We would hope that no-one will be offended and that the play's message is stronger than the language.

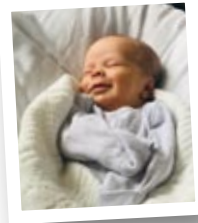
Welcome Diana!

Hello, my name is Diana Höniges and I have recently started my new role as **Volunteers Co-ordinator for Carers Link**.

I am originally from Germany and moved to Glasgow 3½ years ago. My background is in Social Work and I am very excited to be given the opportunity to work with such a great team of volunteers and supportive colleagues at Carers Link. In my spare time I enjoy playing the guitar, practice yoga and go travelling.



New addition to the team!



On Sunday 30th September at 4.17pm, our office manager, Clair, and her partner Scott welcomed the arrival of baby Archibald Matthew Macrae.

Archie weighed in at a healthy 8lb 7oz and as you can see from the photo, he is a wee cracker! His proud Mum and Dad are looking forward to bringing him in to the office so that we can all have a wee cuddle with him, and one thing's for sure – if Clair and Scott are looking for any babysitters they won't have to look very far!

Congratulations to the new family, and to Carers Link's newest (and youngest!) team member.

Legal Clinics

The Legal Clinic normally takes place on the first Tuesday of every month. Each clinic has six free 30-minute appointments with a solicitor from Morison's Solicitors for information and advice only. Please use the reply slip to let us know if you would like to arrange an appointment and we will contact you.

Carers Link is not affiliated to Morison's and other legal service providers are available.

Annual General Meeting

Carers Link's 14th AGM takes place in the War Memorial Hall in Balmuildy Road, Bishopbriggs at 11am on Friday 23rd November and all carers are warmly invited.

This year's theme is 'The Ripple Effect' and as a nod to that well-loved chocolate bar of the same name, our colour scheme is golden brown! We hope that many of you will keep up our tradition of wearing the theme colour on the day.

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 Bishopbriggs.

Assistive technology

There have been great advances in the world of assistive technology to help some people live longer in their own homes.

These advances can provide both the person with dementia and their carer with peace of mind. Assistive technology can be defined as 'any device or system that allows an individual to perform a task that they would otherwise be unable to do, or increases the ease and safety with which the task can be performed'. Most people are familiar with the community alarm 'pendant' than can be worn on the wrist or around the neck,

however there are many more devices that can make you and the person you care for safer at home.

If you would like to find out more, why not come along to our information session in Bishopbriggs on Monday 28th January from 11am – 1pm?

We are also hoping to arrange another visit to the Assisted Living Showflat at Auchinairn Gate, Bishopbriggs. The flat showcases the latest in home assistive technology equipment for independent living. Please use the reply slip to let us know if you would be interested in a visit, and we will be in touch once we have arranged a booking.

We need your feedback

Carers Forum – change of venue

The Carers Forum is held four times a year here at Carers Link in Milngavie and also in Bishopbriggs. Please note that the venue for the Bishopbriggs meetings has changed, and future meetings will now be held in the War Memorial Hall in Balmuildy Road.

The forum provides carers with a place where they can raise any concerns about the support that they receive in the community, so that their concerns can be relayed to those who are responsible for the planning and delivery of services. The forum also provides an ideal opportunity for consultation with carers on matters, both local and national, that affect them. For example, earlier this year the forum members helped shape East Dunbartonshire Council's Carers Strategy.

Another change.....

The timings are 10.30am – 12.30pm, and we regret that due to budget constraints we are no longer able to provide lunch following the meeting. However, you are very welcome to bring along a sandwich to enjoy with a cuppa once the official business is over. Please use the reply slip to let us know if you'd like to come along.

Bishopbriggs: Friday 14th December

Milngavie: Friday 11th January



Recognised as a Scottish Charity number SC034447. Registered in Scotland as a company limited by guarantee number 270702.

If you would prefer not to receive mailings from Carers Link, please tick the box on the enclosed reply slip or telephone us on Freephone 0800 975 2131.

Carer's Allowance Supplement

Have you received yours?

Carer's Allowance Supplement is an extra payment for people in Scotland.

You must get *Carer's Allowance to get Carer's Allowance Supplement. Carer's Allowance Supplement is paid twice a year, and if you were getting Carer's Allowance on 16 April 2018 you should have received a Carer's Allowance Supplement payment of £221.

If you think you should have been paid Carer's Allowance Supplement and have not received it, you should contact Social Security Scotland by calling Freephone: 0800 182 2222, Monday to Friday, 8am to 6pm; or by writing to Carer's Allowance Supplement, PO Box 10302, Dundee DD1 9FX

If you were getting Carer's Allowance on 15 October 2018, then you should get a Carer's Allowance Supplement payment from December 2018.

*To be eligible for Carers Allowance, the person you care for must already be receiving a qualifying benefit, you must care for them for over 35 hours a week, and you must earn no more than £120 a week after tax and expenses. If you want to know more, get in touch with us and we can send you more information, or you can call East Dunbartonshire Citizens Advice Bureau on 0141 775 3220 and they can help you complete the application form.

Preventing falls

We recently had to cancel a planned session on preventing falls, however we are pleased to say that the staff from the NHSGGC Community Falls Prevention Programme have kindly offered to run a couple of sessions for us in the Spring.

The sessions will aim to raise awareness of how to prevent falls and injuries, and the team will offer specialist help and advice regarding safety at home.

We need to let them know how many people would be interested in attending, so please let us know using the reply slip and we will keep you informed of our plans.