



What's on in March, April and May

Groups, courses and information sessions

The following pages show the events that are running in March, April and May.

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 2nd Mar

* Evening Dementia Group

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

Tues 3rd Mar

♦ Legal Clinic

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

* Carers Choir

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

Wed 4th Mar

* Carers Café

Carers Link, Milngavie Enterprise Centre. 1.30pm – 3.30pm. *Please note that this cafe will now meet on the first Wednesday of each month.*

Mon 9th Mar

* Carers Café

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

Mon 16th Mar

* Carers Café

Glazert Country House Hotel, Lennox-town. 10.30am – 12.30pm.

Tues 17th Mar

* Dementia Carer Group

War Memorial Hall, Balmuldy Road, Bishopbriggs. 10.30am – 12.30pm.

A reminder that this is the new venue for this group.

* Carers Choir

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

Wed 18th March

* Tech Talk **NEW GROUP!**

Carers Link, Milngavie. 10.30am – 12.30pm. See 'Carers Link News' page for more details.

Thurs 19th Mar

* Dementia Carer Group

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

Tues 24th Mar

♦ Getting Online

Milngavie. 11am – 1.30pm including lunch. See 'Carers Link News' page for more details.

Wed 25th Mar

* Carers Café

The Courtyard Café, Regent Centre (opposite Tesco), Kirkintilloch. 10.30am – 12.30pm. *Please note change to usual venue due to building work at Smith's Hotel.*

Fri 27th Mar

♦ Having Good Conversations (Part 1)

Milngavie. 11am – 1pm. See 'Carers Link News' page for more details.

Tues 31st Mar

♦ ECHO Meeting

Bishopbriggs. 10.30am – 1pm. See 'Your Feedback' page for more details. Light lunch included.

* Carers Choir

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

Wed 1st Apr

♦ Getting Online

Bishopbriggs. 11am – 1.30pm including lunch. See 'Carers Link News' page for more details.

* Carers Café

Carers Link, Milngavie Enterprise Centre. 1.30pm – 3.30pm. *Please note that this cafe will now meet on the first Wednesday of each month.*

Fri 3rd Apr

♦ Having Good Conversations (Part 2)

Milngavie. 11am – 1pm. See 'Carers Link News' page for more details.

Mon 6th Apr

* Evening Dementia Group

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

Tues 7th Apr

♦ Legal Clinic

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

* Tech Talk **NEW GROUP!**

War Memorial Hall, Balmuldy Road, Bishopbriggs. 10.30am – 12.30pm. See 'Carers Link News' page for more details.

Tues 14th Apr

* Carers Choir

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

Wed 15th Apr

♦ Online Session: Shopping & Ordering Online. Find out how it can make life so much easier.

7pm – 8pm. Information delivered to you in the comfort of your own home. Sign up using the reply slip and we'll contact you with more information.

Thurs 16th Apr

* Dementia Carer Group

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



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The Gannochy Trust



The ROBERTSON Trust



East Dunbartonshire Health & Social Care Partnership

Short breaks fund

What's on in March, April and May

Fri 17th Apr

◆ Coping with Difficult Emotions

Bishopbriggs. 11am – 1pm. See 'Carers Link News' page for more details.

Mon 20th Apr

* Carers Café

Glazert Country House Hotel, Lennox-town. 10.30am – 12.30pm.

Tues 21st Apr

* Dementia Carer Group

War Memorial Hall, Balmuildy Road, Bishopbriggs. 10.30am – 12.30pm.

A reminder that this is the new venue for this group.

◆ Wellbeing Part 1 – Health Matters

Bishopbriggs. 2pm – 3.30pm. See 'Carers Link News' page for more details

Wed 22nd Apr

* Carers Café

The Courtyard Café, Regent Centre (opposite Tesco), Kirkintilloch. 10.30am – 12.30pm. *Please note change to usual venue due to building work at Smith's Hotel.*

◆ Online Session: What's a Podcast? Once you know, you'll be hooked!

2pm – 3pm. Information delivered to you in the comfort of your own home. Sign up using the reply slip and we'll contact you with more information.

Thurs 23rd Apr

◆ Mindfulness for Beginners (Part 1)

Milngavie. 1.30pm – 3.30pm

Tues 28th Apr

◆ Emergency First Aid

Milngavie. 10am – 3pm

* Carers Choir

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

Thurs 30th Apr

◆ Mindfulness for Beginners (Part 2)

Milngavie. 1.30pm – 3.30pm

Mon 4th May

* Evening Dementia Group

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

Tues 5th May

◆ Legal Clinic

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

◆ Wellbeing Part 2 – Dealing with Stress & Anxiety

Bishopbriggs. 2pm – 3.30pm. See 'Carers Link News' page for more details

Wed 6th May

◆ Online Session: Telling Your Story. How to make your own Photobooks and Blogs

10.30am – 11.30am. Information delivered to you in the comfort of your own home. Sign up using the reply slip and we'll contact you with more information.

* Carers Café

Carers Link, Milngavie Enterprise Centre. 1.30pm – 3.30pm. *Please note that this cafe will now meet on the first Wednesday of each month.*

Thurs 7th May

◆ Mindfulness for Beginners (Part 3)

Milngavie. 1.30pm – 3.30pm

Mon 11th May

* Carers Café

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

Tues 12th May

* Tech Talk **NEW GROUP!**

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

* Carers Choir

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

Thurs 14th May

◆ Mindfulness for Beginners (Part 4)

Milngavie. 1.30pm – 3.30pm

Mon 18th May

* Carers Café

Glazert Country House Hotel, Lennox-town. 10.30am – 12.30pm.

Tues 19th May

* Dementia Carer Group

War Memorial Hall, Balmuildy Road, Bishopbriggs. 10.30am – 12.30pm.

A reminder that this is the new venue for this group.

◆ Wellbeing Part 3 – Managing Incontinence

Bishopbriggs. 2pm – 3.30pm. See 'Carers Link News' page for more details

Wed 20th May

◆ ECHO Meeting

Milngavie. 6pm – 8.30pm. See 'Your Feedback' page for more details.

Thurs 21st May

* Dementia Carer Group

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

◆ Mindfulness for Beginners (Part 5)

Milngavie. 1.30pm – 3.30pm

Tues 26th May

◆ Online Session: Mindfulness. How to bring some calm to a typical day

10.30am – 11.30am. Information delivered to you in the comfort of your own home. Sign up using the reply slip and we'll contact you with more information.

* Carers Choir

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

Wed 27th May

* Carers Café

The Courtyard Café, Regent Centre (opposite Tesco), Kirkintilloch. 10.30am – 12.30pm. *Please note change to usual venue due to building work at Smith's Hotel.*

Thurs 28th May

◆ Mindfulness for Beginners (Part 6 – Final session)

Milngavie. 1.30pm – 3.30pm

Fri 29th May

◆ Nature Lovers' Field Trip

Kirkintilloch. 11am – 12.30pm. See 'Carers Link News' page for more details

Tues 2nd June

◆ Wellbeing Part 4 – Sleep Better

Bishopbriggs. 2pm – 3.30pm. See 'Carers Link News' page for more details

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. Carers Link supports all carers regardless of age, caring experience or ethnicity.

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.

Young Carers and Young Adult Carers News



Looking back...

We'd like to start off by saying a big "thank you" to those of you who were able to donate presents for our young carers. Thanks to your generosity we were able to give each young carer a Christmas gift and it definitely put a smile on their faces!

Christmas was a busy time with lots going on. A group of 16 young carers enjoyed a visit to the pantomime at Mugdock Country Park; this year it was Sleeping Beauty and the youngsters had a lot of fun and really got involved! The senior group enjoyed a pizza party here at Carers Link - pizzas from Domino's and a range of different party games made for a great night, and it was a good chance for them to just chill out and catch up with each other.

The juniors had a ton of fun at their Christmas party in Bishopbriggs. It was filled with lots of party games, arts & crafts (we created some funky looking elves!) and prizes, and everyone dressed up and looked great in their outfits.



Looking ahead...

In April we have been given the fantastic opportunity to attend another Hopscotch residential trip. The first Hopscotch trip was in August 2019 when we took some young carers away for 3 days in Ardvullin House, Oban and it gave them some well-deserved respite. Amrit has contacted parents to provide information on the April trip; places will be limited so let us know as soon as possible if you would like to secure a space.

We have also taken the decision to change our groups to a Tuesday evening and these will now be held in Woodhill Evangelical Church, Wester Cleddens Road, Bishopbriggs. This is due to the limited spaces available for us to hold the groups. Parents will be contacted in the usual way and the timings of groups will be:

- Juniors: 5pm - 7pm
- Seniors: 5:30pm - 7:15pm

If you know of a child who is currently caring for someone or you need more information to identify what defines a 'young carer', you can visit our website at <https://www.carerslinkedup.org.uk>



In December, we also teamed up with Oxbang Primary to plant 50 trees in their playground. An organisation called 'I Dig Trees' provided us with the trees and we rounded up some young carers from the school to help with the planting. It was a fun way to spend the afternoon and get really messy, and it also gave the kids and adults some new skills!

Young Adult Carers

Dates and times of Linked Up activities for Young Adult Carers 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](https://www.carerslink.org.uk)

Our front cover shows some of the young adult carers enjoying a trip to the Cairngorms in November last year.

If you or someone you know is a Young Adult Carer (aged 16-25) and would like some extra support please contact Jan on 0800 975 2131, text 07908718813 or email janice@carerslink.org.uk



Nature lovers' field trip

We are heading to Merkland Nature Reserve in Kirkintilloch for this trip, which can be enjoyed by anyone who is interested in flora and fauna, photography, or anyone who just enjoys a fairly gentle walk!

The nature reserve is a mosaic of woodland, wetland and grassland with open water and burns developed on a former colliery site. It is also home to a rich array of wildlife including roe deer, herons and buzzards and boasts a much-loved trail of wood carved animals. An easy 1.1 mile walking loop takes around 20-30 minutes and we will stop along the way for photo opportunities and just to relax and enjoy the day. There is parking at the reserve, and if you would like to come along but have a problem with transport, please let us know and we will try and organise lifts.



For your wellbeing

You may have noticed in our What's On section that over April, May & June we are running a series of four short sessions centred around wellbeing.

We have teamed up with East Dunbartonshire's Health Improvement team and Greater Glasgow & Clyde Health Board to bring you these sessions, and we have chosen topics that we hope will resonate with carers.

Health Matters will look at the importance of looking after ourselves and how sometimes small changes to our lifestyles can make a big difference. Our speaker will be Mandy Ferncombe, Health Improvement Practitioner for East Dunbartonshire Health & Social Care Partnership.

Dealing with Stress & Anxiety does what it says on the tin. Stress and anxiety often go hand in hand with caring for someone. How we deal with these feelings can be made a bit easier and this session will explore ways in which stress and anxiety can be made more manageable even if we can't take it away completely. Our speaker will be Vivienne Tennant, Mental Health Senior for East Dunbartonshire Health & Social Care Partnership.

Managing Incontinence will give carers the opportunity to discuss the issues they are having around this sensitive topic and get advice from an expert. Our speaker will be Mireille Hay, Clinical Nurse Specialist-Continence, Greater Glasgow & Clyde Health Board.

Sleep Better was an obvious choice of topic as so very many carers have trouble sleeping and/or disturbed sleep, often as a direct result of their caring role. Poor sleep can have a negative impact on mental health and wellbeing, and this session will explore the importance of good sleep and how we can try to achieve this. Again, our speaker will be Vivienne Tennant.

If these are things that affect you, we hope you'll come along. Please also feel free to bring along anyone you feel would benefit – just let us know so that we can make sure there's a seat for everyone! In addition to getting some help, these sessions bring carers together to share experiences and support each other. To book a place please use the reply slip or book online at <http://carerslink.org.uk/events/>

Carers Cafés and Dementia Support Groups

As Spring approaches and we think about venturing outdoors, I wanted to extend an invitation to join us at our Carers Cafés and Dementia Support Groups.

Please see pages 2 & 3 for dates, days, times and venues. *Please also note that there will be no Bishop-briggs Café on Easter Monday, 13th April.*

The Health and Social Care Alliance Self-Management Fund now fund these important groups, which have a number of aims:

- time for a chat and a coffee
- share stories/ideas/experiences with those in a similar situation
- benefit from information provided by a guest speaker
- provide an opportunity to highlight issues affecting carers
- perhaps encourage you to become an informal carer representative, presenting carers views at groups and ECHO (Every Carer Has an Opinion) meetings

It would be lovely to see you at a café or group.

Andit would also be lovely if you could spread the word about our cafés and groups to other carers who you think might benefit from joining us.

If you need any more information, please contact me on 0800 975 2131 or email rose@carerslink.org.uk

I look forward to seeing you at a group near you very soon.

*Rose
Community Development Worker*

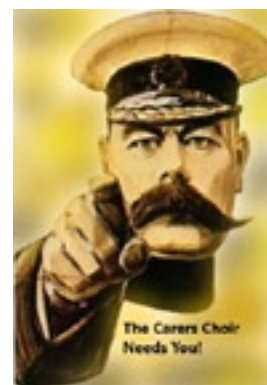


Carers Link 100 Club

We are launching an exciting new fundraising initiative – our monthly Carers Link 100 Club!

If you'd like to be in with the chance of winning prize money and helping us raise vital funds to support our carer groups, then check out the leaflet enclosed in this issue of What's On.

The Carers Choir needs you!



This little ditty comes to you courtesy of our very own 'poet laureate', Paul!

Struggling to be heard above the din?
This is just the thing!
Come together to beat the weather
Come together to sing
Regain your balance – vibrate your larynx
Forget the pharmacy – sing in harmony
Come on, join the choir!

We think that says it all! The choir meets every two weeks in Milngavie Youth Café and you can find details in the What's On section at the front of the newsletter. All carers welcome... even those whose singing matches Paul's poetry skills!



**SOME OF OUR
CHOIR MEMBERS
PERFORMING AT OUR
2019 CARERS WEEK
AFTERNOON TEA**

New group

Tech Talk



Would you like to meet other carers who are interested in learning and sharing about computers, tablets, smart phones and other digital devices?

This new group, which is part of our SwitchedOn service, will meet each month* and we will learn about the various devices themselves as well as apps and online digital services. These could be for fun, hobbies or to support your caring role. As well as all the tech talk there will be coffee, tea and biscuits and of course a good old blether. Explore your inner geek! For more information, please indicate your interest on the reply slip or contact Jon.

*Please note that the days/times of this group will vary month to month so please check our What's On section or the website for details and take a note in your diary. The group will alternate between Bishopbriggs and Milngavie.

Information sessions

Having Good Conversations

Conversation can sometimes be difficult. It can be especially frustrating when you don't feel that you are getting your point across, whether with family, friends or outside bodies. The good news is that with a little know-how and some practice, you can learn to turn frustrating exchanges into good conversations.

Coping with Difficult Emotions

Emotions such as anger, fear, frustration and sadness are sometimes referred to as 'negative' emotions but there's really no such thing. These are just emotions that reflect what we're dealing with in our lives and they can be difficult to cope with. We do have the power to shut them off or repress them but that can do more damage in the long term. It's better to try and find ways to cope with them and we hope that this session will help you to do just that.

Autism

If you are looking for support with Autism, including information about courses such as the 4-part Autism Awareness course, please contact Fiona on 0800 975 2131 or at fiona@carerslink.org.uk

A reminder...

In an effort to help carers remember what they've signed up for and reduce the number of 'no shows' at our events, we will now issue text reminders a day or so before each session in addition to the normal invitation letter. Please make sure that we have a note of your mobile number if you wish to be included in the text reminder.

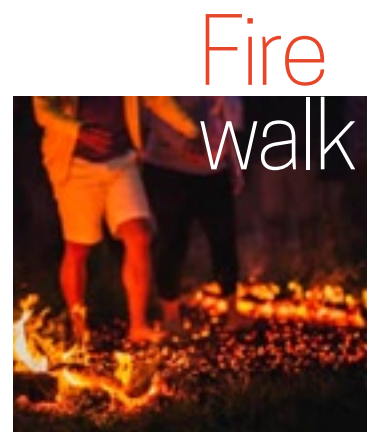
The cost of running a session is approximately £40 per hour including room hire and staff costs, plus the cost of refreshments and staff travel. You can help us to keep these costs down by giving us a quick call to let us know if for any reason you are no longer able to attend. This will allow us to make a decision to cancel or postpone the session depending on the number of carers expected, something we cannot do when carers simply don't show up on the day.

Your help is very much appreciated.

Legal Clinics

The Legal Clinic normally takes place on the first Tuesday of every month. Each clinic has six free 30-minute appointments between 9.30am - 12.30pm with a solicitor from Blackadders 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 Blackadders and other legal service providers are available.



By the time you're reading this our first ever Firewalk will have taken place.

Keep an eye out for updates in the next issue of What's On to see how our brave staff members and participants got on when they crossed hot coals for carers!

Thanks to those who have already donated or sponsored, we really appreciate it. Don't worry if you didn't get the chance, our Firewalk campaign page is still live on JustGiving and any donation, no matter how small, will make a big difference to the carers we support.

www.justgiving.com/campaign/carerslinkfirewalk2020



ECHO: Every Carer Has an Opinion

Following feedback from carers, the 2020 ECHO meetings will take place every two months rather than quarterly. Dates and times for the next couple of meetings are noted below and both will include a bite to eat:

TUESDAY 31ST MARCH in Bishopbriggs from 10.30am – 1pm

WEDNESDAY 20TH MAY in Milngavie from 6pm – 8.30pm

Carers' views and opinions matter and the purpose of the ECHO group is to provide a friendly place where you can talk about the issues that matter to you. It's an ideal place to discuss concerns and to share experiences, hints or tips that you think would make a difference to other carers. The ECHO group is open to all carers regardless of age, caring experience or ethnicity.

Could you be a Carer Champion?

Are you a former carer who would like to support other carers have their voice heard? If so, we would really like to hear from you.

We are looking for people to represent carers' views at carer groups and at the ECHO meetings. Who better than former carers who perhaps have some time to spare and all the experience that caring for someone brings?

No previous experience is required and training and support will be provided.

For more information, contact Rose or Jon.



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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.



Getting Online

You may have noticed in our What's On section that in addition to our usual information sessions, we are now offering sessions that are delivered online so that carers can join in from the comfort of their own home.

There are lots of benefits to delivering information this way, such as:

- We can get information to carers who might otherwise miss out because they cannot come to groups and events
- The sessions are shorter, typically 45 mins – 1 hour, leaving more time for other things
- No need to leave the house if the weather is poor
- No travel costs for carers
- Carers Link saves on the cost of room hire
- No limit to the number of people who can join in

So far, those who have taken part have found the sessions beneficial and enjoyable, which is why we would like to see even more carers joining in. With this in mind, we're inviting you to come along to either Bishopbriggs or Milngavie to find out how simple it is. We'll take you through everything you need to know step-by-step and let you see how straightforward the process is. The session details are noted below and can also be found in our What's On section. Please just use the reply slip to sign up – you won't regret it!

Milngavie on Tuesday 24th March from 11am – 1.30pm including lunch

Bishopbriggs on Wednesday 1st April from 11am – 1.30pm including lunch

Contact us

Get in touch

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