

East Renfrewshire Carers' Centre - October 2019

<p>Exploring Change (for carers & former carers) Wednesdays 2nd Oct-30th Oct (5 weeks) Sandlers Cottage, Eastwood Park (10am-12pm)</p>
<p>Money Advice & Rights Surgeries - Wednesday 2nd & 16th Oct Sandlers Cottage, Eastwood Park (appointments) Barrhead Centre (appointments)</p>
<p>Mental Health Carers Peer Group - Thursday 3rd Oct Sandlers Cottage, Eastwood Park (7pm-9pm)</p>
<p>Benefits for Carers - Monday 7th Oct Sandlers Cottage, Eastwood Park (6.15pm-8pm)</p>
<p>Dementia Carers Information Group - Tuesday 8th Oct "Fair Dementia Care" Fiona Kane & Nicola Kennedy Alzheimer Scotland Eastwood House, Eastwood Park (7-9pm)</p>
<p>Power of Attorney Appointments Thursday 10th Oct (afternoon) **** Legal Info Appointments Thursday 10th Oct (evening) Sandlers Cottage, Eastwood Park</p>
<p>Death Café - Thursday 10th Oct The Market Place, The Avenue, Newton Mearns Shopping Centre G77 6AA (2.30-4pm) - for more information see ongoing events</p>
<p>Male Carers Peer Group - Thursday 17th Oct Sandlers Cottage, Eastwood Park (1pm-3pm)</p>
<p>Social Group for Anyone Affected by Dementia - Thursday 17th Oct The Capelrig (Hungry Horse) 2 Greenlaw Drive, Newton Mearns (1.30pm - 3pm)</p>
<p>Carers Walk & Coffee - Wednesday 23rd Oct The Boathouse Café, Rouken Glen Park (10.30-12noon)</p>
<p>Living Life to the Full - Friday 25th Oct- Friday 6th Dec (7 weeks) Sandlers Cottage, Eastwood Park (10:00-11:30am.)</p>
<p> HAPPY HALLOWEEN</p> <p>Female Carers Peer Group - Thursday 31st Oct (10am-12pm) Sandlers Cottage, Eastwood Park</p>

INFORMATION ON EVENTS - OCTOBER

Exploring Change (for carers & former carers)

Weds 2nd Oct- 30th Oct

A loss and grief peer-group and 5 week education programme to support adults who are affected by change, loss and grief. Exploring Change provides the opportunity for participants to meet with a small group of others in a relaxed setting to share their knowledge, skills and attitudes in understanding and coping with change.

* Please note carers must be able to attend all dates.

Benefits for Carers

Mon 7th Oct

Topics of discussion include:

- Am I entitled to carers allowance?
- What is a carers premium?
- I care for someone with a disability, can I get a council tax discount?
- Can I apply for a blue badge?
- What is Carers' supplement and young carers grant?

Come along to find out the answers and more! The information session will be followed by a question and answer session - you can ask questions relating to your situation.

The session will be facilitated by Claire Reilly, Money Advice and Rights Team.

Dementia Carers Information Group

Tues 8th Oct

Our topic for October will be "Fair Dementia Care"

Paying for care is a real concern for people living with dementia, their family and friends. In January 2019 Alzheimer Scotland published the report "Delivering Fair Dementia Care for People with Advanced Dementia". This report addresses some of the key issues behind historic inequalities and makes a series of recommendations to end them.

Fiona Kane and Nicola Kennedy from Alzheimer Scotland will discuss the above report at this meeting and discuss ways you can be involved in supporting the Fair Dementia Care Campaign.

If you think you would like to explore ways to help you understand and overcome problems and obstacles in your life, leading to an improvement in your mood, sense of wellbeing, ability to cope and overall health, these sessions are for you.

The sessions, created by Dr Chris Williams, take place over 7 weeks and will be facilitated by carers centre staff, who are there to explain the materials and offer encouragement and guidance.

It is a **self-help approach** that makes use of individual workbooks (**Little Books**) and requires participants to work with the books on their own in between sessions and beyond. The sessions are intended to offer participants guidance in using the materials and are most successful for mild depression, anxiety and low mood.

The sessions will focus on the following '**Little Books**'.

The titles are...

- ❖ **Why do I feel so bad?**
- ❖ **I can't be bothered doing anything**
- ❖ **Why does everything always go wrong?**
- ❖ **I'm not good enough**
- ❖ **How to fix almost everything**
- ❖ **The things you do that mess you up**
- ❖ **Are you strong enough to keep your temper**
- ❖ **10 things you can do to make you feel happier straight away**

Please call **by Friday 7th Oct 2019** and speak to Karen if you are interested in the sessions and want to know more. We will ask you some questions on the phone that will help us determine if the course is suitable for you at this time.

East Renfrewshire Carers' Centre - November 2019

<p>Dementia Carers Education Course Tues 5, 12, 19 & 26th November Eastwood House, Eastwood Park (6.45 - 9.00pm)</p>
<p>Money Advice & Rights Surgeries - Wed 6th & 20th Nov Sandlers Cottage, Eastwood Park (appointments) Barrhead Centre (appointments)</p>
<p>Mental Health Carers Peer Group Thursday 7th Nov Sandlers Cottage, Eastwood Park (7pm - 9pm)</p>
<p>Dementia Carers Information Group - NO MEETING THIS MONTH</p>
<p>Death Café Thursday 14th Nov The Market Place, The Avenue, Newton Mearns G77 6AA (6pm-7.30pm) For more information see ongoing centre supports</p>
<p>Power of Attorney Appointments Thursday 14th Nov (afternoon) ****</p> <p>Legal Appointments Thursday 14th Nov (evening) Sandlers Cottage, Eastwood Park</p>
<p>Legal workshop for Carers Wed 20th Nov Sandlers Cottage, Eastwood Park (6.15pm - 8.15pm)</p>
<p>Autism training- Talking to your child about their autism diagnosis Wed 20th Nov The Edge, Barrhead Rd, Newton Mearns (6.15-8.45pm)</p>
<p>Social Group for Anyone Affected by Dementia Thursday 21st Nov (1.30-3PM) The Capelrig (Hungry Horse) 2 Greenlaw Drive, Newton Mearns</p>
<p>Male Carers Peer Group Thursday 21st Nov Sandlers Cottage, Eastwood Park (1-3pm)</p>
<p>Autism Training- Managing Anger Tues 26th Nov The Edge, Barrhead Rd, Newton Mearns (9.30am to 2.30pm)</p>
<p>Female Carers Peer Group Thurs 28th Nov Sandlers Cottage, Eastwood Park (10am-12pm)</p>

INFORMATION ON EVENTS - NOVEMBER

Dementia Carers Education Course: Tues 5, 12, 19 & 26th Nov

The length and content of this very popular course has been reviewed for 2019 to reflect our expanded annual training and events programme. The course will now run for 4 consecutive Tuesday evenings in Eastwood House concentrating on the priority areas of diagnosis, support, legal and financial issues that it would be important to know at the earliest possible opportunity.

Legal Workshops

Wed 20th Nov

This session is aimed at all carers and will be of particular interest to carers of older people. This workshop will cover:

Arranging residential care / Paying for residential care / Powers of Attorney and your role as an Attorney / Guardianship and the Office of the Public Guardian.

The session will be followed by a question and answer session where you can ask questions relating to your situation.

Autism Training Sessions

Talking to your child about their autism diagnosis:

Wed 20th Nov

This session is aimed at parents of school age children and will offer opportunities:

- To examine the challenges involved in helping young people to understand their diagnosis
 - To explore and discuss strategies to support families to explain a diagnosis to their child
 - To discuss different reactions to diagnosis and how to support those reactions
 - To explore helpful strategies for young people who would like to share their diagnosis
 - To discuss books and resources which might assist in the process
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Managing Anger

Tues 26th Nov

NB if you are planning on booking on to this workshop, Tanya has asked that you have first completed either the Cygnet programme or another autism awareness session.


This session is aimed at parents of school age children and the seminar will support families to:

- Discuss why children with autism often have challenges with anger
- Identify a low arousal approach for support through stressful situations
- Explore the cycle of anger and possible support strategies
- Examine strategies for managing feelings

Session being delivered by Tanya Tennant

**** Due to funding restrictions, please bring your own lunch.**

East Renfrewshire Carers' Centre - December 2019

<p>Money Advice & Rights Surgeries Wednesday 4th & 18th Dec Sandlers Cottage, Eastwood Park (appointments) Barrhead Centre (appointments)</p>
<p>Mental Health Carers Peer Group Thursday 5th Dec Sandlers Cottage, Eastwood Park (7-9pm)</p>
 <p>Dementia Carers Information Group Tuesday 10th Dec "Festive Social" Eastwood House, Eastwood Park (7pm - 9pm)</p>
<p>Death Café Thursday 12th Dec The Market Place, The Avenue, Newton Mearns G77 6AA (2.30-4pm) for more information see ongoing centre supports</p>
<p>Power of Attorney Appointments Thursday 12th Dec (afternoon) ****</p> <p>Legal Appointments Thursday 12th Dec (evening) Sandlers Cottage, Eastwood Park</p>
<p>Social Group for Anyone Affected by Dementia Thursday 19th Dec (1.30-3PM) The Capelrig (Hungry Horse) 2 Greenlaw Drive, Newton Mearns</p>
<p>Male Carers Peer Group Thursday 19th Dec Sandlers Cottage, Eastwood Park (1-3pm)</p>
<p>Female Carers Peer Group NO MEETING THIS MONTH</p>

INFORMATION ON EVENTS - DECEMBER

Festive Social

Tues 10th Dec

Christine and Nicola will be hosting a social evening allowing an opportunity to reflect on the past year and our plans for 2020. Come along, enjoy some festive music and nibbles while catching up with other carers.

East Renfrewshire Carers' Centre - January 2020

<p>Mental Health Carers Peer Group NO MEETING THIS MONTH</p>
<p>Power of Attorney Appointments Thursday 9th Jan (afternoon) ****</p> <p>Legal Appointments Thursday 9th Jan (evening) Sandlers Cottage, Eastwood Park</p>
<p>Dementia Carers Information Group Tuesday 14th Jan "Playlist for Life" Eastwood House, Eastwood Park (7pm - 9pm)</p>
<p>Money Advice & Rights Surgeries NO APPOINTMENTS THIS MONTH</p>
<p>Social Group for Anyone Affected by Dementia Thursday 16th Jan (1.30-3PM) The Capelrig (Hungry Horse) 2 Greenlaw Drive, Newton Mearns</p>
<p>Male Carers Peer Group Thursday 16th Jan Sandlers Cottage, Eastwood Park (1-3pm)</p>
<p>Female Carers Peer Group Thursday 30th Jan Sandlers Cottage, Eastwood Park (10am-12pm)</p>

INFORMATION ON EVENTS - JANUARY 2020

Dementia Carers Monthly Information Group 14th January 2020

More than 20 years of research shows music can make living with dementia easier. Come along to hear Meg Gallagher from "Playlist for Life" talk about how you can explore memories and emotions and build a personal playlist for the person you support.

Upcoming Events

Do you support a person living with Dementia?

Over the next couple of months we will be offering a couple of new training and information sessions which may be of interest - look out for the flyers giving dates and times.

Caring for a Spouse:

A short course based on counselling principles exploring the emotional impact of caring for a spouse living with dementia. We aim to promote discussion around the emotional and practical consequences of a dementia diagnosis for your life partner and find opportunities to enable you to recognise and manage your feelings. Maximum number of participants will be 6 to offer a safe and supportive environment to explore very personal thoughts and feelings.

By Carers for Carers:

How can we encourage more "carers" to become involved in our groups and activities? One of the barriers would appear to be knowledge of the potential benefits of engaging with The Carers Centre. In 2020 we will be exploring opportunities to use new technology in public buildings (such as Information Screens) to spread the message. We hope to use carers personal experience through quotes and still photographs to enable people to identify as a "carer" and encourage them to become part of our growing network of peer support opportunities, information and education events.

Talking Points- How can we help you?

Talking Points are places in your community where you can come along and get information, advice and support about adult health, wellbeing and local community activities. A member of the Carers Centre staff will be at some of the Talking Points. These sessions will give you the chance to come and chat to a member of staff about anything to do with your caring role.

Talking points will be at:

- Tues 1st Oct Barrhead Health & Care Centre (10-1pm)
- Thurs 3rd Oct Thornliebank Health Centre (10-1pm)
- Tues 8th Oct Eastwood Health Centre (10-1pm)
- Wed 9th Oct The White Cart Pub, Busby (1-4pm)
- Thurs 10th Oct The Market Place, Barrhead (1-4pm)
- Tues 15th Oct Uplawmoor Library (2.30-4.30pm)
- Wed 16th Oct Eaglesham Library (2-4.30pm)
- Thurs 17th Oct The Market Place, Newton Mearns (1-4pm)
- Wed 23rd Oct Barrhead Health Centre (10-1pm)
- Thurs 24th Oct Neilston Leisure Centre (9.30-12pm)
- Tues 29th Oct Auchinback Resource Centre (11-3pm)
- Fri 25th Oct Royal Alexandra Hospital, Paisley (11-2pm)
- Thurs 31st Oct The Market Place, Newton Mearns (1-4pm)
- Thurs 31st Oct Jewish Care (1-4pm)

Tues 5th Nov Eastwood Health Centre (10-1pm)
Wed 6th Nov The White Cart Pub, Busby (1-4pm)
Thurs 7th Nov Thornliebank Health Centre (10-1pm)
Tues 12th Nov Uplawmoor Library (2.30-4.30pm)
Wed 13th Nov Eaglesham Library (2-4.30pm)
Thurs 14th Nov The Market Place, Barrhead (1-4pm)
Tues 19th Nov Barrhead Health Centre (10-1pm)
Wed 20th Nov Giffnock Library (10-1pm)
Thurs 21st Nov Neilston Bank (1-4pm)
Tues 26th Nov Auchenback Resource Centre (11-3pm)
Fri 29th Nov Royal Alexandra Hospital, Paisley (11-2pm)

On-going Centre Supports

LEGAL APPOINTMENTS

We are very fortunate to have the opportunity to offer carers one to one legal advice from Karen Wooton, Associate Solicitor.

Karen will be available on a monthly basis for 30 minute individual appointments. (Power of Attorney, Guardianship, Trusts are just some of the topics you may want to discuss however, other topics can also be addressed).

****Please note appointments are for information and advice only****

POWER OF ATTORNEY CLINIC

Why Make a Power of Attorney?

The law allows you to choose the person you would like to help you manage your finances and care by making a Power of Attorney. A POA is as important (if not more important) as your Will as it will affect you while you are alive. Hopefully it will never be used but if you become unable to look after your finances or welfare in the future a POA is invaluable for you and your family.

We can now offer appointments at our dedicated Power of Attorney Legal Clinic on the second Thursday of every month.

***Please note, the solicitor will charge a fee for arranging POA's**

1:1 STRESS MANAGEMENT APPOINTMENTS

If life sometimes gets on top of you and you want to increase your coping skills, our 4 week 1:1 stress management programme is for you. Sessions are facilitated by a fully-qualified Holistic Therapist, *Connie Green* who trained at *Glasgow Clyde College*. Connie has also achieved a VTCT Diploma in Stress Management. **What is involved?** We recommend you attend up to four appointments to get the full benefit from the

programme. The first appointment will be a confidential consultation regarding your lifestyle and offer an opportunity to take a fresh look at where you are in life. These sessions can help you locate areas in your lifestyle which are causing you concern; look at bringing some relaxation time back to your life; consider prioritising activities; focus on setting goals; re-instate positive thinking, assertiveness, time management, treat insomnia, panic attacks and much more. You will work in partnership with the Holistic Therapist to manage your stress and promote your health and wellbeing. Areas that will also be included are medical history and current medications. Please note: the therapist is self-employed and therefore requires the declaration to be signed prior to sessions for insurance purposes.

Carers Support & Money Advice & Rights Surgeries

To further enhance the Income Maximisation support to carers we have launched a partnership between the Carers' Centre and East Renfrewshire Money Advice & Rights Team.

The two services will work together to offer joint appointments lasting 1 hour during which carers can access information and advice about their caring role and also access specialist advice about relevant welfare benefits and general money advice.

Surgeries will be held on the 1st Wednesday of the Month in Sandler Cottage, Eastwood Park and the 3rd Wednesday of the month in the Barrhead Resource Centre, Carlibar Road and are on an appointment system, please contact the Centre to book.

Death Café

Join us for tea, coffee, cakes and conversation about death and dying.

Our aim is to provide a relaxed and informal environment to provide an opportunity to discuss death and make it a less of a taboo subject.

This is not a bereavement support group or information session but purely scope for discussion with a view to helping people make the most of their lives.

For more information about the model of Death Cafes, please see www.deathcafe.com

Please phone or email to book your place.

MONTHLY GROUPS

MENTAL ILL HEALTH CARERS

1st Thursday of Month 7-9pm

This group is for people who care for a relative or friend who has mental ill health. The group is relaxed and informal and offers emotional support as well as an opportunity to exchange information. Invited speakers (suggested by the group) attend every 2nd month to provide information and answer questions you may have.

DEMENTIA CARERS INFO GROUP

2nd Tuesday of month 7pm-9pm

These meetings are for carers supporting a person living with a dementia diagnosis. The focus is on education and information sharing with colleagues from health, education and third sector organisations. There is also an informal opportunity to share experiences in a friendly and supportive environment.

MALE CARERS

3rd Thursday of month 1-3pm

Why not come along to the male carers group to meet with others in a similar situation. You will find the group welcoming and relaxed, with opportunities to gather information and share experiences. Take time out from your caring role and enjoy the company.

Social Group-Anyone Affected by Dementia 3rd Thur of month 2-3.30pm

If you have been diagnosed with or are affected by Dementia come along to our new social get-together for informal chat and coffee with other people in your area.

FEMALE CARERS

Last Thursday of month 10-12pm

If you look after a family member or friend, it is sometimes good to meet with other carers who provide this role. Time to share experiences and information and simply have 'time out' from caring. Why not join us for tea/coffee and biscuits?

Please contact the Carers' Centre to book your place for any of the events

Tel: 0141 638 4888 or email: enquiries@eastrenfrewshirecarers.co.uk

We are happy to offer home visits for advice/support and information after working hours if accessing during the day is difficult for you.

If you or anyone you know requires this information in an alternative format, please contact the Centre.

If you have an email address that we could send any of our correspondence to as opposed to post, we would be grateful if you could inform us to allow us to save on postage- Many Thanks!

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