

We would like to take this opportunity to wish you all a very Merry Christmas with best wishes for 2019 from all the staff, board and volunteers.

## Carers Christmas Lunch

Thursday 13<sup>th</sup> December

12.00-2.30pm

Cost is £10 per person

3 courses and a glass of wine/soft drink

All donations for the Christmas hamper by Monday 10<sup>th</sup> December please, thank you.

## Carers (Alternative) Xmas Party

Fri 25<sup>th</sup> January 2019

7.30pm-11pm

£3 buffet BYOB - RSVP

## Care at Home and Respite Services

Our Care at Home and Respite service provides high quality, personalised support within Renfrewshire. Our dedicated, security checked and trained staff are available to assist you and your loved ones with: respite, personal care, shopping support, community escorting, meal support, housework, etc. Contact us on 0141 847 1934 for more information.

## LOOKING FOR A CHRISTMAS GIFT?

Over the years Carers have purchased one of our bricks which are displayed in the Centre and on our website.

**BUY A BRICK** to remember someone you've lost, to celebrate a special occasion, anniversary, birth of a child, or as a gift for someone.

Application forms are on the website.

## USEFUL TELEPHONE NUMBERS

Social Work Area Teams 0300 300 1199

Social Work Out of Hours 0300 343 1505

FIRST Crisis 0800 221 8929

Police Emergency 999 Police non-emergency 101

Royal Alexandra Hospital 0141 887 9111

Renfrewshire Wardens/Antisocial Behaviour 0300 3000 380

Emergency Council Housing Repairs 0300 300 0300

NHS 24: 111

Samaritans 116 123

More info via ..... [www.renfrewshire.gov.uk](http://www.renfrewshire.gov.uk)

## Christmas & New Year Opening

Centre Closes Friday 21<sup>st</sup> December

Reopening on Monday 7<sup>th</sup> January

Our Care at Home and Respite services will be operating and can be contacted on:

07384810440

Please use your NHS wisely. You can find out more about how to access services, 24 hours a day, from their website

[www.nhs.gov.uk/knowwhototurnto](http://www.nhs.gov.uk/knowwhototurnto)

[www.nhs24.scot](http://www.nhs24.scot)



- coughs and colds
- sore throat
- indigestion
- diarrhoea or constipation
- aches and pains
- help if you run out of your repeat prescription

Pharmacist  
(self care)



A range of clinicians, including doctors and nurses, to help you with both physical and mental health issues.

GP Surgery



- tooth pain
- swelling to your mouth
- painful or bleeding gums
- injury to your mouth
- advice on oral hygiene

Dentist



- Red and/or sticky eye
- Pain in or around your eye
- Sudden loss of vision
- Blurred or reduced vision
- Flashes and floaters

Optometrist



NHS 24's health information service includes self-help guides for a range of common conditions.  
[www.nhsinform.scot/self-help-guides](http://www.nhsinform.scot/self-help-guides)  
When your GP and local pharmacy are closed, and you are too ill to wait, call 111.

NHS 24



- Breathing Space 0800 83 85 87 [www.breathingspace.scot](http://www.breathingspace.scot)
- Choose Life [www.chooselife.net](http://www.chooselife.net)

Mental well-being



- cuts and minor burns
- sprains and strains
- suspected broken bones and fractures

Minor Injuries Unit



- suspected heart attack or stroke
- breathing difficulties
- severe bleeding

999 or A&E



RENFREWSHIRE CARERS CENTRE

A Lifeline for Carers in Renfrewshire

Autumn/Winter  
Newsletter 2018

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/RCarers



Follow us on Twitter  
@RCarers

## Contact Us

Renfrewshire Carers Centre  
Unit 55  
Embroidery Mill  
Paisley  
PA1 1TJ  
Tel 0141 887 3643  
[enquiries@renfrewshirecarers.org.uk](mailto:enquiries@renfrewshirecarers.org.uk)  
[www.renfrewshirecarers.org.uk](http://www.renfrewshirecarers.org.uk)  
Scottish Charity No  
SCO 23986

Welcome to our Autumn/Winter version of our Newsletter. As of next year, we are reducing the amount of Newsletters we post out to two per annum. We do wish to keep Carers as up to date as possible with our activities, therefore will concentrate on keeping everyone informed via our Website, E-bulletin, Facebook, Twitter etc. We understand that not everyone has access to a computer or even have an email address; maybe that's something we can help with? We could organise training for you to learn how to use a computer or tablet?

We shall continue to produce our What's On and Training for Carers flyers quarterly, which we shall distribute throughout the community into Libraries, GP Surgeries and Community Centre's.

## CARER'S ALLOWANCE SUPPLEMENT

DWP CARERS ALLOWANCE CONTACT NUMBER FOR QUERIES 0800 731 0297

In recognition of the important contribution carers make these payments will mean that people in Scotland, who were in receipt of Carer's Allowance from the DWP on the qualifying date of Monday 16 April 2018 will receive a supplementary payment of £221. This payment will be issued automatically to eligible carers.



The vast majority of payments will have been made by the end of September, with more complex cases completed by Thursday 15 October. Payment will be made using the same method that people get their Carer's Allowance from the DWP. The Government is keen to help Carers understand the process and have shared the following links to three clips of film introducing Social Security Scotland, the policy intent behind Carer's Allowance Supplement and details on the way in which this benefit will be delivered are available online.

## FUNDRAISING

We have had several fundraising events over the summer including Lilies Day, Barshaw Gala Day, Sma Shot Day, Johnstone Gala Day and we had a FUN DAY and BALLOON RACE. Thank you to everyone who volunteered their time to help at each event and those who donated prizes and popped along on the day to support the Centre.



### BALLOON PRIZE WINNERS

1<sup>st</sup> £100 – Alison McGurn

2<sup>nd</sup> £50 – John Erroch

3<sup>rd</sup> £25 – David Caldwell



## PARENTS SUPPORT GROUPS UPDATE

This year Parent Support Groups have been extremely fortunate to receive funding from Better Breaks (Funding breaks for disabled children and young people and their families) administered through Shared Care Scotland.

The project Holiday Fun enabled us to organise a fun packed range of summer outings and respite for families during the summer.

We organised 4 trips during July and August to The Five Sisters Zoo, Kelburn Country Park, Millport and Blair Drummond Safari Park. The outings were a tremendous success with 123 carers and 71 children with disabilities all having a fantastic time whether it was watching the sea lions at Blair Drummond or getting out their buckets and spades at Millport. We waved off over 100 people to the Five Sisters zoo! It's great to see happy smiling faces having so much fun during the long summer holidays

We also supported a further 20 carers and their children with 593.5 hours of respite by supporting parents during the trips, assisting children to attend art classes and helping out in a crisis.

**Sh**ort  
breaks fund

## EXCITING NEW FUNDING FOR 2019

**Sh**ort  
breaks fund

### Relaxation Club

We would love to invite you to our Relaxation Club, which is designed to help you relax your mind and body. It is a lovely informal gathering where you will learn simple, helpful ways to relax.

You'll be warmly welcomed and gently guided through a combination of gentle stretching from comfy chairs, breathing and meditation.

We all need and deserve an hour to ourselves to replenish. We do so much for others, but it is very important that we take care of ourselves. This is your chance to do just that. As the old saying goes, "You can't pour from an empty cup." And on that, we can all stay and have a cuppa and blether afterwards too!

Our Relaxation class takes place on Tuesdays at 2.00pm. We hope to see you there. Please contact Antonia on 0141 887 1934 to book your comfy chair.



### Music & Movement Group



We are delighted to announce that Shared Care Scotland have provided us with a grant to support the launch of two new Music Groups. This exciting new funding will allow us the opportunity to provide carers with guitar lessons and an exciting new drum circle; in addition to this, access to personal training sessions and group fitness sessions.

Launching on 15<sup>th</sup> November, we will be providing FREE guitar lessons to beginner players and those who want to improve. Thereafter this group shall run every Thursday from 5.30-7.30pm in the Centre. The new drumming group will launch in the New Year.

If you are interested in any of the options mentioned, please contact us on 0141 847 1934 or email [antonia@renfrewshirecarers.org.uk](mailto:antonia@renfrewshirecarers.org.uk) for more information.

### New ASD Friendly Drop In

Blend Coffee Shop are hosting an ASD friendly drop in Café for young people who are on the Autistic Spectrum and are aged 16-24 years. Parent Carers, Staff and Volunteers from Renfrewshire Carers attend this drop-in. The group will allow young people the chance to socialise with other young people from the Renfrewshire area.

**FIRST 3 TUESDAYS OF EVERY MONTH FROM 6PM – 8PM**

NOVEMBER - TUESDAY 6TH TUESDAY 13TH TUESDAY 20TH

DECEMBER - TUESDAY 4TH TUESDAY 11TH TUESDAY 18TH

JANUARY - TUESDAY 8TH TUESDAY 15TH

Venue:- Blend Coffee Shop 25B Causeyside Street, Paisley, PA1 1UL

### PARENT SUPPORT GROUPS DATES FOR YOUR DIARY

**Saturday 1st December 2018**

Bucket collection @ St Mirren

**22nd March 2019**

Race Night Abercorn Bowling Club

**Are you able to help out?**

Are you interested in an exciting new challenge in 2019? Would you be interested in joining our Board of Directors?

Renfrewshire Carers Centre is currently recruiting Board Members. We are looking for people with specific business skills and/or skills in Finance, Marketing, Human Resources, Health & Safety, and Fundraising etc. The Board meets once per month and there is a process to join. If you are not able to join the Board, but feel you may be able to contribute to help develop the Centre or help us campaign for services for unpaid Carers, please get in touch.

### Time to Live Fund 2018/19

Watch this space for the 2018/19 application deadlines as we were successfully awarded £17,404 again this year via Shared Care Scotland.

This money allows us to offer unpaid Carers of Renfrewshire a Grant up to £250 for a respite break of your choice. Carers (who are caring for someone over the age of 21 and who have not had a respite break for at least 3 years) can apply.

Please ask a member of staff or see the website or our social media for an application pack in the New Year.

 **RENFREWSHIRE CARERS CENTRE**  
A Lifeline for Carers in Renfrewshire

**Friday 30th November**  
**Carers Rights Day 2018**

**Carers Act 2016 information**  
Find out more about your rights as a Carer  
**Carers Strategy 2019 - 2022 consultation**  
Have your say on how we can improve support for Carers

**Friday 30th November**  
**Renfrewshire Carers Centre**  
**10.30am - 2.30pm**

**Lunch will be provided**  
**Call 0141 887 3643 to book your place**

We also have a stand in the Foyer of the the RAH on Carers Rights Day.

**10am – 3pm**

Halloween  
Fun at  
Dance &  
Reminisce



### Dance and Reminisce

Our dance and tea gathering for people living with Dementia and their loved ones is continuing. Our participants enjoy a taste of swing and jazz dancing before getting together to reminisce about 'going to the dancing!' The sessions are held on a Tuesday in the Centre between 1.30-3.30pm **Please contact the Centre for more information**

This group was previously funded via Shared Care Scotland.

