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We are delighted to see Summer has arrived, with it comes another National Carers Week. Carers Week 2018 will take place from Monday 11 to Sunday 17 June 2018. This Carers Week we are looking at all the ways we can support carers to stay healthy and connected. Building communities which support carers to look after their loved ones well, while recognising that they are individuals with health and wellbeing needs of their own. The Centre held an Information Day on 21<sup>st</sup> May 2018 about Looking After Yourself, more on this is later on; together with our full Programme of Events for Carers Week.

Each year, Carers Week is brought to life by the individuals and organisations that come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

As always we kick off on the Monday with our Annual General Meeting at 11.30am, in addition there shall be the official launch of Carers Week and we have speakers arranged. Our Choir shall also be performing. If you are interested in coming along to any of the activities, please let us know.

Carers face barriers  
to maintaining their health,

**51%**

let a health problem  
go untreated.

Carers Week



## CARERS (SCOTLAND) ACT – NOW IN FORCE

The Carers (Scotland) Act 2016 took effect on 1st April 2018. The Act extends and enhances the rights of Carers in Scotland to help improve their health and wellbeing, so that they can continue to care, if they so wish, and have a life alongside caring. As required by section 36 of the Act the Scottish Ministers have prepared a **Carers' Charter**, setting out the rights to Carers in or under the Act.

Young Carers are also included in the new legislation whereby Young Carers have a right to a Young Carer Statement. The local authority must offer a Young Carer statement to anyone they identify as a Young Carer.

The full Carers Charter is available to read online:-

<http://www.gov.scot/Publications/2018/03/4874>

## Looking After Yourself Information Day

19 Carers came along to our Information Day, Looking After Yourself, on Monday 21<sup>st</sup> May.

Carers benefitted from health checks etc. Thank

you to everyone who came along including the health professionals and Buddie Beat, Renfrewshire Leisure, SPAEN, The Men's Shed, Sensory Impairment Team and Active Communities. Our next Information Day is planned for Monday 17<sup>th</sup> September 2018.



Blood pressure checks

## Renfrewshire Carers Forum

### What is important to you as a Carer?

The Forum brings together Carers looking after people with varying illnesses and disabilities. Carers have the opportunity to comment on changes to legislation, local plans for services and to discuss ways that local services can be improved. It is your opportunity to feed into Renfrewshire's Health and Social Care Partnership's structures.

Please note the Forum planned for Tuesday 26<sup>th</sup> June has been cancelled and the next meeting shall be Friday 24<sup>th</sup> August 2018.

## Mindfulness Based Approach to Caring

Our next two week MBAC courses for new Carers are on:

Wednesday 13th & 20th June

Wednesday 11th & 18th July

Wednesday 29th Aug & 5th Sept

Each session will take place in the Centre and run from 10:30am-2:30pm

### Group Practice

Wednesday 4th July

Wednesday 22nd August

If you would like further information or to request a place please call us.

## July

3<sup>rd</sup> Five Sister's  
Zoo

11<sup>th</sup> Kelburn  
Country Park

25<sup>th</sup> Millport

## August

8<sup>th</sup> Safari Park

## Summer Holiday Fun

This year families will once again be able to attend summer trips via Shared Care Scotland's Better Breaks Fund. We recognise that these outings are an opportunity for the whole family; however, Carers who are working don't always have the luxury of taking time off and as places in play schemes for children with complex needs are very limited, we propose to provide workers who will support the children on these outings. This will offer respite while their child/children are being looked after by a paid worker/volunteer in a stimulating and fun environment. **Spaces are limited and will be allocated on a first come first served basis and we hope to offer at least two trips per family. Please speak to Katie or Marie only to reserve your place on 0141 887 3643 or direct line 0141 847 1937. Thank you.**



We can also assist families where Carers are working or stressed over the holiday season by providing respite through workers taking the child/young person out and about in the community. This service is limited but can provide up to 40 hours respite for 15 families. If you are interested in this service please call Lorna on 0141 847 1934.

## Are you 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 Marketing, Human Resources, Health & Safety, Finance, 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 and help us campaign for services for unpaid Carers, please get in touch.



## Race Night Update

Renfrewshire Carers Centre Parent Carer Support Group would like to take this opportunity to thank our friends, family and sponsors for all their contributions to the success of our Race Night held on Fri 9<sup>th</sup> Mar in the Abercorn Bowling Club. The fantastic amount raised was **£4004.70**



## SPONSORS – THANK YOU

Rangers Football Club  
Celtic Football Club  
St Mirren Football Club  
McHargg's Bakery  
Gregg's Bakery  
Elaine-Artemis Flowers  
Tracy Thomson – No 8  
Johnstone – Artisan  
Crafts & Gifts, Tig Tag  
Perfect Windows & Blinds  
Pandamonium

John McMahon- Arborcare  
Tree Surgeons  
Gary & Sharon Haugh  
Helensburgh Golf Club  
Gleddoch Golf Club  
Mar Hall  
Manly Cleaning Services  
Jason Watson  
Keith Roberts  
Liam the Barbour's  
Keystore

LA Studio's  
Romuald SA hair  
Oh so beautiful Johnstone  
Paul Photography  
Butchers Steak & Grill  
Canton Restaurant  
Lorimer's  
Bites & Pieces  
Bridge Water Pub (Erskine)  
Fairfull Café  
Domino's Pizza Gauze St  
McDonald's Linwood

## FUNDRAISING

### Looking to make a donation to the Centre?

Please remember we now have the facility to make a donation online via our website – if you scroll to the bottom of the home page you will see a DONATE NOW button. All donations will be greatly appreciated and the Centre will be able to claim gift aid on all donations.



### Amazon Smile

Do you shop online via Amazon? Renfrewshire Carers have recently signed up to Amazon Smile – this enables you to shop and Amazon shall donate 0.5% of the net purchase prices (excluding VAT, returns and shipping fees) to us!

Remember to shop via this link  
<https://smile.amazon.co.uk>



### Coming Soon .....

We have gratefully received £2,200 via the Carers Trust to start up a 60+ Vibe Group. This involves a series of workshops that are focused on physical and mental wellbeing including dancing, drumming, yoga, mindfulness, meditation and self-massage/ facial.

More information to follow soon.



## WE NEED YOUR HELP

In order to try and maximise our fundraising potential and to raise the profile of the Centre we are looking to attend as many of the local gala days as we can.

We attended Liliash Day on 2<sup>nd</sup> June and Renfrew Gala Day on 3<sup>rd</sup> June so thank you to everyone who popped along and who volunteered their time. We have also booked to attend:-

Barshaw Gala day 23<sup>rd</sup> June  
Sma Shot Day 7<sup>th</sup> July  
Johnstone Gala day 26<sup>th</sup> August



We need help by way of donations for our tombola stall, a couple of hours of your time on the day to help.

Please let me know if you can help on any of the days.

Volunteers are also needed to take part in the Paisley 3K/10K which is on Sunday 19<sup>th</sup> August. Please register online.

<https://www.renfrewshireleisure.com/paisley10k>

We are also planning a family fun day and Balloon Race on Saturday 1<sup>st</sup> September 2018. Donations for raffle prizes and tombola stall are welcome, i.e. any bottles, tins or unwanted gifts that could be used as prizes for raffles and tombola. Please mark this date into your diary.

### Dance and Reminisce

Our dance and tea gathering for people living with Dementia and their loved ones is continuing. This Project is funded by **Shared Care Scotland Creative Breaks Fund**. 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 and support options (e.g., respite, travel, etc.) are available. Please contact Lorna on 0141 847 1934 for further information.

### Respite and Care at Home Recruitment

We are currently recruiting for Sessional Care and Respite Workers to work with our clients and carers in their homes. Successful candidates will be required to undertake all duties involved in care and will work with a diverse client group. You must have a caring and flexible attitude, experience of working within a caring role, and have the ability to work to strict health and safety guidelines. A full job description and person specification can be found on our website. We have flexible hours available, including part-time, weekend, evenings and night shifts. Please call 0141 847 1934 to discuss your application.

# NATIONAL CARERS WEEK

## MONDAY 11<sup>TH</sup> JUNE – SUNDAY 17<sup>TH</sup> JUNE 2017

### DRAFT PROGRAMME OF EVENTS



Mon 11 <sup>th</sup>	11.30am-1.00pm	Launch of Carers Week – Annual General Meeting Lunch
Tues 12 <sup>th</sup>	5.00pm -8.00pm	Pamper Evening Cheese, wine and holistic therapies and beauty treatments for carers who cannot manage into the centre during the day <b>(Please call to book an appointment)</b>
Wed 13 <sup>th</sup>	11.00am-3.00pm	Flower Arranging, , Healthy Eating lunch, Buddie Beat
Thur 14 <sup>th</sup>	10.30am-3.00pm	Pamper Day Nails, holistic therapies and make overs, lunch provided <b>(Please call to book an appointment)</b> Lunch @ Braehead for Carers and Volunteers Renfrewshire Carers Choir performing at Braehead

#### INFORMATION STANDS AND ROADSHOWS DURING CARERS WEEK

- Intu Braehead ● Asda Linwood ● Northcroft Medical Centre ● Johnstone Hub ●

Please note we are joining the Parents Support Group who are hosting an **Italiano Evening** on **Friday 22<sup>nd</sup> June 7-11pm**; the Carers Cup can be won via an Italian themed Quiz so please do your homework!

***Please let us know if you are coming along.***



TEAR OFF SLIP

TEAR OFF SLIP

### Membership Form – 2018/19

Please tear off this form and return it to the Centre together with your £1 membership.

Please make cheques payable to Renfrewshire Carers Centre, or pay online via PayPal, thank you.

NAME					
CONTACT ADDRESS					POST CODE
EMAIL ADDRESS					
PREFERRED CONTACT METHOD (PLS TICK)	POST	<input type="checkbox"/>	EMAIL	<input type="checkbox"/>	
SUBSCRIPTION (£1 PLS TICK)	PAID	<input type="checkbox"/>	MEMBERSHIP QUALIFIER (CARER/FORMER CARERS/PROFESSIONAL)	<input type="checkbox"/>	
SIGNATURE					

The new General Data Protection Regulation ("GDPR"), came into effect 25 May 2018. To help comply with GDPR consent requirements, we need to confirm that you would like to receive information from us.

PLEASE TICK ACCORDINGLY

YES I WOULD LIKE TO RECEIVE INFORMATION FROM YOU

NO, PLEASE DO NOT SEND ME ANY INFORMATION