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Scottish Charity No
SCO 23986

Welcome to the Autumn edition of our Newsletter. We have lots of people to thank; especially to all of our wonderful volunteers and staff who helped to make Carers Week 2016 a success!



We are on a countdown to our **Anniversary Party on Friday 26th August at Paisley Town Hall** – please make sure you have reserved your place if you wish to come along to help us celebrate 20 Years of providing support to Carers in Renfrewshire.

Renfrewshire Carer wins UK-wide Award for Years of Volunteering

Joan Morris, who lives in Renfrew, has won the Marsh Award for Carers for her volunteer role with Renfrewshire Carers Centre. Joan, who is a carer herself, has volunteered at the Centre for four years. Joan received a £600 cheque and a certificate at a ceremony in the Centre.



Joan receiving her Cheque

As well as providing care for two family members, Joan supports the Centre in a number of ways including fundraising, telephone and face-to-face support for other carers, befriending and helping others carers to get a break.

The Marsh Award for Carers, which is in its fifth year, recognises carers and former carers for their outstanding contribution as volunteers at their local carer's Centres. It is a joint award from Carers Trust and the Marsh Christian Trust.

Diane Goodman, Centre Manager at Renfrewshire Carers Centre, said:

"Joan is a huge help to us here at the Centre and she is always looking at ways she can support us. We nominated her as we wanted her hard work and commitment to the Centre and the carers in the area to be recognised and we're thrilled that it has."

Joan added:

"I had no idea that I had been nominated for an award until Diane told me I had won it. I was so surprised and delighted to have been recognised in this way. I really enjoy volunteering at the Centre. They have been a great support to me and volunteering gives me an opportunity to give something back to the Centre while helping other carers."

Well done Joan and thank you!

National Carers Week 2016

Thank you to everyone who helped to make this year's Carers Week a success. We had our Annual General Meeting on Monday 6th June; a copy of the AGM report is downloadable on our website www.renfrewshirecarers.org.uk. Thank you to our speakers at the AGM, firstly, Councillor Iain McMillan who shared his own personal carer experience with us; and to Joan Morris who spoke of her caring role and how the Centre has helped her and, finally, to Jade Lochhead who stepped in at the last minute to speak about her own caring role and coming along to our Young Adult Carers Support Group.



Centre & Sainsbury's Staff, Braehead Store

We held many information stalls throughout carers week in the community including the RAH, Sainsbury's at Braehead and Intu Braehead. Special thanks to Intu Braehead's Lydia Brown, Community Development Manager & Christine Olsen, Customer Services Manager, who helped to coordinate our Carers/Volunteers Lunch in Braehead and to thank all the staff at the Filling Station who worked so hard to make sure all our Carers/Volunteers enjoyed their day.



Councillor Iain McMillan



Carers Choir

The Renfrewshire Carers Choir performed at our AGM and they also raised £280.35 by performing at Intu Braehead. We held two pamper events and we would very much like to thank all the holistic therapists below who gave up their own precious time to provide treatments for carers. Please check them out on Facebook.....

Jane Campbell
Holistica Therapies

Pamela Craig
12 Moon

Stephen Prentice
Stephen Prentice Health & Wellbeing

Amy Davidson
Honeycomb Holistic Therapies

Sylvia Snieder
Erskine Reiki Practice

NEW FUNDING FOR THE CENTRE

Renfrewshire Carers Centre is pleased to announce it has received a £420,514 grant from the BIG LOTTERY FUND over 5 years. These funds will provide a holistic approach to carers support providing holistic intensive support to carers who are new to caring and help them develop coping strategies which will assist them throughout their caring journey.



The funding will enable Renfrewshire Carers Centre to appoint Adult Support Workers, a Receptionist and Well-Being Worker who will be able to provide home visits, emotional support, relevant information, and Well-Being Courses so carers look after their own health and well-being. Provide individualised tailored made intensive support where every carer gets the support they need and gain access to Renfrewshire Carers Centre Services, statutory services and services in the community.

The Big Lottery Fund Award is annual grants through a competitive application and review process. Big Lottery Fund Scotland Chair, Maureen McGinn, said: "I am delighted that Renfrewshire Carers Centre is one of 60 groups sharing in our latest grants totaling over £17 million. This is life changing money which will support people and families facing challenging circumstances and I wish Renfrewshire Carers Centre every success as it goes on to develop and expand this valuable project.



Centre Staff delighted to hear this news

FUNDRAISING



We now have a DONATE NOW facility on our website. Please scroll down to the bottom of the home page and click DONATE. All donations will be greatly appreciated and the Centre will be able to claim gift aid on all donations. Thank you!

Take Part in the Challenge!

Provost Anne Hall and Renfrewshire Carers Centre will take part in a **fundraising zip slide** across East End Park on 3rd September 2016.



The Provost is looking for as many volunteers as possible to join her in order to add to the £25,000 she has already raised for her four chosen local charities during her time as Provost.

We already have our first volunteer, Sonya – our Marketing and Social Media Officer is going to join the Provost in her fundraising challenge! There is a registration fee of £20 and fundraisers must be 16 or over.

Please email enquiries@renfrewshirecarers.org.uk if you or someone you know is interested in taking part.

WWW.RENFREWSHIRECARERS.ORG.UK

CARERS LEGISLATION

Carers (Scotland) Act 2016

The Scottish Government have confirmed that the Carers (Scotland) Act 2016 will commence on 1st April 2018.

Renfrewshire Carers Forum meet to discuss topics like changes to legislation at local and government level, please see below for the 2016 dates and times. Your input to these meetings is invaluable. Even if you cannot make it along but would like to raise an issue, please contact us.

Carers Forum Dates 2016/17

Venue – Renfrewshire Carers Centre

Friday 9th September 10.30am-12.30pm

Speaker - Stuart Graham

Community Planning, Renfrewshire Council

Friday 28th October 10.30am-12.30pm

Tuesday 6th December 10.30am-12.30pm

Carers Café

The Centre holds a Carers Drop in Café each week from 11am-1pm. All carers are welcome to attend.

Regulars to the café will know that Janet Sykes has officially resigned from her voluntary post of chief tea wuman! Janet came to Centre for support in 2009 when she was caring for her husband Hadge. When Hadge passed away Janet decided to give back to the Centre by taking on a volunteering role. We would like to thank Janet for everything she has done over the years for the Café. Please don't be a stranger though.

If you interested in becoming a volunteer for the Centre, please contact Katie or Marie.



Roar are offering a "personal grooming" Foot Care Service. They have clinics throughout Renfrewshire. Please contact Roar direct to book.

There is a charge of £12 per appointment

For more information 0141 889 7481 or www.roarforlife.org



Janet celebrating her "40th"



20th Anniversary – 1996-2016 – Timeline



To celebrate the Centre's 20th Anniversary, in addition to the party in Paisley Town Hall on 26th August, we have created a timeline on the wall with photographs, articles and stories starting from 1996. Pop into the centre – maybe you will find yourself on one of the photos? If you have any ideas or suggestions for the next 20 years there is a section for your ideas.



At the party we are also having a Memory Tree; the is to allow Carers to share their memories and thoughts on the Centre from over the past 20 years if you cannot make the party and wouldlike to contribute a memory to the Tree, please let us know.

New Centralised Administration Team

The Centre was closed for a week in May 2016 to allow us to make some changes to the layout to centralise the administration.

Diane Goodman (Centre Manager) and Tracy Wallace (Office Manager) are in a newly erected office and all administrators are within the reception area. We hope this change will help provide a better service to carers.

We also separated the two large meeting rooms as we felt this was a better use of the space.

Centre Manager Diane with Antonia and Kelly at our new Reception desk



Team Admin!



Fraser Corbett, Antonia McIlwraith, Kelly Coyle, Tracy Wallace, Brenda McNally Janice Tiffney (from left to right)

Bakery and Chilled Items Available

Tesco have chosen the Carers Centre as the local charity to have any **Best Before** bakery and chilled items which they can no longer sell. We have these items available on a Thursday morning from 11am in the Centre.

Young Adult Carers Campaign

Our Young Adult Carers have started campaigning for free transport for carers. They have been working with Fixers UK to shoot a film for the campaign. Fixers UK aim to make positive changes that will improve young people's lives nationwide. The Young Adult Carers are hoping that their voices will be heard by professionals, businesses and local authorities and will influence them to support the campaign.

HAVE YOU VISITED OUR NEW WEBSITE YET? PLEASE HAVE A LOOK AND FEEDBACK ANY COMMENTS TO ENQUIRIES@RENFREWSHIRECARERS.ORG.UK

Emergency Numbers

Renfrewshire Council Social Work Department	0300 300 1199
Renfrewshire Council Main Switchboard	0300 300 0330
NHS 24	111
Emergency home repairs (24 hours)	0300 300 0300
Antisocial Behaviour (9am - 10pm)	0300 300 0380

