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Contact Us

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Welcome to the Spring edition of our Newsletter. Thankfully the winter months are fading and lighter nights are upon us. We are now in our 21st year of supporting carers in the Renfrewshire area. We currently have over 3000 Adult Carers registered with the Centre; our targets for this year are to reach a further 50 Adult Carers per month within Renfrewshire and support them in their caring role. Perhaps you know someone who is a Carer and would benefit from our help? Please ask them to get in touch; we understand how difficult and isolating being a Carer is. Carers can also ask someone to contact us on their behalf such as a GP, health professional or social worker. We are only a phone call away.

Going Paperless in 2017

During 2017 our vision is to try and go paperless. We have noted below some approximate costings to help you understand how much money the Centre could save if we sent you this Newsletter via email.



We currently print 2500 newsletters and inserts; we email 490 but still send 1400 via post (the remainder are distributed to GP surgeries etc throughout the community). 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.

PRINTING, POSTING, STATIONERY, and CONSUMABLES STAFF COSTS x 4

£4308 (per annum)

**SAVING £4000 COULD ALLOW TO CENTRE PROVIDE
CARERS WITH APPROXIMATELY 270 HOURS OF RESPITE**

We sincerely hope you can help us go as paperless *as possible!*
Email enquiries@renfrewshirecarers.org.uk and just write EMAIL in the subject box – we will do the rest. Thank you.

Renfrewshire Carers Forum

Minutes from meetings held on Tuesday 24th January are on the website and dates for 2017 are below. A Carer's Consultation was also held on Tuesday 7th March to discuss the Renfrewshire Carers Strategy. Please check the website or the next Newsletter for more information on this topic.

FORUM DATES 2017

Tuesday 21st March 6.30pm (hopefully an evening meeting shall allow working carers to attend).

Tuesday 25th April 2017 10.30am

Tuesday 23rd May 10.30am

Kathleen Taylor is an Engagement and Participation Officer for the Mental Welfare Commission of Scotland. More information on the organisation is available on their website www.mwscot.org.uk. The Commission is an organisation that protects the rights of people who may have difficulty doing so themselves.

Kathleen is keen to hear about Carers views and will be attending a future Forum meeting. In the meantime, if there are any issues you would like to raise her email is kathleen.taylor@mwscot.org.uk.



New Services for Blind People in the West of Scotland

Sister charities Royal Blind and Scottish War Blinded are constructing two new services on a site of Hawkhead Road, Paisley, due to open in Autumn 2017.

The Royal Blind Jenny's Well Care Home will specialise in nursing care for visually impaired older people. The Scottish War Blinded Hawkhead Centre will provide activities and support for all veterans with sight loss, irrespective of the cause of their sight loss.

Enquiries and more information is available on their website www.royalblind.org/paisley.

New Benefits Surgery

We are delighted to confirm the Centre has secured a fortnightly Benefits Surgery for Carers. Starting in February you shall be able to book in an appointment with an Advice Works advisor who will be based at the Embroidery Mill.

If you require a benefits check or need assistance with Personal Independent Payments (PIP), Disability Living Allowance, (DLA) Attendance Allowance (AA) or ESA50 Form, please contact us for an appointment on 0141 887 3643.

Disability Living Allowance
DLA634 section 1
Looking again at your claim for a person aged 16 or over

You may find it easier to fill in the questions in this claim form if you read the Notes first. If you need help filling in this form, or any part of it, please call 0800 883 20 08.

Part 1 – About you
If you are filling in this form for someone else, please tell us about them, not yourself.

Residence or family name: MR/MRS/MS/MS

All other names in full:

All other names on family name you have been known by or job title:

Sex: Male Female

Address where you live:

Postcode:

Previous address if different in last 2 years:

Postcode:

Qualifying phone number where you can be reached by or where a message can be left:

Qualifying phone number:

Please tick the appropriate box: Home Work Mobile Fax Telephone

Date of birth: / /

Nation of birth (if not UK):

What is your nationality?

Creative Breaks 2016/17 - Time to Live Fund

During 2015/16 we provided 40 Creative Breaks for Carers. We have this funding available again for 2016/17 so please don't miss out – get your application in ASAP.

Carers, who are caring for someone over the age of 21 and who have not had a respite break for two years, can apply.

You can be awarded a Grant up to £300 for a respite break of your choice. Please, please apply - if you need help of advice on completing the application please contact us!!

Deadlines for 2016/17

Round 3 Friday 24th March 2017

Round 4 Friday 19th May 2017



CREATIVE
breaks

Carer, Robert Taylor enjoying using his laptop at home purchased via Creative Breaks Grant

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.

Linwood Support Group Update - Change of Venue

Linwood Support Group will now be held in Linstone Housing Association Conference Room on the 2nd Tues of every month 11.00am – 1.00pm.

Kinship Support Group Update

New start time of 10.30am
Last Tuesday of every month

Christmas 2016 Parties & Fundraising

We held our annual Carers Christmas Lunch on Thursday 15th December and 35 carers came along to enjoy their 3 course lunch.

We held many raffles on the day and were grateful to raise almost £400. Here's a picture of the lucky winners.



Raffle Prize Winners

We also held our Alternative Christmas Party on Friday 27th January. The theme was "Tinsel, Tartan and Tapas" and 30 Carers came along. Special thanks to Liz Murray for helping with the DJ equipment and of course Duncan Gilmour aka DJ Dunc for the disco and the Karaoke. A few sore heads the next day we believe!

Dates for your Diary 2017

Prize Bingo Sessions – Embroidery Mill



Thurs 30th March – 12.00-2.30pm Friday 19th May 7.00pm-9pm

Mon 11th September - 12.00-2.30pm Mon 20th November - 12.00-2.30pm

Entry will be £2 to include a light lunch/supper (any prizes appreciated)

Bingo tickets £1 for 1 book £5 for 6 books

Coffee Morning – Embroidery Mill

Saturday 3rd June 2017 10.00am – 1.00pm



Fundraising Dance

Friday 13th October (venue TBC)

YOUNG CARERS

In partnership with the Kibble Works some of our Young Carers enjoyed 6 weeks arts and craft or music sessions at the Experience in Hillington. This was something that all the Young Carers enjoyed and was celebrated with a showcase event in the Town Hall where all the arts and crafts were displayed and the young people showed off their newly learned talents on the drums.



Arts & Crafts



Laser Tag

Thank You to Gryffe Rotary

The Young Carers project would like to thank Gryffe Rotary yet again for the generous donation of a meal and an evening of activities for each of our Young Carers. This year the Young Carers went along to the Experience at Hillington where they took part in Go-Karting and Laser Tag followed by a lovely buffet meal in the Academy restaurant. The young people all had a great time giving them a well-deserved break from their caring responsibilities and took part in something that they would not normally be able to do.

Care At Home Service

Have you heard about our own **Care at Home** Service? We provide high quality, personalised support services for you and your loved ones; please note the service is chargeable. Our dedicated, security checked and trained staff are available to assist you with the list below :-

- **RESPIRE**
- **PERSONAL CARE**
- **SHOPPING**
- **COMPANIONSHIP**
- **MEAL SUPPORT**
- **ESCORTING TO APPOINTMENTS / SOCIAL ACTIVITIES**

Please enquire via email cah@renfrewshirecarers.org.uk or call Lorna on 0141 887 3643



SUPPORT GROUP for parents of children with Autism

ASD Parent's Support Group

1st meetings will take place on

Tuesday 14th March 12.30pm – 2.30pm

Wednesday 22nd 7.00pm – 9.00pm

Venue – Renfrewshire Carers Centre

In Attendance:-

Fiona Brown, Operational Manager, Services

Stephen Leighton, Team Leader Autism Connections Team

If you require any further information
Contact Katie/Marie on: 0141 887 3643

Renfrewshire Parent/Carer Children with Disabilities Support Group

RACE NIGHT

Friday 17th March 2017

7.30pm-late

@ Ogilvie Club, Broomlands Street

Tickets £4 (buffet included)



Self-Directed Support Training for Carers

19th April 2017 – to be confirmed. Please register your interest with Liz in the Centre.

#PAISLEY2021

The Centre has sent their letter of support to back the bid for Paisley to become UK City of Culture.

We would love you to declare your support for Paisley 2021 and join Team Paisley. We are aiming to tell everyone about our bid, you can share your own stories of Paisley online and why you think we have what it takes to be UK City of Culture. Go to their website for more information
www.paisley2021.co.uk

ATTENTION – TO ALL ASPIRING ACTORS

The Centre is considering setting up a Drama Group for our carers.

If you would be interested in helping us to achieve this new venture, please contact Christine or Susan at the Centre.



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

