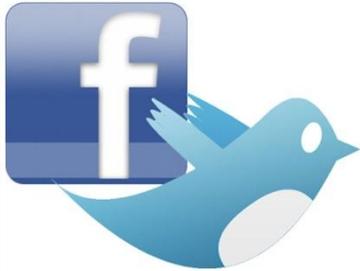


## In This Issue

- Welcome to Summer
- Funding update
- Legislation and Policy
- Board of Directors
- Parents Support Group
- Fundraising
- Choir
- MBAC
- Young Carers
- Renfrewshire Leisure
- Drama Group
- National Carers Week
- Membership Form

Like us on facebook  
/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  
www.renfrewshirecarers.org.uk  
Scottish Charity No  
SCO 23986

We are delighted to see Summer has arrived, with it comes another National Carers Week. Carers Week 2017 will take place from Monday 12 to Sunday 18 June 2017. We're continuing our focus on building Carer Friendly Communities, which support carers to look after their loved ones well, while recognising that Carers are individuals with needs of their own.

The campaign 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. Our programme for the week is on the back page.

As always we kick off on the Monday with our Annual General Meeting at 11.30am, we have Meg Wright, Carer's Trust Director of Scotland and Northern Ireland coming along to officially launch Carers Week. If you are interested in coming along to any of the activities, please let us know.



## FUNDING UPDATE

**Renfrewshire Carers Centre Volunteer Project** has been awarded £29,874 from Children in Need over the next three years to support 32 young people/children who have Attention Deficit Hyperactivity Disorder (ADHD). The funding will provide 4 groups for young people aged 8 – 18years. These groups will be facilitated by paid staff and volunteers and will offer the young people support, friendship and social inclusion in their community. These groups will help the young people gain confidence, make friends, enable them to join in social activities and will help them build trusting relationships. This in turn will help them learn new ways of dealing with their disability; enabling the development of their social skills and improve their well-being. This will help to improve opportunities and develop skills that will improve confidence.

The young people will be involved in the planning of activities and development of the groups e.g. setting ground rules, boundaries, where to go for outings etc. These groups will also offer workshops that are relevant to the young people.

Parent Carers will have respite while their young person is at the group them time to spend with other children, or time for themselves.



ADHD Fun in the park

## Renfrewshire Carers Forum

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

Updates regarding the Renfrewshire Carers Strategy Consultation in March and the Forum on 23rd May are on the website.

Come along and have your say at the next Carers Forum meeting. The Forum offers Carers the opportunity to influence services. 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. Book your place by emailing [enquiries@renfrewshirecarers.org.uk](mailto:enquiries@renfrewshirecarers.org.uk) or calling 0141 887 3643.

### NEW FORUM DATES 2017

Friday 23<sup>rd</sup> June

Tuesday 5th September

all 10.30am – 12.30pm at the Embroidery Mill

## Local Election Hustings

Thank you to everyone who attended the Hustings on Tuesday 25<sup>th</sup> April. We had representatives from 8 political parties on the panel and we would like to take this opportunity to thank Lynn Williams who gave up her valuable time as a Carer to chair the event; Lynn is also a member of the Board of Directors.



Andy Doyle Independent, Lorraine Campbell SNP, Kyle Mitchel Greens, Sandra Webster SSP, Richard Neville TUSC, Lynn Williams Chair, Tommy Williams Labour, Eileen McCartin Lib Dems, Bill Binks Tory (left to right)

Lynn introduced the event with some stats about Carers in Renfrewshire – each party then had a short space of time to say why they think Carers should vote for them; thereafter the floor was open to questions from the Carers and Lynn asked some questions from Carers who could not make it on the day. Issues raised were Carers Allowance, Respite, Mental Health, transition to adult services, Self-Directed Support, cuts to services; these are all issues which are covered in the National Manifesto for Carers and rest assured Renfrewshire Carers Centre will continue to campaign on these issues on behalf of Carers.

HAVE YOU SIGNED UP FOR  
OUR MONTHLY EBULLETIN & EMAIL UPDATES?  
[WWW.RENFREWSHIRECARERS.ORG.UK](http://WWW.RENFREWSHIRECARERS.ORG.UK)



## 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 meet once per month at our Embroidery Mill premises in Paisley. 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.



Board Planning Day

## Renfrewshire Parent/Carer Children with Disabilities Support Group

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 Friday 17th March in the Ogilvie Club. The fantastic amount raised was £3092.40.

We would like to thank the Ogilvie club for their continued support over the last 10 years and how sorry we are that they have found it necessary to close - Thank You.



### SPONSORS – THANK YOU

Celtic Football Club  
Rangers Football Club  
The Clan Braehead  
McHarg's Bakery  
Elaine – Artemis Flowers  
Kirsty – Flower Shop Elderslie  
Enchanted Flowers Tracy  
Thomson – No 8 Johnstone  
Artisan Crafts & Gifts  
Tig Tag  
Linda Coats  
John McMahon- Arborcare  
Tree Surgeons  
Bernard Woods - Excel  
Decorations

Ally Denvir - Painter & Decorator  
Gary & Sharon Haugh  
Overburn Motors  
Helensburgh Golf Club  
Gleddoch Golf Club  
Mar Hall  
Petrol  
Shimla Pinks Restaurant  
Grill in the Park  
Canton Restaurant  
Canal Street Station  
Trattoria Roma (Johnstone)  
Lorimers  
Rebecca's

Fairfull Collection  
Jack's Keystore  
Elderslie Butchers  
Guidos  
Glynhill Hotel  
Avellano  
Michelle United  
Astra  
Class AA Hair  
Hair Care & Beauty  
L.E Barbour's in 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.



### Bingo Fundraisers

Monday 11th September 12-2.30pm  
Monday 20th November 12-2.30pm  
An evening event to be confirmed  
Venue – Embroidery Mill



**Fundraising Dance** Friday 27<sup>th</sup> October @ Abercorn Bowling Club

### Carers Wellbeing Course

Renfrewshire Carers Centre is now delighted to be able to offer all *new Carers registered* with the Centre the opportunity to attend Wellbeing Course, the Mindfulness Based Approach to Caring (MBAC) is taken from Mindfulness Based Stress Reduction, but is a shorter course. It is designed to give Carers a flavour of mindfulness and mindfulness skills in order to relieve stress.

Sessions are run in small groups over 3 or 4 weeks. If a group setting is not for you, the course can be offered on a one to one basis at home or in the Centre. There is no charge for this course and respite may be available for the person you care for to allow you to attend.

If you are new to caring and would like further information and dates of the next course, please contact Louise on 0141 887 3643.



Some newly registered carers with their MBAC Certificates

### Concert

#### Renfrewshire Carers Centre Choir

Renfrewshire Carers Centre Choir is delighted to announce their first concert on

**Saturday 3<sup>rd</sup> June 2017**

@ 7.30pm the venue is  
Methodist Central Halls,  
Gauze Street, Paisley.

Tickets are £5 and are available from  
Choir Members or reception.  
You can also buy tickets on the door!



Choir performed at Falcon Day Centre

## YOUNG CARERS



Some of our YC's with the Easter bunnies they made!

### Renfrewshire Leisure – Discounted Membership for Carers

We have successfully negotiated the Corporate Membership rate Carers in Renfrewshire with Renfrewshire Leisure – this means you can have access to discounted membership costs of £27 per month (anytime) or £22 per month (daytime only). If you are interested, please pop into the Centre and ask at reception for one of the slips to prove you are registered with us and take it to any Renfrewshire Leisure centre to join up.

### DRAMA GROUP

We held our first Drama workshop in April and thankfully it was a success. This group now meets regularly in the Centre, every Tuesday evening from 6-8pm. All Carers are welcome to join. Renfrewshire Carers are running the group in conjunction with Dramatic Ideas.



# NATIONAL CARERS WEEK

## MONDAY 12<sup>TH</sup> JUNE – SUNDAY 18<sup>TH</sup> JUNE 2017

### DRAFT PROGRAMME OF EVENTS



Mon 12 <sup>th</sup>	11.30am-1.00pm	Launch of Carers Week – This year's theme is continued <i>"Help Us Build Carer Friendly Communities"</i> Annual General Meeting Lunch
Wed 14 <sup>th</sup>	1.00-3.00pm 5.00-8.00pm	Healthy Eating and Thinking Pamper Evening Cheese, wine and holistic therapies for carers who cannot manage into the centre during the day (Please call to book an appointment)
Thur 15 <sup>th</sup>	10.30am	Pamper Day Nails, holistic therapies and make overs & lunch provided (Please call to book an appointment) Lunch @ Braehead for Carers and Volunteers Renfrewshire Carers Choir performing at Braehead

Please note we are hosting the **CARERS CUP COCKTAILS/MOCKTAILS QUIZ** on **Friday 30<sup>th</sup> June 7-11pm** this year instead of the Friday of Carers Week. Please let us know if you are coming along. Thank you.

#### INFORMATION STANDS DURING CARERS WEEK WILL BE AT

RAH ● Intu Braehead Shopping Centre ● Asda Linwood ● Sainsbury's Braehead

TEAR OFF SLIP

TEAR OFF SLIP

### Membership Form – 2017/18

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		EMAIL		
SUBSCRIPTION (£1 PLS TICK)	PAID		MEMBERSHIP QUALIFIER (CARER/FORMER CARERS/PROFESSIONAL)		
SIGNATURE					