

## CARERS' WEEK 2024

Carers' Week 2024 (10th - 16th June) recognises and raises awareness for unpaid carers and the support they provide to their loved ones. This year's theme is 'Putting Carers on the Map', highlighting the invaluable contributions of carers across the UK and ensuring their voices are heard loud and clear.

As always, we'll be marking the occasion with a series of events throughout the week. See below to find out what's on!



### **MONDAY 10TH JUNE**

*Launch of Parent Carer of Neurodivergent Children survey*

### **TUESDAY 11TH JUNE**

*RISE Project Launch Event*

### **THURSDAY 13TH JUNE**

*Box Office outing*

### **SATURDAY 15TH JUNE**

*Carers' Week Coffee Morning*

For more information about any of our Carers' Week events, get in touch on  
0141 941 1550.

More information about this year's Carers' Week can be found here:  
[www.carersweek.org/](http://www.carersweek.org/)



## CARERS' CENTRE ON THE MOVE

We're excited to announce that we are moving!  
For the time being, we remain available at 84 Dumbarton Road, Clydebank, however we will be in touch with carers once we have moved to our new premises. Stay tuned for updates!

Looking to speak with a member of our team? Give us a call on 0141 941 1550. A duty worker is available Mon - Fri for information and support with your caring role.

## NEW SDS ADVOCACY PROJECT

INSPIRING SCOTLAND

In partnership with Improving Lives and with thanks to Inspiring Scotland - Support in the Right Direction funding, we are delighted to introduce our new Self-Directed Support Advocacy project. Our new SDS Advocacy worker will be available to support carers who are eligible to access local social care services.

Want to find out more? Get in touch with our team on 0141 941 1550.

For more information on Self-Directed Support, visit:

WDHSCP: [www.wdhscp.org.uk/self-directed-support/what-is-sds/](http://www.wdhscp.org.uk/self-directed-support/what-is-sds/)

SDS Scotland: [www.sdsscotland.org.uk/resources/](http://www.sdsscotland.org.uk/resources/)

In Control Scotland: [www.in-controlscotland.org/helpful-resources](http://www.in-controlscotland.org/helpful-resources)

## CARER SUPPORT PAYMENT ROLLOUT

Social Security Scotland are currently in the process of transferring those receiving Carers' Allowance from the Department of Work and Pensions to the new Carer Support Payment. Transfers will be made at random and should be completed by the beginning of 2025.

For more information on Carer Support Payment, visit  
[www.mygov.scot/carer-support-payment](http://www.mygov.scot/carer-support-payment)

If you have any questions or concerns regarding Carer Support Payment or any other benefit provided by Social Security Scotland, call 0800 182 2222.

## BOX OFFICE PROJECT

Thanks to funding from the Creative Breaks Fund,  
our Box Office Project is back for 2024!

We understand how important getting a break from caring and staying connected to others can be, particularly in the current climate when finances are tight.

The Box Office Project offers a variety of social opportunities relating to “the Arts and Entertainment” for adult carers and those that they care who are over 21 years. Events enjoyed by carers so far include an ABBA tribute concert, a trip to Kelvingrove Art Gallery and cinema trips.

There will be some opportunities for the carer and the person that they care for to enjoy an outing together.

Each event will cost £5 per person and where transport is provided, costs are included.

For more information and to join the Box Office project, contact Melissa on 0141 941 1550 or via [melissa@carerswd.org](mailto:melissa@carerswd.org)



## DO YOU NEED A BREAK FROM YOUR CARING ROLE?

We understand that getting a break can be the most valuable way of helping you sustain your caring role. It's easy to neglect your own needs and you can quickly become isolated and out of touch with friends and other family members. A break can help you feel rejuvenated and reconnected with your social circle, it is also a good way of getting a well-earned rest!

Caring situations can vary enormously and it may not be possible to "get away" so a break can take many forms e.g. it could mean support to get back into a hobby or an interest that you have given up or it could mean a day trip with friends.

Applications for our Time for Me Project have reopened. Successful applicants are provided with a micro-grant which can be used as a personalised budget to get a short break.\*

For more information, contact Melissa on 0141 941 1550 or via [melissa@carerswd.org](mailto:melissa@carerswd.org)

\*T&Cs apply



### CARERS WEEK COFFEE MORNING

Join us for a cuppa and cake  
at our Carers Week Coffee Morning!

**Saturday 15th June  
10am**

**St Augustine's Church Hall, Dumbarton  
£3 entry on the day**

Raffle prizes to be won on the day!

### UPDATES TO YOUR INFORMATION

We want to ensure that the information we hold about registered carers is accurate and up-to-date. This allows us to make contact with you easily and keep you notified about services and opportunities for support.

Have you recently changed address? Changed your contact details? Has there been a change to your caring role? Let us know on 0141 941 1550.

## CLYDE SHOPMOBILITY

Clyde Shopmobility are a charity based in West Dunbartonshire offering mobility equipment for both short and long-term hire. Equipment available from Clyde Shopmobility includes power wheelchairs, manual wheelchairs, mobility scooters, and their all-new Trirides! Support is also available for those who require a stairlift.

Looking to find out more? Contact Clyde Shopmobility on 0141 952 7795, or visit in-store at 30 Sylvania Way (Clyde Shopping Centre), Clydebank, G81 2TL.



### ***A FEW GOOD MEN - MALE CARER SUPPORT GROUP***

After the success of our *#itsonmymind* campaign and our open day in November 2023, we're delighted to introduce our all-new male carer support group: *A Few Good Men!*

Meetings are held monthly, with the aim of bringing male carers together to make new connections and take part in local activities.

Interested in coming along? Contact Jenni on 0141 941 1550 or via [jenni@carerswd.org](mailto:jenni@carerswd.org)



# **R.I.S.E**

Resilient Inspired Supported Empowered

## **RISE PROJECT DROP-IN HUBS**

Our RISE Project supports unpaid carers in specific areas across West Dunbartonshire:

- Drumry
- Castlehill
- Haldane

Our RISE Project Lead, Clare currently hosts the following drop-in hubs and is available for advice and support to carers in the above areas:

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### **DRUMRY**

The Recycle Room (137 Onslow Road, G81 2PW)  
Every second Wednesday of the month  
10:30am - 1:30pm

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### **CASTLEHILL**

The Phoenix Centre (17a Quarry Knowe, G82 5AF)  
Every second Tuesday of the month  
11:30am - 1:30pm

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### **HALDANE**

Haldane Youth Services (Jamestown Primary School, G83 8PN)  
Last Tuesday of the month  
9:00am - 11:00am

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Want to find out more about RISE? Contact Clare on 0141 941 1550 or via [clare@carerswd.org](mailto:clare@carerswd.org)



## PARENT CARERS OF NEURODIVERGENT CHILDREN SURVEY

We are gathering information on how carers of children with a neurodivergent condition are supported and informed about their child's condition.

Want to share your views? Visit the link below to complete the survey.

**SURVEY WILL CLOSE ON MON 8TH JULY AT 9:00AM**

Got a question? Contact Clare or Jenni on 0141 941 1550.

Paper copies of this survey are available upon request.

<https://forms.gle/S2NTPrEbA65eTzRv8>

## FREE HOME FIRE SAFETY VISITS FOR UNPAID CARERS

As part of our Valued Carer initiative, we have partnered with local Scottish Fire and Rescue crews to offer free Home Fire Safety Visits to unpaid carers in West Dunbartonshire. A Home Fire Safety Visit can help you to identify potential fire risks within the home, check smoke and carbon monoxide alarms, and help you to identify an escape plan in the event of a fire.

Interested in having a Home Fire Safety Visit? Get in touch with Jenni on 0141 941 1550 or email [jenni@carerswd.org](mailto:jenni@carerswd.org)\*

**\*PLEASE NOTE: Home Fire Safety Visits via Carers of West Dunbartonshire are only available for carers registered with our organisation. If you would like to arrange a visit for someone else, please contact 0800 0731 999.**





## OUR SUPPORT GROUPS



*For more information on groups, contact Joanne on  
0141 941 1550 or email [joanne@carerswd.org](mailto:joanne@carerswd.org)*

### **ONLINE YOGA WITH CLARE MCGINLEY**

**Thursday, 11am - 12pm via Zoom**

Join Clare for our weekly yoga sessions, where carers can take part either standing or sitting down. Yoga can improve your mood, help to ease pain, and improve balance and posture.

**CRAFT GROUP**  
**Every Thursday**  
**10am - 12:30pm**  
**Clydebank Library**

Make your own masterpieces while spending time with other carers.

### **BOOK GROUP**

**Last Monday of each month**

**2:30pm - 4:30pm**

**Carers Centre**

Want some new reading material while coming together with other carers? Join our Book Group! Books are made available at the library before each meeting.

### **GROWING WITH CARE**

**Every Friday**

**Melfort Park**

Try your hand at gardening and growing delicious fruit and veg, while spending time with other carers.

### **A FEW GOOD MEN**

**Last Friday of each month**

**1pm - 3pm**

**Location varies**

Calling all male carers! Take part in activities and outings each month alongside fellow carers.



FREE  
ENTRY

SATURDAY 29TH JUNE  
12.00PM TO 3.00PM



**Alternatives**  
Family Support

JOIN US FOR OUR 2024

# FAMILY FUN DAY

WATERFRONT CHURCH,  
ABBOTSFORD ROAD,  
CLYDEBANK



## FUN FOR THE WHOLE FAMILY

BOUNCY CASTLE • FACE PAINTING •  
ARTS & CRAFTS • INFORMATION STALLS •  
FOOD & DRINK • MUSIC FROM FREED UP CIC



FOR MORE INFORMATION

CALL GLYNIS ON 0141 951 2420 OR EMAIL [GLYNIS@ALTERNATIVESWD.ORG](mailto:GLYNIS@ALTERNATIVESWD.ORG)



Scottish Government  
Riaghaltas na h-Alba  
[gov.scot](http://gov.scot)

West Dunbartonshire  
Health & Social Care Partnership



# Alternatives Support Group for Family & Friends



**Every Thursday**  
**Starting 6th April**

**6.30pm - 8.30pm**


**Alternatives Clydebank Base**  
**34 Alexander Street**  
**G81 1RZ**

**Supporting**  
**Families & Friends in**  
**West Dunbartonshire**  
**affected by a significant**  
**others substance use**

[www.alternativeswd.org](http://www.alternativeswd.org)

For more information

 **0141 951 2420**

 [info@alternativeswd.org](mailto:info@alternativeswd.org)



**CORRA**  
FOUNDATION



**Scottish Government**  
Riaghaltas na h-Alba  
[gov.scot](http://gov.scot)



# COMMUNITY REINFORCEMENT APPROACH TO FAMILY TRAINING



**Alternatives**  
Family Support

**6 Week Training Course  
For Those Affected BY A  
Loved Ones Substance Use**

**St Augustine's  
Community Hall  
St Mary's Way  
Dumbarton**

**For More  
Information  
Call Glynis or  
Ellie on  
0141 951 2420**

**Starting Tuesday  
5th March  
6.30pm - 8.30pm**

West Dunbartonshire  
Health & Social Care Partnership



Scottish Government  
Riaghaltas na h-Alba  
gov.scot



**CORRA**  
FOUNDATION



**Carers** of West  
Dunbartonshire  
*"the place for every carer to turn to"*

## **Carers of West Dunbartonshire**

**Carers Centre  
84 Dumbarton Road  
Clydebank  
G81 1UG**

**Telephone: 0141 941 1550  
Email: [clydebankcc@carerswd.org](mailto:clydebankcc@carerswd.org)  
[www.carerswd.org](http://www.carerswd.org)**

**Find us on social media: @CarersofWestDun**

