

Autumn/Winter 2024



TICKETS £5 EACH  
AVAILABLE ON 0141 941 1550 OR FROM  
THE CARERS' CENTRE

**Christmas Party**

SATURDAY 7TH DECEMBER  
7PM - LATE

CLYDE VENUE, ALEXANDER ST, CLYDEBANK, G81 1SQ

DJ | BUFFET | PARTY GAMES | RAFFLE | PRIZE DRAW

## CHRISTMAS PARTY 2024

It's the most wonderful time of the year!

That's right, our Christmas Party is back for 2024!

Join us on Saturday 7th December for an evening of festive cheer, including party games, prizes and a DJ supplying all the best Christmas tunes.

Tickets cost £5 each and are available by calling 0141 941 1550 and arranging collection, or from our office at 41 Kilbowie Road, Clydebank, G81 1BL. All are welcome!

Bring your ticket on the night to be entered into our prize draw!

Raffle tickets will be available for purchase on the night for an extra chance to win a Christmas treat!

Hot buffet will be available



## ANNUAL GENERAL MEETING 2024

Our AGM will be held on Wednesday 20th November from 6pm at Clyde Venue, Alexander St, Clydebank, G81 1SQ. This is an opportunity to hear how our organisation has supported carers in the last year, and our plans for the year ahead.

Light refreshments will be provided

If you would like to attend, please RSVP to Kim on 0141 941 1550 or email [kim.mcnab@carerswd.org](mailto:kim.mcnab@carerswd.org)



## OUR NEW OFFICE

The Carers' Centre has now moved premises!

Our new home is at 41 Kilbowie Road, Clydebank, G81 1BL.

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.

## VALE OF LEVEN SUPPORT AND INFORMATION SERVICE

We now offer a drop-in service at the Vale of Leven Support and Information Service, based within the hospital main entrance. The service is available to patients, visitors and carers for advice and information across a range of support.

You'll find our team at the service on the 1st and 3rd Tuesday of each month, 12:30pm - 4:30pm.

More information can be found at: <https://bit.ly/volsis>



## CARERS RIGHTS DAY 2024

# INFORMATION DAYS FOR CARERS OF NEURODIVERGENT CHILDREN AND YOUNG PEOPLE

**Tuesday 19th November**

**10am - 1pm**

**The Abbotsford Hotel,  
Dumbarton, G82 2PJ**

**Thursday 21st November**

**3pm - 6pm**

**Clyde Venue,  
Clydebank, G81 1SQ**

**Guest speakers | Information stalls | Buffet**

**To attend, RSVP with your preferred event on 0141 941 1550  
or email [jenni@carerswd.org](mailto:jenni@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 Alison on 0141 941 1550 or via [alison@carerswd.org](mailto:alison@carerswd.org)

\*T&Cs apply

## WINTER VACCINES 2024

Unpaid carers will be offered flu vaccinations as part of the NHS Winter Vaccination Programme 2024. Please note: unpaid carers are no longer eligible for the Covid-19 booster vaccine.

The Covid-19 booster vaccine will be offered to the following groups:

- Residents in care homes for older adults
- All adults aged 65 years and over
- Individuals aged 6 months and over who are in a clinical at risk group, including pregnant women
- Frontline health and social care workers
- Staff in care homes for older adults

For more information on winter vaccinations, visit [www.nhsinform.scot/winter-vaccines](http://www.nhsinform.scot/winter-vaccines)



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

Our male carer support group, *A Few Good Men* gives male carers the opportunity to come together and enjoy a variety of activities, from learning sessions to day trips.

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



## ***A FEW GOOD MEN ISLAND ADVENTURE***

In September 2024, with thanks to The Journey and Retreats Scotland, *A Few Good Men* visited the island of Inchcailloch for the day.

Setting sail from Luss on a guided boat tour, the group took part in a series of wellbeing activities on the island, including beach yoga, a mindfulness session and even a campfire!

A big thank you to Gail and Steve from Retreats Scotland for hosting such a wonderful trip!



# **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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### **VALE OF LEVEN SUPPORT AND INFORMATION SERVICE**

Vale of Leven Hospital (Alexandria, G83 0UA)  
Every third Tuesday of the month  
12:30pm - 4:30pm

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



## CITIZENS ADVICE BUREAU PENSION CREDIT: DON'T MISS OUT!

West Dunbartonshire Citizens Advice Bureau are encouraging local residents to seek advice on Pension Credit, with the launch of their new campaign, "Pension Credit: Don't Miss Out!".

The campaign aims to encourage older adults to apply for Pension Credit and seek advice from the Citizens Advice network for additional assistance.

***Did you know that applying for Pension Credit before December 21st 2024 will ensure you receive the Winter Fuel Payment and a three-month backdated Pension Credit payment?***

Additional assistance provided by Pension Credit includes council tax reduction, Warm Home Discount, help with NHS dental and eye treatment and a free TV License (75 years and over).

Looking for advice? Call West Dunbartonshire Citizens Advice Bureau on 0800 484 0136 or get in touch via the LiveChat function on [www.wdcab.co.uk](http://www.wdcab.co.uk)

More information on Pension Credit can be found at:  
[www.gov.uk/pension-credit](http://www.gov.uk/pension-credit)

Do you care for a relative or friend who may be missing out on Pension Credit? Chat with them today and get in touch with Citizens Advice Bureau for advice and support.

### FREE HEARING CHECKS - OCTOBER AND NOVEMBER 2024

West Dunbartonshire HSCP, in partnership with RNID and NHS Greater Glasgow and Clyde are hosting a series of free, drop-in clinics, offering hearing checks and help maintaining NHS hearing aids:

- Clydebank Library - Every 1st and 3rd Thursday, 1pm - 3pm
- Alexandria Library - Every 2nd and 4th Thursday, 10:30am - 12:30pm
- Dumbarton Library - Every 1st and 3rd Wednesday, 5:30pm - 7:30pm



## 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**

**Clydebank Housing Association**

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.



## BOX OFFICE PROJECT

Our Box Office Project is returning for 2025!

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 Alison on 0141 941 1550 or via [alison@carerswd.org](mailto:alison@carerswd.org)



## COST OF LIVING ADVICE EVENT

We will be attending the Cost of Living Advice Event on Friday 15th November, hosted by Marie McNair MSP.



Join us from 1pm at Centre81, Clydebank where we'll be joined by a host of other wonderful local organisations, providing advice and information to support you with the cost of living.



# Strathleven Foundation

Inspiring change



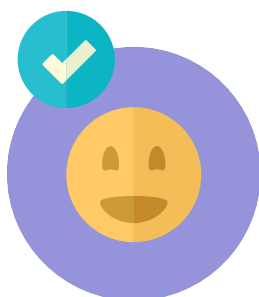
## Helping Hand Fund



### **£18,390 awarded**

We kicked off our Helping Hand Fund in June, receiving 20 applications in the first month.

A special thanks to the local community workers and organisations for spreading the word!



### **Community benefits**

Applications were received and awarded to a variety of groups including green space projects, children's activities, food provision, health and wellbeing and community communications.

# Can I apply?



Is your organisation based in Dumbarton or the Vale of Leven or do you provide services for people in these areas?



Are you asking for something that regulatory bodies don't fund?



Are you a charity or constituted community group?

If the answer is **YES**, you could receive up to £2,000 from our Helping Hand Fund.

To find out more go to

[www.strathlevenfoundation.org.uk](http://www.strathlevenfoundation.org.uk)



## **Carers of West Dunbartonshire**

**Carers Centre  
41 Kilbowie Road  
Clydebank  
G81 1BL**

**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**

