

Spring/Summer Newsletter

RIGHT TO BREAKS CONSULTATION



RIGHT TO BREAKS CONSULTATION

PROTECTING CARERS' WELLBEING AND SUSTAINING RELATIONSHIPS

There are an estimated 700,000 to 800,000 adult unpaid carers and around 27,000 young carers in Scotland.

It is crucial that carers are supported to have a life alongside caring, and that they are able to sustain and improve their own health and wellbeing. Through the Care Reform (Scotland) Act 2025, the Scottish Government will establish a right to breaks for carers, to help protect their wellbeing and sustain caring relationships.

This consultation provides an important opportunity for the right to a break to be shaped by the unpaid carers it aims to support, and the organisations that will help deliver this right.

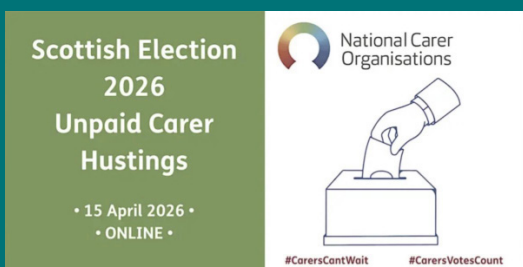
While the right to a break has the potential to be transformative, planning and delivery must recognise the current challenges unpaid carers and services face.

The time for effective and meaningful change to short breaks is now.

The consultation will be open until **Friday 22 May 2026**. Please search the link below to share your views.

Right to breaks for unpaid carers - implementation - Scottish Government consultations - Citizen Space

THE NATIONAL CARER ORGANISATIONS



Scan me to register



The National Carer Organisations (NCOs)

are hosting an online hustings event on **Wednesday 15 April, 11.30am–1.00pm**, ahead of the Scottish Parliament election.

The event will discuss unpaid carers' issues with Scotland's political parties, raising awareness for the support unpaid carers need to stay healthy, be well supported, and be financial secure.

When registering, you'll be provided the opportunity to submit your question ahead of the event. Questions may be grouped based on common themes to ensure as many questions are raised as possible on the day.

How can we improve access to cancer screening for people with mental health problems?



Are you a carer/supporter of someone aged 50–74 with a serious mental health problem?

We want to find ways to make it easier to have cancer screening. We are doing a research study about this called ACCESS.

There are national screening programmes for different types of cancer.

We want to talk to carers of people aged 50-74.

We are running group discussions and one-to-one discussions.

We will ask questions about access to cancer screening for people with a severe mental illness. You will get £30 in shopping vouchers for taking part.

If you would like more information with no obligation to take part, Contact Ben Young
Text/call: 07866 222 945
Email: AccessStudy@glasgow.ac.uk

ACCESS



MENTAL HEALTH NETWORK

NHS
Greater Glasgow
and Clyde

NHS
Ayrshire
& Arran



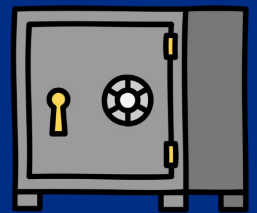
University
of Glasgow

DONATION STATEMENT

Individual donations make a real difference to the lives of carers and every donation we receive is handled with the highest level of transparency and accountability.

We are committed to ensuring that any donation we accept comes from a trustworthy source. Unless otherwise stated by the donor, 100% of private donations will go directly towards supporting carers. If you would like to make a donation, you can either:

Visit us at the **Carers' Centre** to make a cash or cheque donation or **call us** on **0141 941 1550** to arrange a bank transfer. If you wish to fundraise on our behalf, please contact a member of the management team to discuss.



VERY BEST WISHES TO BERNADETTE



In March, we said “goodbye, good luck and many thanks” to Bernadette McGaughey, who after 18 years with Carers of West Dunbartonshire has retired.

Over the years Bernadette has been a valued member of our wonderful staff team and has provided an amazing level of support to many carers. Bernadette will be sorely missed and we send our very best wishes as she embarks on this well-deserved new chapter!



CARERS OUTREACH HUBS

To ensure that we are reaching as many carers as possible we have Carers Outreach Hubs in the local communities in West Dunbartonshire.

Drop in to one of our Carers Outreach Hubs

First Tuesday each month - **Alexandria** , Food for Thought, 5 Alexander Street, Alexandria , 11:00am - 12:00pm

First Thursday of each month, **Dumbarton**, Food for Thought, Artizan Shopping Centre, Dumbarton 13:00pm - 15:00pm

Second Friday of each month, **Dalmuir**, Barclay Church community pantry & cafe, 11:00am - 13:00pm

West Dunbartonshire
Health & Social Care Partnership

INTRODUCING MAUREEN BOWERS UNPAID CARERS LIAISON OFFICER

Welcome from Maureen Bowers

Hello everyone. I am delighted to be supporting unpaid carers in my role as the Unpaid Carers Liaison Officer at West Dunbartonshire HSCP and look forward to connecting with many carers throughout the area and offering my assistance wherever possible.

I have recently been seconded from NHS Greater Glasgow and Clyde, where my work involved supporting NHS staff and third sector organisations to engage in Future Planning conversations with patients and service users. Prior to this, I worked within Carer Services, which provided an understanding of the issues unpaid carers face and the significant impact caring responsibilities have on everyday life. This experience has enabled me to appreciate the challenges involved and the importance of support for carers. I am passionate about ensuring unpaid carers feel listened to, supported and informed.

Since joining West Dunbartonshire HSCP's Transformation and SDS Team, I've found everyone welcoming, various meetings with local organisations and people have shown a vibrant and active community. I very much look forward to working with carers and organisations to support West Dunbartonshire HSCP's ongoing programme to support unpaid carers.

CARERS WEEK

Carers Week 2026 runs from **Monday 8 June** to **Sunday 14 June 2026**. The theme is “**Building Carer Friendly Communities**,” focusing on recognising and supporting the 5.8+ million unpaid carers in the UK. It aims to highlight the challenges carers face and encourage communities, businesses, and workplaces to provide better support.

8th - 14th



June 2026

CARERS WEEK EVENTS

MON
8TH

KEEPING SAFE EVENT

Abbotsford Hotel
Leven Suite

For more information or to book a place, contact **Joanne** at joanne@carerswd.org or phone the carers centre on **0141 941 1550**

TUE
9TH

DEMENTIA + WELLNESS CIRCLE

Carers week event
Clydebank

For more information or to book a place, contact **Joanne** at joanne@carerswd.org or phone the carers centre on **0141 941 1550**

WED
10TH

BIG RED BUS GLASGOW CARERS WEEK EVENT

For more information, or to book a place, contact **Mhairi** at mhairi@carerswd.org or phone the carers centre on **0141 941 1550**

FRI
12TH

CARERS BOX OFFICE EVENT

The Beatles Complete
Denny Civic
Dumbarton

For more information or to book a place, contact **Mhairi** at mhairi@carerswd.org or phone the carers centre on **0141 941 1550**

CARERS WEEK PRIZE DRAW

We love to use Carers Week to treat some of our amazing carers. On Friday 12th June we will draw names at random from our database and three lucky carers will each win a prize.

Prizes Include

VOUCHER FOR
LOOKING GOOD,
CLYDEBANK

COSTA
COFFEE
BUNDLE

OMNIPLEX
CINEMA
VOUCHER

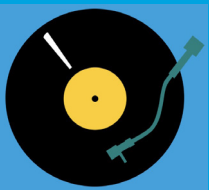
TEA AND CAKE
VOUCHER FOR
CAULDERS
GARDEN
CENTRE

WEST DUNBARTONSHIRE DEMENTIA ROADMAP



West Dunbartonshire has its own website for anyone affected by dementia: **The Dementia Roadmap**. Here you will find information on local services and groups as well as other useful information on living with dementia. A one-stop shop giving tips on keeping well, diagnosis, living well with dementia, staying safe, supporting others and end of life.

Visit <https://scotland.dementiaroadmap.info/westdunbartonshire/>



NEW SUPPORT GROUP! ARE YOU LOOKING AFTER SOMEONE WITH DEMENTIA OR COGNITIVE IMPAIRMENT?

If you are looking after someone with dementia or cognitive impairment (even if they do not have a formal diagnosis) we would love to see you at our new support group starting in **Clydebank**.

This is an opportunity for you and the person that you care for to meet other people, take part in some activities and get some advice and support. The activities will centre around music and reminiscence, but the main aim of the group is to have some fun and take some time out of the stresses of caring.

If you would like some more information or to register your attendance, please contact

Joanne on 0141 941 1550 or email

Joanne@carerswd.org



HEALTHY AGEING AND DEMENTIA AWARENESS IN WEST DUNBARTONSHIRE



We are delighted to announce Age Scotland will be running free dementia awareness and prevention sessions during **May 2026**. The number of people affected by dementia in Scotland is expected to rise by 50 percent in the next two decades to 120,000. If you want to have a better understanding of what dementia is and find out more about:

- *The signs and symptoms of dementia*
- *How to communicate with and include people living with dementia*
- *How to reduce risk of developing dementia and what people can do to live well with dementia.*

Dementia Awareness and Prevention	A 90-minute awareness of dementia, living well with dementia and how to reduce developing dementia.	9th May, 1.30-3pm	Dumbarton Library Dementia Awareness workshop with Age Scotland Tickets, Saturday, May 9 from 1:30 pm to 3 pm Eventbrite
		13th May, 1.30-3pm	Clydebank Library, Titan Room Dementia Awareness workshop with Age Scotland Tickets, Wednesday, May 13 from 1:30 pm to 3 pm Eventbrite
		9th May 10.30am-12noon	Alexandria Library, Gilmour Room Dementia Awareness workshop with Age Scotland Tickets, Saturday, May 9 from 10:30 am to 12 pm Eventbrite

We are also running Age Scotland's **Take 5 to Age Well** sessions in **Clydebank Library**. To book place, email us at ggc.wdhscp.admin@nhs.scot

Take 5 to Age Well	Sessions delivered over 4 weeks covering eating well and staying hydrated, moving more, social connections and keeping the mind active.	2.30-4.30pm on: 26th Tuesday 2nd May 9th June 16th June	Titan Room, Clydebank Library
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PROTECT YOURSELF AGAINST MONEY THEFT

Anyone who has been the victim of money theft will know that it is an extremely distressing experience. Discovering that your money has been stolen shakes your sense of security and it isn't just the loss of the funds themselves; it's the violation, the sudden realisation that someone has taken advantage of your trust or your vulnerability. Afterwards, you can be left with feelings of frustration, disbelief, shame and the unsettling feeling that your world is a little less safe than it was before. This year's Carers' Week will kick off with our Keeping Safe event on Monday 8th June at Abbotsford Hotel, Dumbarton where, amongst others, we will be joined by personnel from local banks and Police Scotland.

The event will address a range of ways to keep safe at home and in the community but in the meantime, we have put together some helpful tips that can help reduce the risks of money theft.

Most thefts succeed because the thief counts on you being distracted, rushed or looking vulnerable.

- ***Do not give out your bank card and PIN number to anyone*** – there are other ways to access cash if you need help.
- ***Check your bank statements*** and make sure that you know what your balance should be. If something looks wrong, you can act quickly.
- ***Don't keep large amounts of cash at home or on your person*** – put them safely in the bank. If you do need to keep money around the home, make sure it is hidden securely away and out of sight of casual visitors.
- ***If someone shops for you***, be clear about what money you have given them, and what change you expect.
- ***Keep your bag zipped and close to your body***, especially in crowded places.
- ***Don't flash cash or expensive items*** that might attract attention.
- ***Use cashpoints that are in well-lit, secure areas, and shield your PIN when typing.***
- ***Use strong passwords***
- ***Don't click on any suspicious email links***



Talk to others – if something feels wrong don't be scared to ask someone you trust for help.

LATEST IMPROVEMENTS TO CARER BENEFITS ARE NOW LIVE



From week beginning 16th March 2026, carers who look after more than one person for at least 20 hours a week will be able to claim the new Carer Additional Person Payment, worth over £500 a year for each additional cared-for person. Other improvements include extending Carer Support Payment following the death of the cared-for person from 8 to 12 weeks and replacing Carer's Allowance Supplement with Scottish Carer Supplement which will be paid alongside Carer Support Payment rather than in two annual payments as it is currently – meaning carers receive extra support more consistently and regularly. You can access a range of resources about the changes, and other payments you might be entitled to, on the Social Security Scotland website:
<https://www.socialsecurity.gov.scot/resources>

Carers of West Dunbartonshire has a dedicated support service for those looking after more than one person. If you would like more information about it contact Alison on 0141 941 1550 or email alison@carerswd.org



KIDZ TO ADULTZ IS COMING TO SCOTLAND – BE PART OF SOMETHING EXTRAORDINARY!

**SEC Centre - Hall 5,
Exhibition Way, Glasgow, G3 8YW
Tuesday 15 September 2026
9:30am to 4pm**

Adultz to Kidz is celebrating 25 incredible years of supporting children and adults with disabilities and additional needs across the UK and in September 2026, Kidz to Adultz event is coming to Scotland!

This very special edition of their much-loved exhibitions is tailored specifically for Scotland by supporting people of all ages – from childhood through adulthood – alongside their families, carers, and the professionals who support them.

Kidz to Adultz Scotland is uniquely designed to offer inclusive support across every life stage. Whether you're a parent, a child, an adult living with a disability, a carer, educator, therapist, or healthcare professional, this is Carers of West Dunbartonshire has reserved 15 free places for any carer who would like to attend. To find out more about the event or reserve your own place use the link Kidz to Adultz North - <https://www.kidzexhibitions.co.uk/kidz-to-adultz-scotland-1/>

COFFEE MORNING

*Please join us on the **27th of May** at
10:00 am for our coffee morning*

Free entry,
but limited spaces, so we ask that you
book ahead

For more information, or to book a place, please contact
Alix at Alix.mcginley@carerswd.org or phone the carers
centre on 0141 941 1550





**Alzheimer
Scotland**
Action on Dementia



Carers Cafe

A relaxed and informal setting for people caring for someone living with Dementia. Staff are also welcome to attend. Come along for a cuppa, a chat and peer support with others who understand what it is like to be a carer.



**Back left corner of the main Café, Golden Jubilee University National Hospital
Last Thursday of the month from 2.30pm-4pm**



For more information please contact :

Deborah Edgar:



dedgar@alzscot



0141 410 5306



Con Gilespie:

gilleco574@gjnh.scot.nhs.uk



Carers of West Dunbartonshire is an innovative and value-based charity, which supports those over 18 years who look after a family member or friend due to illness, disability, frailty or addiction.

**CARER SUPPORT
WORKER**
24 hours per week
Salary £18,907

The successful candidate will be part of our existing, dynamic Carer Support Team. You will be responsible for assisting carers to access a range of support which will help them to manage their caring role.

You will be a highly motivated individual who, ideally has experience in Community Care and a good understanding of the issues relating to unpaid adult carers.

For an application pack contact Andrea Murray

0141 941 1550

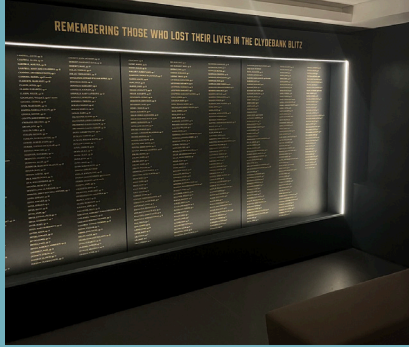
Email: andrea@carerswd.org

Successful applicants will be subject to a Disclosure Scotland check
Carers of West Dunbartonshire's commitment to Equal Opportunities is reflected in our selection process.

Please note - this salary is under review

CLYDEBANK MUSEUM

Our Carers Learning and Engagement Officer Alix (CLEO) had a fantastic time visiting West Dunbartonshire Arts and Heritage Clydebank museum. The museum is located underneath *Clydebank library* and provides a warm place to learn about the history of Clydebank.



ABOVE AND BEYOND

the people behind unpaid care

Above and Beyond
the people behind
unpaid care



Thank you to everyone that has bought one of our books: Above and Beyond. All proceeds from the sale of the book go directly to supporting carers.

We still have some books available for purchase at £10 each, these are available from the Carers Centre.

PRIDE MONTH

What's On?

June 2026

Please join us on Wednesday, the 10th of June, to celebrate Pride.

*Refreshments provided, for more information or to book a place, **contact Alix** at alix.mcginley@carerswd.org or phone us on **0141 941 1550***

Helplines for carers from the LGBTQ+ community

FearFree: support for people experiencing domestic abuse in Scotland who identify as a man or from the LGBTQ+ Community.

Call: **0131 624 7270**

Email: FearFreeInfo@sacro.org.uk

Visit: <https://fearfree.scot>

LGBT+ Health and Wellbeing

LGBTQ+ Helpline: **0800 464 7000**

Visit: <https://www.lgbthealth.org.uk/services-support/>

Scottish Trans

Call: **0131 467 6039**

Email: info@scottishtrans.org

Visit: <https://www.scottishtrans.org/>

Mermaids helpline: Supporting trans, non-binary and gender-diverse children, young people and their families since 1995

0808 801 0400

For future events or information, please contact Alix on alix.mcginley@carerswd.org or call us on **0141 941 1550**





R.I.S.E

Resilient Inspired Supported Empowered

The RISE Project provides support to carers living in identified areas across West Dunbartonshire:

Castlehill (Dumbarton)

Drumry (Clydebank)

Haldane (Balloch)

The project aims to address any disadvantages that carers living in these areas may experience, including:

Financial hardship

Opportunities for education and employment

Digital exclusion

Access to services

The Project Lead will support carers individually and in groups to build resilience, inspire growth, empower and motivate them to overcome barriers relating to their caring role.

**For more information, contact Clare on 0141 941 1550
or email clare@carerswd.org**

SPRING/SUMMER GAMES

Wordsearch

Find the 10 hidden words

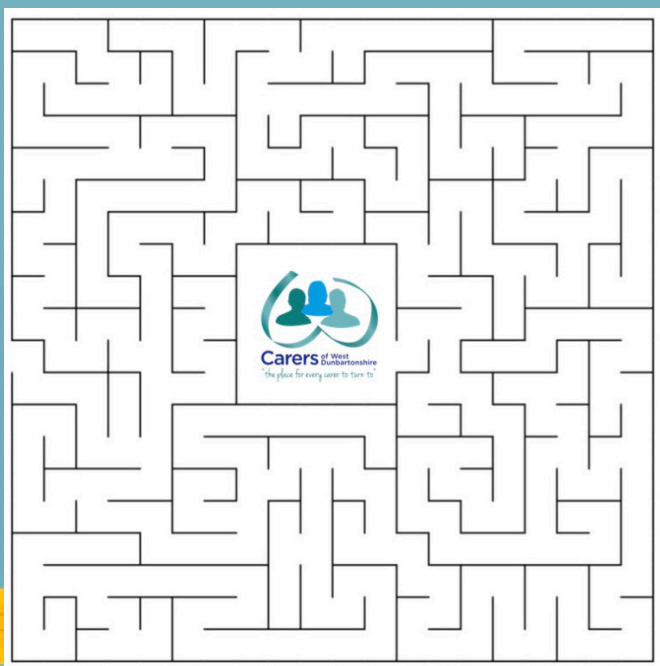
C	L	Y	D	E	B	A	N	K	E	A	T
R	T	O	G	E	T	H	E	R	F	H	H
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CLYDEBANK HELP CARING SUNSHINE

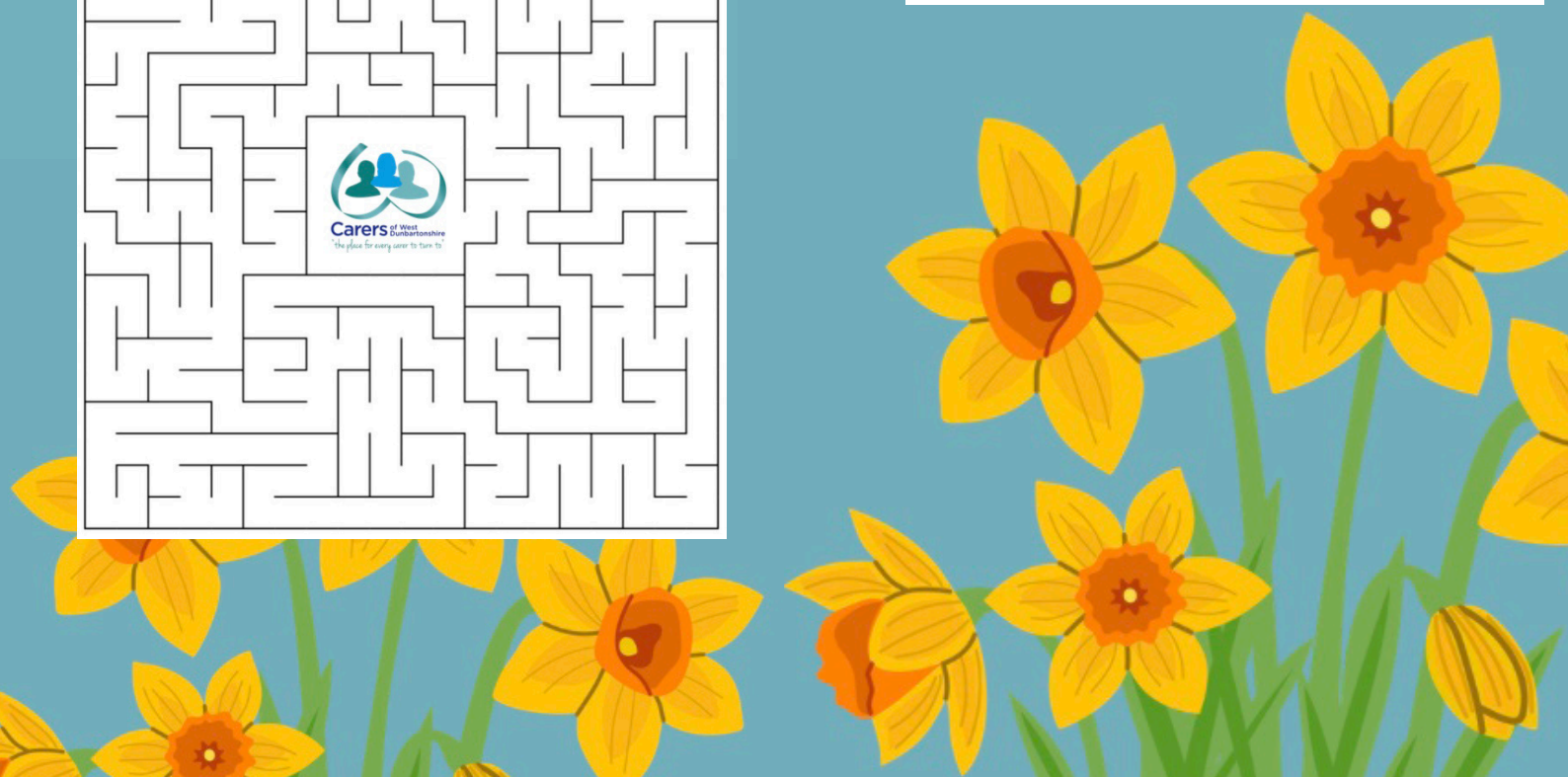
SPRING SUPPORT TOGETHER

SUMMER CARERS FLOWER

Find your way out!



Colour me!





OUR SUPPORT GROUPS



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 mood, help to ease pain and can help with balance and posture.

CRAFT GROUP

Every Thursday

10am- 12pm

Clydebank Library

Create your own artworks and spend time with other carers.
This group is available to carers and former carers.

BOOK GROUP

Last Monday of each month

2:30pm-4:30pm

Clydebank Housing Association

Want some new reading material and to meet other carers?

Join our Book Group. Books are made available in the library before each meeting.

GROWING WITH CARE

Every Friday

11am-1pm

Melfort Park, Clydebank

Give growing your own fruit and veg a go and meet some carers while you do it!

A FEW GOOD MEN

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

Various outings and events throughout the year

BOX OFFICE PROJECT

Usually monthly

Offers a variety of social opportunities relating to "the arts and entertainment" for adult carers and those that they care for.

THE WELLNESS CIRCLE

Three weekly on a Tuesday

If you are looking after someone with dementia or cognitive impairment (even if they do not have a formal diagnosis) we would love to see you at our new support group.

Social opportunities are available throughout the year. For more information contact Mhairi at

Mhairi@carerswd.org or call the Carers Centre 0141 941 1550.



Carers of West
Dunbartonshire

"the place for every carer to turn to"

Carers of West Dunbartonshire

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

**Telephone: 0141 941 1550
Email: clydebankcc@carerswd.org
www.carerswd.org**

Find us on social media: @CarersofWestDun

