

Autumn/Winter Newsletter

We're Bending the Rules for Carers Rights Day!

Carers Rights Day is all about ensuring unpaid carers are aware of their rights and the support available to them. It is also an important opportunity to recognise the dedication, compassion, and resilience shown by carers across our communities.

Carers Rights Day may officially take place on Thursday 19 November, but here at CWD we've decided to bend the rules a little and continue the celebrations two days later with a relaxed and informal coffee morning. After all, carers spend so much of their time looking after others that they deserve more than just one day of recognition.

Alongside raising awareness of unpaid carers and their rights, we will be bringing people together to enjoy a cuppa, access advice and information, and celebrate the incredible contribution carers make every day. We look forward to seeing you and raising a mug to those who make such a difference to the lives of others.



CARERS RIGHTS DAY COFFEE MORNING
10am – 12pm
Saturday 21st November 2026
St Augustine's Church Hall, Dumbarton
£3.00 pay on admission



Spreading Christmas Cheer with Sleeping Beauty Pantomime Tickets



This Christmas, we're delighted to help create magical festive memories for carers while supporting Dumbarton Amateur Dramatics by providing 20 tickets to their pantomime, Sleeping Beauty, at the Denny Civic, Dumbarton, on Wednesday 16 December at 7pm.

The festive season can be challenging for many carers, and we believe everyone deserves the opportunity to enjoy special moments with family and friends. By offering these tickets, we hope to spread a little Christmas cheer and create lasting memories for those attending.

We look forward to hearing about the enjoyment and excitement the pantomime brings and wish everyone a wonderful festive season. We hope the magic of Sleeping Beauty helps make Christmas even more special. Carers wishing to attend will be allocated two tickets for the Wednesday evening performance.

Please contact Mhairi@carerswd.org or 0141 941 1550.

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Welcome Laura

We are pleased to welcome Laura to the team as our new Carer Support Worker. With strong experience in learning disability support and her work in a dementia day centre. We look forward to the positive contribution she will make through her role. You can contact Laura at Laura@carerswd.org or 0141 941 1550



Welcome Caroline

We are pleased to welcome Caroline as our new Dementia Project Lead. Caroline brings strong experience in dementia support along with experience working for other carers services. We look forward to the contribution she will make. If you are caring for someone with dementia, you can contact Caroline at caroline@carerswd.org or 0141 941 1550



Thank you to everyone who took part in our Right To A Break consultation

Scotland now has legislation in place that will create a stronger Right to a Break for unpaid carers. However, the details and guidance are still being finalised following the consultation earlier this year. It is expected that carers who cannot access adequate breaks will gain a clearer entitlement to support through an Adult Carer Assessment and Support Plan or a Young Carer Statement. The consultation process provided an important opportunity for the Right to a Break to be shaped by the unpaid carers it aims to support, as well as the organisations that will help deliver this right.

At Carers of West Dunbartonshire, we held our own consultation event in May and were delighted to receive responses from so many carers. Thank you to everyone who took the time to attend or respond. While there is broad support for the new right, concerns were raised about some aspects of how the legislation will be implemented and whether sufficient funding and services will be available to deliver it consistently across Scotland.

You can read the individual responses to the consultation, including Carers of West Dunbartonshire's by visiting

<https://consult.gov.scot/dementia-and-unpaid-carers-unit/unpaid-carers-right-to-breaks-implementation>





Respitality Celebrates One Year!

Respitality in West Dunbartonshire has now been running for a year and continues to be a great success.

Thanks to the generosity of local businesses, we have been able to offer carers vouchers for hairdressers, restaurants, and beauty treatments.

These vouchers allow carers the opportunity to enjoy a well-deserved break from their caring role and take some time for themselves.

If you would like to find out more, please contact your

Carer Support Worker or Mhairi on 0141 941 1550 or email mhairi@carerswd.org.

Could you support Respitality?

If you are a local business and would like to support carers by donating a voucher, service, or experience, we would love to hear from you.

Please contact **Mhairi** on **0141 941 1550** or email mhairi@carerswd.org to find out more.

Congratulations to Our Carers Week Lucky Draw Winners!

As part of our Carers Week celebrations, we were delighted to hold a special lucky draw to recognise and thank carers for the incredible contribution they make every day.

We would like to offer our warmest congratulations to all of our winners, who each received a fantastic prize:

- **Costa Coffee Bundle**
- **Looking Good Clydebank Voucher**
- **Omniplex Cinema Voucher**
- **Caulders Voucher**



We hope our winners enjoy their prizes and take the opportunity to treat themselves. Carers Week is an important time to celebrate, recognise and appreciate the dedication, compassion and commitment shown by carers within our communities.

Thank you to everyone who took part, and most importantly, thank you to all carers for the invaluable support you provide. Your hard work and dedication make a real difference every day.

CWD Supports Local Young Carers Festival

CWD is proud to have supported YSort-it's Young Carers Festival this summer by providing a donation to fund tote bags for all the young carers.

The festival provided an opportunity for young carers to take a well-deserved break, connect with others who share similar experiences, and enjoy a range of activities designed to celebrate and support them.

Thanks to CWD's contribution, every attendee received a festival tote bag, which they were able to decorate themselves and could be used to carry resources and keepsakes from the event. The bags also served as a lasting reminder of a memorable experience and the community that stands behind young carers.

Supporting initiatives such as this reflects CWD's commitment to making a positive difference in the communities we serve. We are delighted to have played a small part in helping create an enjoyable and rewarding experience for these remarkable young carers.

We would like to thank the festival organisers, YSort-it, for the incredible work they do and extend our best wishes to all the young carers who attended. Their resilience, dedication, and compassion continue to inspire us all.





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

NHS
Golden Jubilee



**Alzheimer
Scotland**
Action on Dementia



Carers Café at the Jubilee

The monthly Carers Café provides a relaxed and informal setting for anyone who is caring for those with personal caring responsibilities for a family or a friend.

We recognise how challenging it can be balance work with the responsibilities of a personal caring role so staff are also very welcome to join us at the Café.

Come along for a cuppa, a chat, expert and peer support with others who understand what it's like to be a carer.



Golden Jubilee Conference Hotel – check display screen or ask at reception



Last Thursday of the month from 2.30pm-4pm

For more information please contact:

West Dunbartonshire



clydebankccc@carerswd.org



www.carerswd.org

Lead Nurse Dementia



gilleco574@gjnh.scot.nhs.uk

Alzheimer Scotland



0300 37 35 774

Spiritual Care



gjnh.spiritualcare@gjnh.scot.nhs.uk

Drop into one of our carers outreach hubs!

Second Tuesday of each month, The Pheonix, 17a Quarry Knowe, Dumbarton G82 5AF, 12pm - 2pm

First Thursday of each month, **Dumbarton**, Food for Thought, Artizan Shopping Centre, Dumbarton 1pm - 3pm

Second Friday of each month, **Dalmuir**, Barclay Church community pantry & cafe, 11am - 1pm

Third Tuesday of each month, Vale of Leven Hospital, Main Street, Alexandria G83 0UA, 1pm - 4pm

CARERS — DON'T FORGET YOUR FLU VACCINE!

The Flu and Coronavirus (COVID-19) vaccination programme will begin rolling out from September 2026 across Scotland. NHS Scotland will contact eligible individuals by letter, email, or text message with appointment details or booking instructions.

Who is Eligible?

- Residents in care homes for older adults
- Adults aged 75+
- People aged 6 months+ with a weakened immune system
- Other clinical at-risk groups, pregnant women, and health/social care staff
- Care workers (check local health board guidance for specific staff cohorts)

Unpaid carers are eligible for the flu vaccine. You may also be eligible for the COVID vaccine if you fall into one of the other eligible groups.

Where Are Vaccines Offered?

- Local health centres and GP practices
- Community vaccination clinics
- Participating community pharmacies
- Home visits for housebound individuals

If you're not sure whether you're eligible, you can visit: <https://www.nhsinform.scot/gettingvaccinations>



Welcoming Three New Trustees to our Board

We are delighted to welcome three new trustees to our Board: **Kevin Moran, Charlie Coggrave** and **Laura Foley**.

Each brings a wealth of knowledge, experience and fresh perspectives that will help strengthen our organisation as we continue to grow and develop.

- **Kevin** joins us with extensive personal experience as an unpaid carer. His deep understanding of caring issues, local support services and the importance of compassionate leadership will be invaluable in helping us stay focused on the needs of those we serve.
- **Charlie** brings a strong background in the third sector, with significant experience working across charities and community organisations. His insight into governance, partnership working and social impact will be a tremendous asset to the Board.
- **Laura** contributes a broad range of business experience, offering valuable expertise in strategy, organisational development and governance. Her perspective will help support the long-term sustainability and success of our organisation.

Together, Kevin, Charlie and Laura bring a complementary mix of skills and expertise that will enhance the strength and diversity of our Board. We are excited to work with them and look forward to the positive contribution they will make in the years ahead.

Please join us in extending a very warm welcome to Kevin, Charlie and Laura. We are delighted to have them on board.

We know that you will also want to join us in congratulating **Theresa Jones**, Trustee who recently married her long-term partner Walter Semple. Theresa and Walter exchanged vows on Friday 21st August at St Patricks Church Dumbarton where Kim and Helen were delighted to be part of their special day. We extend our very best wishes from us all.



LGBTQ+ Carers: One Person's Story

Behind every carer is a story of dedication, resilience, and compassion.

The following story comes from a carer in the LGBTQ+ community who received support from us and kindly shares their experience in their own words.

“Having the carers centre and group has made a massive change for me personally. Not only have they been incredibly supportive towards me, but they have made me aware of different groups and other support out there that I can reach out to. I was able to get a break away with the help from the ‘Time for Me’ grant. They also helped facilitate a gym membership for me, which massively helps my mental health, especially my gender dysphoria.

Being at the gym helped me get in shape and masculinise my body so I feel more comfortable in it. It also helped me improve my overall health. I am very grateful for everyone I have interacted with through the carers centre, I highly recommend reaching out to them if you or anyone you know is a carer and could use a little extra support.”

If you are in the LGBTQ+ community and looking after a relative or friend, you can find support by emailing

Alix at alix.mcginley@carerswd.org or phone the carers centre on **0141 941 1550**.

With You West Dunbartonshire

withyou

We provide drug and alcohol support services across West Dunbartonshire, offering confidential, person-centred support to individuals who are experiencing difficulties with alcohol or drug use.

Our service can provide advice, information, one-to-one support and help people work towards their own goals around their substance use and wellbeing.

We work across multiple community locations and sites, providing services and support throughout West Dunbartonshire.

Email: westdunbartonshire@wearewithyou.org.uk

Phone: 0800 652 1997

Visit: www.wearewithyou.org.uk

Have you received mental health support or services while caring for someone?

Carers Trust Scotland are looking to speak with unpaid carers who have experience accessing mental health support in Scotland (e.g. counselling, CAMHS, NHS services). This is part of a research project funded by Scottish Government focussing on improving the accessibility and effectiveness of mental health services for carers.

The research will explore the barriers that carers face when accessing mental health supports and services in Scotland. There is a particular focus on equal access across different demographics of carers. They are particularly encouraging individuals from historically overlooked or marginalised groups, such as male carers, minoritised ethnic carers, young or older adult carers, or carers from rural parts of Scotland, to take part.

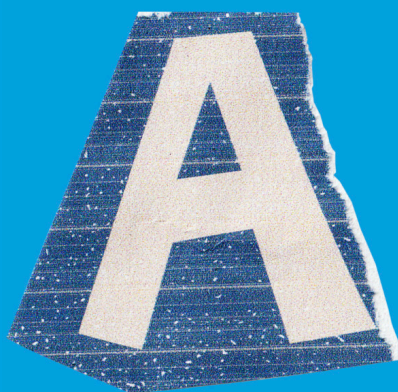
Interviews will take place online with the lead interviewer Campbell from Carers Trust. They will last roughly between 30 minutes to an hour. Questions may include your general experience accessing and receiving services as a carer, and what may have made it difficult to get support.

Interviews can be scheduled at your convenience and are flexible. They will run until December 2026. If you have any questions, please feel free to contact Campbell at scot.research@carers.org

Sign up to take part by clicking [here](#) or visit:

<https://forms.cloud.microsoft/e/32EFzPTs8T>





Join Us for Our Annual General Meeting

We are pleased to invite members, carers, supporters, partners, and friends of the organisation to attend our forthcoming Annual General Meeting (AGM).

· ***Monday 23rd November***

· ***12.30pm***

· ***Clyde Venue, Alexander Street,
Clydebank***



The AGM is an important opportunity to come together, reflect on the past year's achievements, and hear about our plans for the future. The meeting will include presentations on our activities and accomplishments over the last year, as well as the formal business of the AGM, including the presentation of our annual report and accounts and the election of trustees.

Whether you are a long-standing supporter or new to our organisation, we encourage you to attend and learn more about our work, achievements, and future priorities. Your involvement helps shape our direction and ensures that we continue to meet the needs of carers across our community.



Please confirm your attendance, by contacting ***Andrea@carerswd.org*** or calling ***0141 941 1550***



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We offer advice on: Understanding if you've experienced abuse, Debt as a result of economic abuse, Safe banking, Benefit Entitlements & more.

Follow up casework available.

For safety we do not have the facility to leave a message, if the line is busy when you call, please keep trying.

FOR HELPLINE HOURS AND MORE INFORMATION

WWW.FINANCIALLYINCLUDED.CO.UK



Helpline funded by



Scottish Government
Riaghaltas na h-Alba
gov.scot



The Purple Phone

Opening Times

Monday	4pm - 7pm
Wednesday	10am - 1pm
Thursday	1pm - 4pm
Friday	10am - 1pm

0343 841 0132

Webchat available

www.financiallyincluded.co.uk

Box Office Project: A Brilliant Day Out at Jupiter Artland

The Box Office project enjoyed a wonderful outing in May with a group visit to Jupiter Artland, one of Scotland's most celebrated contemporary art parks. The weather was beautiful, creating the perfect backdrop for a day of exploration and connection.

Carers spent the afternoon wandering through the grounds, taking time to enjoy the wide range of sculptures, installations, and landscape artworks. The visit offered a peaceful opportunity for carers to slow down, reflect, and experience creativity in a relaxed environment. Following the walk, the group gathered in the Bothy for lunch.

The Box Office project continues to run monthly, providing carers with meaningful cultural experiences, social connection, and time away from daily responsibilities. Anyone interested in joining future sessions is warmly encouraged to contact Mhairi at

mhairi@carerswd.org or phone us on **0141 941 1550**.



Caring For Self

The Caring For Self group recently participated in a flower arranging session at Paton's Petals, where members engaged in a focused flower-arranging activity designed to promote calm, concentration, and creative expression. This session provided a supportive environment for carers to step back from daily pressures and invest time in their own wellbeing. Following the activity, participants shared a relaxed lunch. In addition to this session, the group has taken part in a range of wellbeing-focused experiences in recent weeks, including a scenic boat trip with Sweeney's Cruises, guided relaxation practices, and yoga sessions aimed at supporting both physical and emotional health.

To conclude the programme, members completed an evaluation reflecting on their experiences and identifying how they would like the group to develop in future. Their feedback emphasised the value of creative, social, and therapeutic activities, and will directly inform the planning of upcoming sessions to ensure the group continues to meet the needs of carers effectively. The Caring For Self group remains committed to providing meaningful opportunities for carers to prioritise their wellbeing, build connections, and engage in supportive, restorative activities.



Crieff Hydro Carers Break

Thanks to our fundraising efforts and generous individual donations, our annual Carers Break saw ten carers recently enjoy a well-deserved short break at Crieff Hydro. Giving them time away from their caring responsibilities to relax, recharge and connect with others who understand the challenges of caring. The break provided an opportunity to enjoy the beautiful surroundings, access leisure facilities and spend quality time focusing on their own wellbeing. Feedback from carers was extremely positive, highlighting the value of having time for themselves.

Thank you so much to Kim and Joanne for giving up their time and arranging the break. I had a lovely time, everyone was so friendly and welcoming.



Thank you so much for the opportunity. I had fun, rest and met some lovely people.



South Asian Ladies Group

We are delighted to share the success of our new South Asian Ladies Group, which has been bringing women together in a welcoming and supportive environment while raising awareness of the vital role unpaid carers play in our communities.

The group provides an opportunity for women to connect with others, build friendships, share experiences, and learn more about the support available to carers. Through regular activities and social outings, members have been able to enjoy some well-deserved time for themselves while developing new connections and confidence.

Over the past few months, the group has taken part in a variety of enjoyable activities, including decorating personalised tote bags, going bowling, and meeting for coffee and conversation. These activities have offered a chance to relax, have fun, and spend time with others who understand the challenges and rewards of caring for a loved one.

If you would like to attend this group, please email **Alix** at alix.mcginley@carerswd.org or call us on **0141 941 1550**.



Free Winter Tuesday Evening Meals

This winter, **Golden Friendships** are helping bring people together by offering free two-course meals to anyone who may be struggling during the colder months. The meals will be served at 5.00pm on selected Tuesdays from October through to March, providing a warm meal and a welcoming space for members of the community. This is a fantastic opportunity for people to enjoy good food, connect with others, and access support during what can be a challenging time of year.

Meal dates:

- * **October: 6th, 13th, 20th, 27th**
- * **November: 3rd, 24th**
- * **December: 1st, 8th, 15th**
- * **January: 19th, 26th**
- * **February: 2nd, 9th, 16th, 23rd**
- * **March: 3rd**



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.



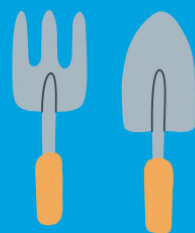
GROWING WITH CARE

Every Friday

11am-1pm

Melfort Park, Clydebank

Fancy trying your hand at growing your own fruit and veg?
Come along and meet other carers while you do it!



A FEW GOOD MEN

Calling all male carers! Take part in activities/outings 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.



SOUTH ASIAN LADIES GROUP

Monthly

Are you part of the South Asian community and caring for someone?
Please join us each month for our support group for South Asian women.
We'll have refreshments and activities.



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

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

Seasons Changing Games Page

WORDSEARCH

H	N	O	L	I	S	T	E	N	I	N	G
O	G	S	S	C	I	C	I	I	N	D	U
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CARERS

COMMUNITY

AUTUMN

LISTENING

WINTER

CONNECTION

HOTCHOCOLATE

CHANGES

SUPPORT

SEASON

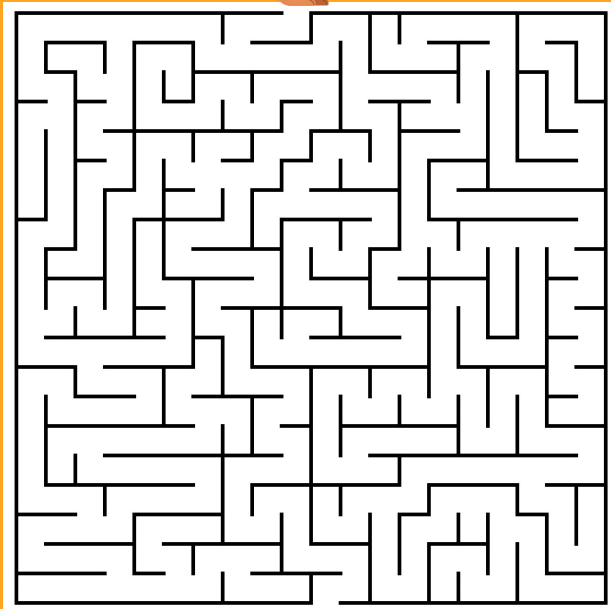
COZY

DEDICATION



COLOUR ME!

GET THE SQUIRREL TO THE ACORNS





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

