

ERCC News & Events

September/October



East Renfrewshire
Carers Centre

Charity No: SC033142

Please enjoy our calendar of events for the month of
September and October.

If you would like to contact us, please call us on 0141 638 4888.

September 2023



MON	TUE	WED	THU	FRI	SAT	SUN
4	<p>Caring for someone with Dementia Coffee Morning @ Dalmeny Park Hotel: 11am-1pm Come join like-minded carers to gain insight, share experiences, and provide and receive peer support.</p> <p>Young Carers (Juniors) drop in @ Woodfarm High School: 6-8pm</p>	<p>BAME Female Parent Carers Coffee Morning @ The Diner, The Avenue Shopping Centre: 10.30am-12.30pm A chance to chat to other BAME parent carers in a relaxed setting.</p>	<p>Female Carers ZOOM group: 10-11am Chance to share experiences and have a 'time-out' from caring.</p> <p>BAME Female Parent Carers BoxFit @ Energie Fitness Glasgow South: 11am-12pm</p>	8	9	10
11	<p>Young Carers (Seniors) drop in @ Woodfarm High School: 6-8pm</p>	<p>BAME Female Parent Carers Wellbeing Taster Session @ Finn's Place Wellness Centre: 9am-3pm</p>	<p>Female Carers ZOOM group: 10-11am Chance to share experiences and have a 'time-out' from caring.</p> <p>BAME Female Parent Carers BoxFit @ Energie Fitness Glasgow South: 11am-12pm</p>	15	16	17
18	<p>Caring for someone with Dementia Coffee Morning @ The Cartvale: 11am-1pm Come join like-minded carers to gain insight, share experiences, and provide and receive peer support.</p> <p>Young Carers (Juniors) drop in @ Woodfarm High School: 6-8pm</p>	<p>Parent Carers Transitions Info Event @ Eastwood House, Rouken Glen Road, G46 7JS 9am-3pm Find out about services and supports for young people with additional support needs due to transition from school.</p>	<p>Female Carers ZOOM group: 10-11am Chance to share experiences and have a 'time-out' from caring.</p> <p>BAME Female Parent Carers BoxFit @ Energie Fitness Glasgow South: 11am-12pm</p> <p>Male Carers Group: 1-3pm @ Sandler's Cottage A monthly meeting giving male carers a chance to meet other men with a caring role at home to offer help, advice, and peer support. Guest Speaker from Preventions Team.</p>	22	23	24
25	<p>Mental Health Carers Group @ Sandler's Cottage: 7-8.30pm Peer support for those caring for a loved one who has a mental illness.</p> <p>Young Carers (Seniors) drop in @ Woodfarm High School: 6-8pm</p>	<p>Parent Carers Coffee Morning @ The Cartvale 10.30am-12.30pm Peer Support and an informal chat for parent carers.</p>	<p>Female Carers Coffee Morning @ The Cartvale: 10.30am-12.30pm Chance to share experiences and have a 'time-out' from caring.</p>	29	30	

October 2023



MON	TUE	WED	THU	FRI	SAT	SUN
2 BAME Female Parent Carers Coffee Morning @ The Cartvale, Busby: 10.30am-12.30pm A chance to chat to other BAME parent carers in a relaxed setting.	3 Caring for someone with Dementia Coffee Morning @ Dalmeny Park Hotel: 11am-1pm Come join like-minded carers to gain insight, share experiences, and provide and receive peer support. Young Carers (Juniors) drop in @ Woodfarm High School: 6-8pm	4	5 Female Carers ZOOM group: 10-11am Chance to share experiences and have a 'time-out' from caring. Autism sibling group sessions with Tanya Tennant @ Sandler's Cottage: 6-8.30pm	6	7	8
9	10 Young Carers (Seniors) drop in @ Woodfarm High School: 6-8pm	11 Coping with Stress and anxiety course @ Sandler's Cottage, No 2 Eastwood Park: 6.30-8.30pm Free, 6-week course. Using CBT, it will cover: the impact stress & anxiety has on your body and mind, & therapeutic and self-management techniques to help.	12 Female Carers ZOOM group: 10-11am Chance to share experiences and have a 'time-out' from caring. Autism sibling group sessions with Tanya Tennant @ Sandler's Cottage: 6-8.30pm	13	14	15
16	17 Caring for someone with Dementia Coffee Morning @ The Cartvale, Clarkston, 27 Main Street: 11am-1pm Come join like-minded carers to gain insight, share experiences, and provide and receive peer support.	18 Coping with Stress and anxiety course @ Sandler's Cottage, No 2 Eastwood Park: 6.30-8.30pm	19 Female Carers ZOOM group: 10-11am Male Carers Group: 1-3pm @ Sandler's Cottage A monthly meeting giving male carers a chance to meet other men with a caring role at home to offer help, advice, and peer support.	20	21	22
23	24	25 Parent Carers Group @ The Dalmeny, Barrhead, Lochlibo Road: 10.30am-12.30pm Peer Support and an informal chat for parent carers. Coping with Stress and anxiety course @ Sandler's Cottage, No 2 Eastwood Park: 6.30-8.30pm	26 Female Carers Coffee Morning @ The Cartvale: 10.30am-12.30pm Chance to share experiences and have a 'time-out' from caring. Autism sibling group sessions with Tanya Tennant @ Sandler's Cottage: 6-8.30pm	27	28	29
30	31 Mental Health Carers Group 7-8.30pm @ Sandler's Cottage Peer support for those caring for a loved one who has a mental illness. Young Carers (Juniors) drop in @ Woodfarm High School: 6-8pm					

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Male Carers Group

A monthly meeting giving male carers a chance to meet other men with a caring role at home to offer help, advice and peer support. Ross Kelly will also be attending as a guest speaker from the Preventions Team.

The group will be taking place on Thursday 21st September from 1-3pm, at Sandler's Cottage, No 2 Eastwood Park, G46 7JS.

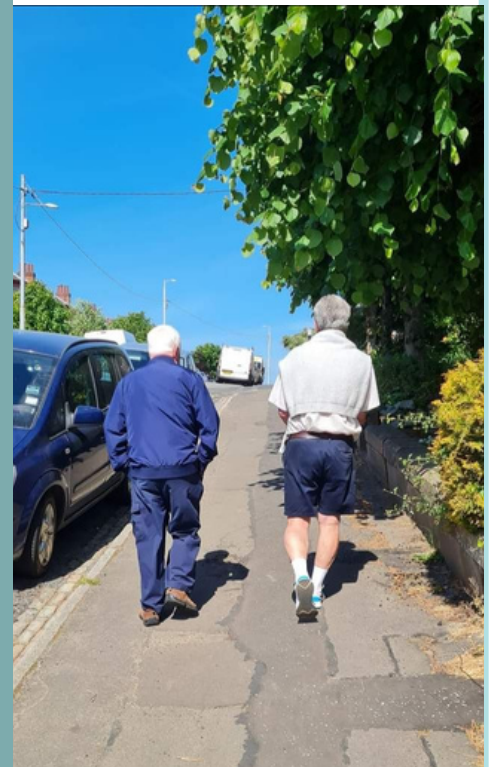
If you would like to register to attend then please contact kevin@eastrenfrewshirecarers.co.uk.

Dementia Walking Buddies

The Dementia Walking Buddies project aims to provide a one-to-one volunteer support for individuals living with dementia, to attend a health and wellbeing walk. This would not only benefit the person living with dementia, but also give his/her carer some time to themselves.

Once a week, a trained and friendly volunteer will visit you at home, accompany your cared for, for a walk, and then return back home safely.

Please contact farah@eastrenfrewshirecarers.co.uk or Tel: 07467070169 if you'd like to find out more.



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Mental Health Carers Group

Caring for a loved one who has a mental illness can provide different challenges to other caring situations. Perhaps speaking to someone in a similar position to you might help, offer a bit of support or just a short time away from caring.

In partnership with Recovery Across Mental Health, we facilitate a Carers Peer Support Group each month. The next group session will take place on Tuesday 26th September, from 7-8pm, at our office in Sandler's Cottage.

If you would like to register to attend then please contact
amber@eastrenfrewshirecarers.co.uk.

Female Carers Group

A monthly face to face meeting giving female carers a chance to meet others with a caring role, to offer peer support, advice and many accumulative years of experience as a care giver.

The group will be taking place on Thursday 28th September from 10.30am till 12.30pm, at The Cartvale, 27 Main Street, Busby, G76 8DS.

If you would like to register to attend then please contact:

bushra@eastrenfrewshirecarers.co.uk
or vicki@eastrenfrewshirecarers.co.uk



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Parent Carers Support Group

Thanks to the parents that came along to the last Parent Support Group as we met back at The Dalmeny in August after the school holidays.

A reminder that the next group will be meeting at The Cartvale in Clarkston on Wednesday 27th September, 10.30am – 12.30pm and be good to see anyone that can manage along.

If you would like to attend, please contact Lorraine at:
lorraine@eastrenfrewshirecarers.co.uk or 07561683094.

Caring for someone living with dementia

Come join like-minded carers to gain insight, share experiences, and provide and receive peer support. There will also be a guest speaker at each coffee morning, watch out for emails with more details.

If you are interested in attending please contact Vicki at:

vicki@eastrenfrewshirecarers.co.uk
or by telephone on 07964 859932



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BAME Female Parent Carers Coffee Morning

A monthly face to face meeting giving BAME female parent carers a chance to meet others with a similar caring role, to offer peer support, advice and many accumulative years of experience as a care giver.

The group will be taking place on Wednesday 6th September from 10.30am till 12.30pm, at The Diner, The Avenue Shopping Centre, G77 6EY, and then on Monday 2nd October, 10.30am-12.30pm, at Dalmeny Park House Hotel, Barrhead.

If you would like to register to attend then please contact

bushra@eastrenfrewshirecarers.co.uk



Young Carers' Summer Programme

We had another successful summer full of fun and engaging activities for our young carers.

We took them on a range of outings, including: Escape Rooms, Briarlands Farm, Bowling, Cooking sessions, Trampolining, a visit to the Paisley Fire Station, and of course, the Young Carers Festival!

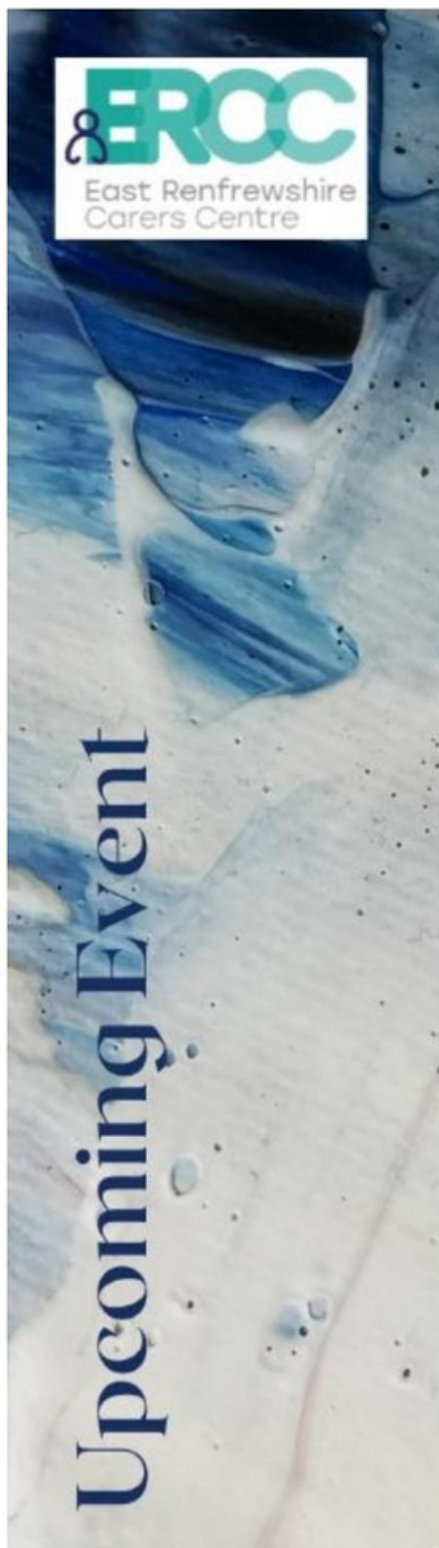
Please enjoy a collection of pictures from the Summer Programme!

ERCC Young Carers' Summer Programme



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Parent Carers Transition Information Event

Find out about services and supports for young people with additional support needs due to transition from school



Eastwood House
Eastwood Park, Giffnock,
Glasgow, G46 7JS



Wednesday, 20th
September 2023

**Drop-in between
10:30am-12:30pm**



Scan QR Code
To Register

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Free 6-week Course: Coping with Stress and Anxiety

Are you feeling stressed and anxious?
Could you use some information about coping with stress and anxiety
while meeting others going through the same thing?

Using Cognitive Behavioural Theory (CBT), this free, 6-week course covers
information including:

- What is stress and anxiety?
- The impact it has on your body and mind
- Therapeutic and self-management techniques to help you cope with the stress
and anxiety in your life

When: **6 consecutive Wednesday,
11th October 2023 – 15th November 2023**

Time: **6.30pm to 8.30pm (with a tea/coffee break)**

Where: **East Renfrewshire Carers' Centre, Sandler Cottage, No 2
Eastwood Park, Rouken Glen Rd, Giffnock, G46 7JS**

The course will be run by two trainee therapists from The Centre of Therapy in
Glasgow. If you are interested, please email at:

farahkhan309@gmail.com or text to 07854370343



External News & Events

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Flu and Covid Booster Vaccinations

All unpaid carers (including Young Carers aged 16+) will be eligible for both the Flu and Covid Booster this winter.

As with previous years, carers should receive an appointment letter in the coming weeks. However, they can also book an appointment using the online booking system at <https://vacs.nhs.scot/>.

Please note that Appointments for unpaid carers start from 18 September 2023. Carers are being asked to not book or reschedule an appointment before this date as they are currently only booking health and care staff and older people eligible for the Flu vaccine.

Carers Parliament 2023

Registration is now open for the Carers Parliament on 8th November 2023.

This is a hybrid event for carers, with options to join either in person or online. Carers can find out more and register here: <https://www.surveymonkey.co.uk...>

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Scottish Mental Health Law Review: Peer Researchers Needed!

The Scottish Mental Health Law Review, published last year, featured a chapter on unpaid carers which included a recommendation on carer awareness training for staff working within mental disability and intellectual disability.

Carers Trust Scotland have been approached by NHS Education for Scotland to hold focus groups to seek the views of unpaid carers supporting someone with a mental and/or intellectual disability, and report on the rationale for this carer awareness training for staff. They will be holding 4 focus groups (2 in-person and 2 online) throughout October 2023.

They are looking to recruit 4 unpaid carers as peer researchers to help create the questions for these focus groups and help facilitate the discussions in the focus groups. If you are interested in doing this peer research, or would like to attend one of the focus groups, please get in touch with Beth Friel from Carers Trust Scotland: bfriel@carers.org or 07791 231090

External News & Events

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Changing Places Toilet Finder- APP

Changing Places offer the facilities of a standard accessible toilet for disabled people but with extra space (7m² originally and now 12m²), an adult changing bench and a hoist (you will need to bring your own sling), which are essential for people who have a carer or profound and multiple learning disabilities or cannot reasonably use standard accessible toilets.

This App is the first one to allow you to find the nearest facility to you or by searching a specific location and gives you information on how to get there, how to get in, and what facilities are there.

Click here to download the APP:

https://play.google.com/store/apps/details?id=changingplaces.map1&hl=en_GB&gl=US&pli=1

“Just Can’t Wait” Card

There is a “Just Can’t Wait” card that can be ordered from Bladder & Bowel UK for free. They also have a digital app card available (also free of charge) for people with continence issues, which might be useful for carers who care for people with neurological conditions including dementia.

The Just Can’t Wait Card is recognised and supported by many retail and service organisations, giving you access to toilets not normally available to the general public.

Click here to order the card: <https://www.bbuk.org.uk/just-cant-wait-cards/>

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AVALON AUTISM PARENTAL SUPPORT

YOGA PRACTICE WITH JACQUELINE DEVINE

Learn Yoga practice while meeting other
parents caring for autistic children

**EVERY WEDNESDAY FOR 6 WEEK BLOCK
STARTING 6TH SEPTEMBER - 11TH OCTOBER
2023 @9.30AM 10.15AM
CARLIBAR PRIMARY SCHOOL**

**Get in touch with william@avalon.scot
to confirm your place**

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The Autistic Collective in collaboration
with AUsome Training

Open to ANYONE who lives or works in East Renfrewshire

Best strategies for supporting Autistic kids and teens with Evaleen Whelton

Wednesday 6th September
7.00pm - 9.00pm

For further info and to book your
fully-funded place, please email
hello@autistic-collective.org

**Can't make it? Don't worry, please
register anyway** and we will send
you a recording afterwards.
(Q&A will not be recorded).



This ZOOM session will explore;

- ✳ What do we know about "autism" in 2023?
- ✳ And why doesn't everyone know this?
- ✳ What do we know about Autistic social skills?
- ✳ How do we best support Autistic kids and teens?
- ✳ How can we remove social barriers for Autistic kids and teens?
- ✳ Opportunity to ask questions



 /AutisticCER



 /ausometraining



 /konfidentkidzLtd

External News & Events

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Time out for Carers project

Caregiving can be physically and emotionally demanding, carers can neglect their own needs, which can lead to them becoming exhausted, stressed and even burn out.

Time out for carers volunteers provide that much needed break for our local unpaid carers, the volunteer visits the loved one, spending a couple of hours with them either weekly, fortnightly or monthly, providing companionship/ doing activity. If the loved one has good mobility there is also the option to go out.

Volunteer support enables the carer to spend time with others, take up a hobby, run errands or simply focus on themselves, this time is invaluable to the carer as it can give the carer the energy and resilience to continue with their role.

Interested in getting involved? Get in touch!

Email: Jada.McGlone@va-er.org.uk

Phone: 0141 876 9555

Or complete the short online form: <https://eastrencommunityhub.org.uk/time-out-for-carers/>

External News & Events

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✦ **EAST RENFREWSHIRE CITIZENS** ✦ **ADVICE BUREAU** **OLDER PEOPLE'S PROJECT**

WHAT IS THE OLDER PEOPLES PROJECT?

The main aim of this project is to encourage older people within East Renfrewshire to claim benefits that they may be entitled to.



ATTENDANCE ALLOWANCE

Attendance Allowance is a payment for people over State Pension age who have a physical or mental disability which means that they need help with personal care or supervision.

You don't have to receive help from a carer to apply, as Attendance Allowance is based on the help you need, not the help you actually receive. Many people choose to spend the money on other types of help in the home to keep them independent.

WHAT HELP IS
AVAILABLE FOR ME?



PENSION CREDIT

Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income. Pension Credit can also help with housing costs such as ground rent or service charges.

Pension Credit is separate from your State Pension.

COUNCIL TAX REDUCTION

Council Tax Reduction (CTR) helps people who are on a low income with the cost of their Council Tax bill. Recently, it has been used as a qualifying payment for extra help with energy bills.



opp **citizens
advice
bureau**
Older People's Project



WE ARE HERE TO HELP YOU!

You may be eligible for benefits which you are unaware of. As the Older People's Adviser, I am here for you.

CONTACT SARAH ON 0141 881 2032

External News & Events

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Are you a carer of somebody living with dementia?

What is the CareFit Study?

CareFit is a smartphone based app designed to support carers starting out in physical activity

Who are we looking for?

- Are you living in Scotland and aged 18 and over?
- Are you thinking about or preparing to undertake physical activity?
- Do you have the ability to undertake simple exercises such as arm raises or stretching?
- Do you have access to the internet and have an Android or Apple smartphone?
- Are you comfortable reading and writing in English?



Participants will be given a £20 shopping voucher as a thank you after completing this study

What would I be doing?

- We are looking for unpaid carers to try out the new app for 8 weeks*
- We are exploring experiences of how well CareFit works for carers of people with dementia
- All participants will receive access to the app and will be given a number of opportunities to feedback your thoughts on the approach

Further information

This study has received ethical approval from Bangor University and the University of Strathclyde

For more information and to join the study contact:

Email carefit-project@strath.ac.uk or phone 0141 548 5979

* Please note this study is not designed for anyone advised by a clinician not to undertake physical activity or make any change in their present level of exercise

External News & Events

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Chest
Heart &
Stroke
Scotland



Our Kindness Calling Service is now available to Urdu and Punjabi speakers.

We are Scotland's largest health charity working to enable people with chest, heart, stroke and long covid conditions live life to the full.

Everyone should have the right to live life to the full after a stroke or diagnosis of a chest, heart or long covid condition, but many people living with our conditions experience fear, isolation and loneliness, and struggle to cope with the impact of their health condition on their everyday lives.

Our Kindness Calling service aims to reduce isolation and loneliness for people with respiratory, cardiac, stroke and/or long covid conditions by matching them with a volunteer for a regular (usually weekly) phone call over an initial 12-week period.

Our Kindness Volunteers provide regular Kindness Calls, offering an informal chat and a listening ear.

If you are feeling lonely or isolated and your main language is Urdu or Punjabi, our kindness volunteers are here for you.

If you or someone you know is interested in this service, please email Kindness Enquiries at kindness.enquiries@chss.org.uk for more information or to apply.

**NO LIFE
HALF LIVED**

www.chss.org.uk

[@ChsScotland](#) [@ChsScotland](#) [@chsscotland](#)

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United Kingdom

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