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This event will be beneficial for people who haven't accessed a break with us before or would like to know more about it. It is also a chance for us to hear what breaks would be meaningful for you and what barriers might be holding you back from taking a break from caring.  The event will be held on Tuesday 22nd of August, with an in-person event held at Sandler's Cottage, Eastwood Park at 11 am, and an online event on Zoom at 7 pm.   If you would like to attend either of these sessions, please contact Danielle at *07546 695014* or email [*danielle@eastrenfrewshirecarers.co.uk.*](mailto:danielle@eastrenfrewshirecarers.co.uk) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **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 20th July 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*](mailto:kevin@eastrenfrewshirecarers.co.uk). | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Crafty Carers Facebook Group**  Due to the high demand in our recent groups involving crafts, we wanted to make it more accessible to all. Therefore, in order to gauge interest in what arts and crafts you want, we have created this Facebook group: [*https://www.facebook.com/groups/639822901380248/*](https://www.facebook.com/groups/639822901380248/)  Please join this community group, where you can share your crafting expertise and learn from others. We are hoping to run some sessions over the summer and would like to hear what you would like them to be. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Dementia Walking Buddies** If you care for someone living with dementia. Dementia Walking Buddies project might be the thing you’re looking for.  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.  We carefully match the participant with a volunteer based on their hobbies, interests, locality…  Please contact [*farah@eastrenfrewshirecarers.co.uk*](mailto:farah@eastrenfrewshirecarers.co.uk) or Tel: ***07467070169*** if you’d like to find out more. | |  |  | | --- | |  |  |  |  | | --- | --- | | |  | | --- | | **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 27th July 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](mailto:bushra@eastrenfrewshirecarers.co.uk)or*vicki@eastrenfrewshirecarers.co.uk* | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **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 25th July, 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*.](mailto:amber@eastrenfrewshirecarers.co.uk) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Parent Carers Support Group**  Thanks to the parents that came along to the Parent Support Group at The Cartvale that Veronica Dunn from the SDS Forum and Lorraine Nelson are co-hosting. Great to see parents chatting and able to share knowledge and experiences within the group.  A reminder that the next group will be meeting at The Dalmeny in Barrhead on Wednesday 30th August 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*](mailto: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**](mailto:vicki@eastrenfrewshirecarers.co.uk) or by telephone on***07964 589932*** | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **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 23rd August from 10.30am till 12.30pm, at The Redhurst Hotel, Giffnock, G46 6QE.  If you would like to register to attend, then please contact[*bushra@eastrenfrewshirecarers.co.uk*](mailto:bushra@eastrenfrewshirecarers.co.uk) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Carers Week 2023 Highlights & Feedback**    **This year we had a jam-packed schedule for Carer's Week! It was a huge success, and our carers thoroughly enjoyed it. Please enjoy some photos of our activities and a selection of feedback from carers that attended.**  **Day trip to Pollock Park & the Burrell Collection**       * *"The Burrell Collection was such a nice and beautiful place. We got lots of historical information”.* * *"The trip was very stress-relieving. It was very well organised and planned so well. I enjoyed it thoroughly."* * *"I made new friends on the trip to Pollock Park; it was great getting the chance to meet other mums who have children with Autism."*     **Flower Arranging**     * *"We learned lots of new ideas to try and recreate at home. It was a lovely evening spent in a creative and mindful way, with like-minded people."* * *"The flower arranging was so therapeutic, and it was lovely getting to take some time out from my caring responsibilities and chores. I loved every single minute of it!"* * *"I managed to get a space last minute due to a cancellation. What an opportunity! I am so delighted I was included, as it truly was such a superb evening, and it really lifted my mood. I delivered the beautiful bouquet we made to a lovely friend, which made it even more worthwhile."* * *"This was a well organised event. Rosemary presented it very well. She interacted with all of us and was helping everyone. She made sure she was approachable and patient if anyone had any problems putting the flowers together. It was very satisfying to see the end product of our work and able to take it home!"*   **Kumihimo Bracelet making**   * *"I have met up socially with another carer I met at the Kumihimo, and we have built a lovely bond with each other. She has been a great help to me, passing over advice I can use with my daughter."* * *"It was really enjoyable chatting to other carers who share similar issues to me. The crafting took away the pressure and nerves and made it much easier to open up to others."* * *"It would be amazing to have more events like this. I gained so much from this, not just a break from caring responsibilities, but has also given me the confidence to join other events and activities the Carer's Centre is holding!"*   **Trip to Millport**   * *"The day trip to Millport was such an amazing day! It was a much-needed break and great to get out of Glasgow."* * *"The trip was very well organized by Vicki and Bushra. They put in a lot of effort into making this a success, and the communication and coordination was excellent! We are extremely grateful to them for running this."* * *"The event made such a huge difference to myself and my daughter's overall mood. It made me so happy that I could have a successful and fun day out with my daughter”.* * *"The staff were so helpful and supportive. They gave me the confidence to go out and do more things with my family without feeling nervous."* * *"Bushra and Vicki were very understanding and accommodated for our special dietary requirements. They supported me and my child, even when her behaviour became difficult at points. I never once felt judged or anxious. Thank you!"* * *"It was so lovely to be buddied up with Bushra, as she encouraged me to get involved with the different activities. I think it is so important to have events like these, as we can meet other parents who are going through similar things as us and realise that we can still go out and do fun things with the whole family, without being judged."*   **BAME female carers Bowling trip**   * *"I had such a fun time bowling! These events are always so positive, relaxing, and a huge confidence boost as a female parent carer."* * *"I have made many friends on the bowling trip, and other events too. Thank you to the carer's centre for bringing all of us together, so we know we are not alone."* * *"Every time I go out with the BAME female parent carers group, I feel less stressed and so happy. I hope these events carry on, as they are so helpful for mums like us."*     **Creative writing group**   * *"Both Alan and Vicki were so wonderful in the creative writing group!"* * *"It was great to see other carers who also share the same passion in writing."* * *"The venue was perfect, and everyone was very friendly."* * *"Thanks so much to the carer's centre for organising this, it has been a great break from caring, and good to focus on something creative."*   **Wellbeing at Finn's Place**     * *"It was such a great way to de-stress! I felt a lot more relaxed after the session”.* * *"Finn's Place really made me feel like I was not alone. It was great getting to meet other carers”.* * *"It was really helpful getting to learn new and interesting ways on how to de-stress, as well as having fun at the same time."* | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  | | --- | | EXTERNAL NEWS/EVENTS  JULY/AUGUST 2023 |  |  | | --- | | There are many external organisations that hold events and sessions which focus on particular needs and interests. We hope some of these will be useful to you! | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | |  |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Time out for Carers**  Make a difference in your community by volunteering to support local carers!  We are looking for volunteers to support local carers with a much-needed regular break.  As a volunteer, you regularly visit and spend time with the cared-for person at home providing company / doing an activity; if the cared for has good mobility there is the option to go out, for example for a short walk or to the library. The carer can use this time to meet up with a friend, join a group, attend an appointment, or do anything they choose.  We will provide induction and ongoing training for all new volunteers and regular support from our volunteer coordinator.  All volunteers will be carefully matched with a carer and cared for person based on personality, interests, and availability. Volunteers will NOT provide any personal care.  **Interested in getting involved? Get in touch!**  Email: [*Jada.McGlone@va-er.org.uk*](mailto:Jada.McGlone@va-er.org.uk)  Phone: *0141 876 9555* | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | In 2022, unpaid carers’ responses to Carers Scotland State of Caring survey helped secure a right to carer’s leave in and campaign for improvements to carers’ benefits. But more needs to be done.  Take this year’s survey and tell us what you need: [***https://www.surveymonkey.co.uk/r/LLLFSJD***](https://www.surveymonkey.co.uk/r/LLLFSJD?fbclid=IwAR0UGeJOroQH44-FVehN8P_QTkaiPrwZskGj91PDMxklMvMA0Js4FTLnEag) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | |  |  |  | | --- | |  |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | **Mindfulness & Wellbeing Course for Carers**  22nd August, 19:30pm – 10th October, 21:30pm The Wellbeing Centre, 31 Gavinton St, Glasgow G44 3EF, UK  The Wellbeing and Mindfulness Programme runs every Tuesday evening at 7.30-9.30pm for eight consecutive weeks at The Wellbeing Centre in a supportive and safe environment within a small like-minded group.  The programme offers a valuable combination of intellectual knowledge, experiential practice and  practical skills that can be applied in the real world to help more effectively with stress and anxiety, depression, anger and panic states.  We will explore the nature of the mind and have an opportunity to develop the capacity for mindful non-judgmental awareness of thoughts, feelings, and behaviour.   Register a place for this course or send an email with any queries to;  [*hello@cultivatingmindfulness.org.uk*](mailto:hello@cultivatingmindfulness.org.uk) | |  |  |  | | --- | --- | | |  | | --- | |  | | | |
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