

# THE DIGEST



Dundee Carers Centre  
support for carers

February 2011

## In this issue

### Page 2

Groups and Activities  
Dates for your diary

### Page 3

News and Reviews

### Page 4

Don't Cut Care Campaign

### Page 5

Upcoming Outings

### Page 6


Training

### Page 7

Get Stuck in!

### Page 8

Noticeboard  
Mailing list form



We are delighted to announce that Dundee Carers Centre has moved to new and improved premises. See page 3 for full details.

## New year, new skill

If you've made a resolution to try something new this year, our carers training programme may inspire you. See page 6.

## Blood Brothers

Our theatre outing this spring is to the award winning Blood Brothers in Edinburgh in March. See page 5.

## We Have Moved

Our new address is:  
First Floor,  
Argyll House,  
West Marketgait,  
Dundee DD1 1QP.

# Activities & Groups

## Wednesday Carers Group

This group is open to all carers and those you care for. It provides an opportunity to try a variety of activities, a chance to chat and enjoy a sandwich lunch. All meetings will be held in Central Baptist Church, 8 Ward Road, Dundee, from 10.30am until 12.30pm. If you would like more information please contact Lisa on 01382 200 422

### Upcoming dates:

Wed 23 Feb	'The Sons of the Mars' Memories of the Tay's Famous Training Ship by Gordon Douglas
Wed 30 Mar	Trusted Trader / Home Safety Talk
Wed 27 Apr	Workshop on 'Benefits of Bowen Therapy'
Wed 25 May	Money Advice Talk
Wed 29 Jun	Hamespun Folktales

## Male Carers Course and Female Carers Course

These monthly courses are primarily aimed at carers new to the centre and/or new to the role of the carer. The course commenced in September 2010, but you can join at any time. The groups meet at the centre, First Floor, Argyll House, West Marketgait, Dundee, 10.30am until 12noon. Spaces are limited, so please contact Lisa or indigo on 01382 200422 to book your place.

## Female Carers

Wed 16 Feb	- <i>Managing your Finances</i>
Wed 16 Mar	- <i>Hobbies at Home</i>
Wed 13 Apr	- <i>Alzheimer's/Power of Attorney</i>

## Male Carers

Thu 17 Feb	- <i>Managing your Finances</i>
Thu 17 Mar	- <i>Hobbies at Home</i>
Thu 14 Apr	- <i>Alzheimers / Power of Attorney</i>

## British Red Cross Therapeutic Care Service

This service promotes a sense of well-being and relaxation through a general handcare treatment, therapeutic hand and arm massage and a gentle neck and shoulder massage given through clothing. The Red Cross offers this service free of charge to our clients every 2nd and 4th Friday of the month. Numbers are limited so to book a space please contact Lisa on 01382 200422.

## Dates for your Diary

Wed 16 March	- Blood Brothers Theatre Outing
Wed 18 May	- Ocean Terminal / Royal Yacht Britannia outing
Wed 15 June	- Pampering Day
Wed 23 Nov	- McArthur Glen Christmas Shopping

## New: Editorial Group

How would you like to take over the editor's chair? Maybe you fancy yourself as a roving reporter? Or you just want some input into what goes into the Digest? Here's your chance. We're putting a new group together for people who'd like to be involved in putting the Digest together, or who have some brilliant ideas for online content for the website, blog or Facebook page. We want young and adult carers of all ages, carers and disabled people, from different communities in Dundee, with something to say. If this sounds like you, contact Gill on 200 422.

# News and Reviews

## Festive Celebrations

"The best one yet" was the verdict from carers attending the annual Christmas Party in December. The Music Man provided entertainment with lots of traditional songs including a few local Dundee ones. The young carers were also partying before Christmas and a certain person in red made an appearance, with pressies for all.



## Self Directed Support Conference

Minister for Public Health and Sport, Shona Robison opened the conference which took place on 21st January. The conference explored the area of self directed support within the Dundee and Angus local authorities, following the launch of the Self Directed Support Strategy in Scotland.



## The Return of the Carers Choir!

Yes folks, the world famous Carers Choir brought together for last year's Carers Week is being reformed – for one night only! We are looking for carers of all ages to get involved in performing two songs for the Centre opening on March 2nd. If you would like to get involved, ideally you would need to be able to attend at least two out of the three rehearsals. You don't need to be an expert singer or even be able to read music, and we will provide recordings of the music for you to take away and listen to in your own time. Rehearsal dates are below, all taking place at the new Centre in Argyll House. The actual performance will be taking place during the official opening. Between 4pm and 6pm on March 2nd.

## Rehearsals

Wednesday 9 February, 6.30-9pm / Wednesday 16 February, 6.30-9pm / Monday 28 February, 6.30-8pm

Please let Tim or Neil know if you are planning to get involved on 01382 200 422. We look forward to seeing you there!

# Happy New Centre!

We are delighted to announce a new home for Dundee Carers Centre. Our new address is **First Floor, Argyll House, West Marketgait, Dundee DD1 1QP**. The new offices are more than twice the size of our old one, with more meeting rooms, a proper reception area and a large public space which should make the Centre a more pleasant place to visit.



## How to find us

We're not that far from our old premises in Ward Road. See the map on our website [www.dundecarerscentre.org.uk/Home/About-Us/Where-To-Find-Us](http://www.dundecarerscentre.org.uk/Home/About-Us/Where-To-Find-Us). Argyll House is on West Marketgait, by the West Port roundabout, opposite Lidl on one side and the Casino on the other. The front door is facing the Casino. You'll see our sign on the door. We are on the first floor so just come in and head straight up the stairs or use the lift. If you're travelling by car, there is limited parking on the other side of the building, opposite Lidl. From the car park, walk round the corner to the front door. Please don't use the door near the car park.

## Disabled access

There are drop off spaces in the car park, from there follow the path to the front of the building. There is a ramp at the front door (opposite the Casino). However, the front door is not automatic so if you need assistance, please telephone the office for someone to come down. We are planning to install an intercom and hope to soon have a fully accessible building.

## Contacting us

From now on, there will be one number for all the Centre's services, including the Young Carers Project and the Direct Payments Support Service. The number is **01382 200 422**. All email addresses will stay the same. You can also check our website [www.dundecarerscentre.org.uk](http://www.dundecarerscentre.org.uk) or Facebook page for contact details.

## Official opening

Our new Centre will be officially opened by Comedian and BBC Scotland presenter Fred MacAulay on 2nd March between 4pm and 6pm. We're planning a big event, with a host of activities, nibbles and drinks. If you are interested in coming along please call the office on 01382 200 422 to let us know by 18th February.

If you can't make the event, you are welcome to come and visit our new offices at another time. We promise to make you welcome and give you the grand tour!



# Don't Cut Care

Carers UK are leading a campaign to urge local authorities not to cut funding for services that affect carers and disabled people. This February and early March, councils across the UK will be meeting to decide their budgets for the coming year. With their funding from Government cut, many councils will look to cut care services to make savings.

If you would like to get involved in the campaign, you could write to your local councilor. Carers UK are also interested in hearing what is happening for carers in your area and the effects of cuts or changes to local services on your community. Email them at [info@carersuk.org](mailto:info@carersuk.org) or see [www.carersuk.org](http://www.carersuk.org) for more information.

Another way to voice your concern is to take part in the Carers Poverty Alliance campaign. They are planning protests across the UK on 20 May. Dundee Carers Centre has not planned a local protest as yet but let us know if you would like to do something or see <http://carerspovertyalliance.com> for more information.

## ARE YOU WORKING AND CARING?

Dundee and Angus Carers Centres are working together to try and provide more effective support to carers who are in employment. We would like to find out how your caring role impacts on your employment and also how supportive and understanding your employer has been.

For those of you who are working and caring at the same time, there is a questionnaire on our website at [www.dundecarerscentre.org.uk](http://www.dundecarerscentre.org.uk) which you can download and fill in. You can either post it back to Tim at Freepost RSLJ-YXKR-JLEB, Dundee Carers Centre, 1st Floor, Argyll House, West Marketgait, DUNDEE DD1 1QP or e-mail [tim.mineard@dundecarerscentre.org.uk](mailto:tim.mineard@dundecarerscentre.org.uk). Please contact Tim on 200422 if you would like a copy to be sent out by post.



Dundee young carer Leigh (second from left) pictured with the group of young carers who met Prime Minister David Cameron in 10 Downing Street in November. Leigh, who helps care for her Mum, was invited to meet the Prime Minister as part of a BBC News special on young carers. To view the BBC coverage in full and to learn more about Leigh's story, visit the BBC News website <http://www.bbc.co.uk/news/education-11757907>.

## BEFRIENDING SUPPORT SERVICE

The Centre runs a small befriending service for adult carers and/or for the person who is receiving care. Befriending can be offered at a time that is suitable for you on a regular basis, and could be a valuable opportunity for you to get some respite from the routine of daily caring. All our volunteer befrienders receive ongoing training, and are happy to spend time listening to your issues and providing the support that you need.

We also provide volunteer befrienders for young carers aged between 5 and 7 years old. This is all about giving the young person some time away from their caring role mainly just to have fun.

If you feel that you or the person you care for might benefit from befriending, please contact a member of the Outreach Team at the office on 200422.

# Upcoming Events

Due to limited space, we will be printing all the upcoming outings on one page of the Digest from now on. If you are interested in booking a place, please fill in the form below or contact Lisa at 200 422 and we will send you a booking form and more details about the trip.

## BLOOD BROTHERS

Edinburgh Playhouse

Wednesday 16th March 2011

Cost: £17.50 per person (including Free Transport)

Starring X Factor's Niki Evans as Mrs Johnstone

Hailed as one of the best musicals of all time, BLOOD BROTHERS has triumphed across the globe. Scooping up no less than four awards for best musical in London and seven Tony Award nominations on Broadway, BLOOD BROTHERS is simply unmissable and unbeatable.

BLOOD BROTHERS tells the captivating and moving story of twin boys separated at birth, only to be reunited by a twist of fate and a mother's haunting secret. The memorable score includes A Bright New Day, Marilyn Monroe and the emotionally charged hit Tell Me It's Not True.

## OCEAN TERMINAL SHOPPING CENTRE LEITH AND/OR VISIT TO ROYAL YACHT BRITANNIA

Wednesday 18th May 2010

Cost: £5.00 per person

Highlights of the tour of five decks include the Sun Lounge, the Queen's bedroom, the State Dining and Drawing rooms which contrast with the working side of the ship, such as the Royal Marines' Barracks, the Sick Bay and the Engine Room. There is something for everyone; whether you are interested in the Royal Family, the Royal Navy, history, or just having a great day out. Newly opened Royal Deck Tea Room offers stunning views and table service. Please note: there is an extra charge of £8 for the tour, payable on the day.

All outings are open to carers, cared for and disabled people

### Note: Disabled Access

We are using a new bus provider for our outings, with more wheelchair friendly buses. Each bus has two dedicated spaces for wheelchairs. It also has a lift which will make access easier for people with mobility issues.

For more information on either outing or to request a booking form, contact Lisa at 200 422 or complete the form below:

I am interested in the (tick as many as you wish):

Blood Brothers theatre outing

Ocean Terminal Shopping Centre  
and / or Royal Yacht Britannia

Name(s).....

Address.....

Tel..... Mobile Tel Number .....

Return form to:

Freepost RSLJ-YXKR-JLEB, Dundee Carers Centre,  
1st Floor, Argyll House, West Marketgait, DUNDEE DD1 1QP



# Carers Training Programme 2011

## First Aid Taster Session (1 day course)

10am until 12noon, cost £5.00,

Dates: Monday 7th March

Venue: Boardroom, Dundee Carers Centre, Argyll House

## Assertiveness Training (1 day course)

5.45pm until 8.00pm, cost £5.00

Dates: 12th May

Venue: Boardroom, Dundee Carers Centre, Argyll House

**Contact Lisa on 200 422 for more information or to book a place on the above courses.**

## Manual Handling Training

We are no longer running group training in Moving and Handling as carers have told us that it wasn't specific enough to their individual needs.

Priority Care Group have agreed to carry out moving and handling training specific to individual carers' needs. This training is carried out in your own home and will deal with any issues you have. They will also offer advice about looking after your own back. If you would like to access this training, talk to your support worker or contact Sharon at the 200 422.



## New courses!

### Introduction to Social Media

If you'd like to get to grips with Facebook and other social media, this free workshop will get you started. To book your place, contact Stacey or Gill on 200 422.

10.30 – 12.30, no charge

Dates: 23 March or 26 April

Venue: Tayside Deaf Hub, The Old Mill

### Qi Gong Course

A Qi Gong state is a relaxed and attentive state. The mind has calmed down and is in the exercise. When the mind is calm, the inward experience is centred, peaceful and spacious. Cultivating Qi through Qi Gong keeps us flexible, healthy and strong. What better excuse do we need to practice!!! To book your place or for more information, please contact Lisa on 01382 200422 or email [lisa.walker@dundecarerscentre.org.uk](mailto:lisa.walker@dundecarerscentre.org.uk)

1.00pm until 2.30pm, cost £5

Dates: Thursdays - 24 Feb, 3 March, 10 March, 17 March, 24 March and 31 March 2011 (6 week course)

Venue: Dundee Carers Centre, Argyll House

### Digital Photography Course

This new course, which has been designed by Dundee Carers Centre staff, is for carers of all ages who are keen to learn more about taking quality images using a digital camera. Starting with camera basics the course will also introduce the following topics: composition of different types of photographs (e.g. portraits and landscapes); manipulating images using computer software; and mounting photographs for hanging on walls (or in exhibitions!). To book your place please contact indigo or Lisa on 200 422.

10am – 12 noon, cost £5

Dates: Thursdays 3 March, 10 March, 17 March, 24 March and 31 March

(5 week course, every Thursday)

Venue: Dundee Carers Centre, Argyll House

# Get Stuck In!



This is part of a regular column in The Digest which is all about how YOU as a carer can get involved and hopefully make a difference to the services you receive. I'll try and keep you updated on a regular basis, but also keep an eye on the website and our Facebook page for other ways of getting stuck in! If you want to get more involved in anything or add your name to the special Get Stuck In mailing list, please contact Tim on 200422 or e-mail [timineard@dundecarerscentre.org.uk](mailto:timineard@dundecarerscentre.org.uk).

If you would like to get involved in something particular but feel that it is difficult for you to access the meetings for any reason, please give Tim a ring at the office.

**Action for Carers (AfC)** – This is an advisory group for all carers who receive our services and will focus on giving carers a voice in how the Centre is run. We want as many as possible of you to have your say, so we've decided to let everyone know about the meetings and have them at different times to try and make them more accessible. Each meeting will focus on a different aspect of the Carers Centre, and we promise to try and make them as interesting, informal and fun as possible!! We'll also make sure there's some tasty food on offer as well...

The dates of AfC meetings for this year are as follows, all taking place at our new office premises:

Thursday 15 February, 9.30am including bacon rolls  
 Tuesday 19 April, 4.30pm  
 Friday 17 June, 11am  
 Monday 22 August, 7pm including pizza  
 Wednesday 26 October, 2pm

**Carers Café** – The Carers Café process was launched in October (see picture). It is for all carers from across the city, and is about launching a forum that can highlight local issues and make a real difference for local carers of any age or background. There is a small planning group taking forward the Carers Café process. If you feel that you would like to be a part of this group, please contact Tim. Keep an eye out for future developments of the Carers Café over the next year!

**Cross Party MSP Group** – This is a group of MSPs that meet at the Parliament every few months to discuss carers' issues. Carers from across Scotland are welcome to attend and to ask questions or speak about their own experiences. This will be especially important in the run-up to the Scottish elections next year.

If you would like to attend, contact Tim on 200 422 to find out when the next group from the Centre will be travelling down. We will arrange transport and a buffet lunch will also be provided.

## Volunteer Friendly



We were very proud to receive, in December, a Volunteer Friendly Award from the Dundee Volunteer Centre.





## Notice Board

### Food on Fridays

The Food on Fridays Cafe offers a warm welcome, safe place to relax in for anyone from the community who needs a little support and company. It is held in Douglas and Mid Craigie Church, Balbeggie Place DD4 8RD. The cafe is open every Friday from 12-1.30. All food is home cooked by our cafe manager and our volunteers. Prices very reasonable.

### Dundee Women's Aid new Crisis Line

The new Crisis Line / Helpline number for Dundee Women's Aid is 01382 666081. Calls made to the old 01382 202525 number are being diverted to the new 666081 number until May 2011. The Crisis Line is open 09:30 - 12:30 then 1:30 - 4:30pm - Monday to Friday

### Making Donations

Our services are free, but carers often ask how they can make donations. If you would like to make a donation, please send cheques made payable to DCICA. Gift Aid is automatically reclaimed on any donation you make.

### Disclaimer

The views expressed in the Digest do not necessarily reflect those of Dundee Carers Centre.

The Digest is printed on paper from environmentally managed forests, when you have finished with your copy, please pass it on to someone else or recycle it.

If you would prefer an audio version of the Digest, please contact the Centre and we will send you a CD. You can also download a large print word version from our website [www.dundeeccarerscentre.org.uk](http://www.dundeeccarerscentre.org.uk) If you would prefer to have the Digest emailed to you - complete the form below with your email address on.

We are a Registered Charity - Scottish Charity Number SCO24115

## PLEASE HELP US TO UPDATE OUR MAILING LIST

To help us keep our database up to date, please complete the form below if we don't have your details right

and return to our FREEPOST address: **FreePost RSLJ-YXKR-JLEB, Dundee Carers Centre, 1st Floor, Argyll House, West Marketgait, DUNDEE, DD1 1QP**

All information will be treated with the strictest confidence and is subject to the Data Protection Act regulations. We will not share your details with anyone else.

You can remove your details at anytime by notifying us.

UPDATE OUR MAILING LIST

**Please:** Add my details  Update my details  Remove my details   
 Email future Digests to me  Send me the Digest in another format: Audio  Large Print word version

**I am:** Carer  Former Carer  Disabled Person  Professional   
**Title:** Miss  Mr  Mrs  Dr  Other \_\_\_\_\_  
**Gender:**  
 Male  
 Female

**Ethnic Origin (not required):** Indian or Indian British  Chinese or Chinese British  Arab   
 Pakistani or Pakistani British  Gypsy/Traveller  Bangladesh or Bangladeshi British   
 White Scottish or British  White other \_\_\_\_\_ African or African British  Black or Black British   
 Caribbean or Caribbean British  Other \_\_\_\_\_

**Name:** \_\_\_\_\_ **Email:** \_\_\_\_\_  
**Organisation (if applicable):** \_\_\_\_\_ **Position (if applicable):** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **Post Code:** \_\_\_\_\_  
**Telephone:** \_\_\_\_\_ **Mobile:** \_\_\_\_\_  
**The person I care for has (not required):** *please specify illness/condition/disability* \_\_\_\_\_