

# Carers Newsletter

Summer 2015

Lanarkshire  
Carers Centre



Welcome to the summer newsletter for Lanarkshire Carers Centre which hopefully you will find interesting and informative. We want to make the best use of the resources we have to support carers across Lanarkshire. The changes that have taken place over the last year will help us to do this. The number of carers in contact with the organisation continues to grow and we have reviewed how information will be distributed in the future. There will be a quarterly newsletter available on our website, in our Hamilton centre and Airdrie base and from any local worker. We will also distribute our newsletter through our groups, activities, information packs and partner organisations. Details of our training programme will be included and will be regularly updated on our website. Thank you for your continued support and please get in touch if you need more details about any of the services provided by Lanarkshire Carers Centre

## Scottish Minister Officially Opens New Premises of Lanarkshire Carers Centre

A ribbon-cutting ceremony marked the official opening of Lanarkshire Carers Centre new premises in Hamilton during the 20 year anniversary of Princess Royal Trust Lanarkshire Carers Centre Ltd.

Mr Jamie Hepburn MSP, Minister for Sport, Health Improvement and Mental Health officially opened the building in **Princes Gate, 60 Castle Street, Hamilton, ML3 6BU** on Thursday, July 9th, 2015. He met members of the Board of Directors, staff, centre volunteers and Lanarkshire carers, before touring the premises, welcoming guests and performing the opening ceremony.

Lanarkshire Carers Centre Chairperson, Samar Sheikh, welcomed Mr Hepburn and other guests and said “celebrating 20 years and moving in to these premises gives an opportunity to highlight the ways in which Lanarkshire Carers Centre supports carers across Lanarkshire.

The new accommodation is more affordable in the longer term and provides facilities that are fit for purpose. Our organisation helps to improve outcomes for carers throughout Lanarkshire by providing support services and information for people caring for family members and friends and aims to provide a valuable resource to carers, carers groups and organisations throughout Lanarkshire.

Our registered office moved from Campbell Street to our new premises at Princes Gate in January 2015.



## Annual General Meeting 2015

Lanarkshire Carers Centre's Annual General Meeting will take place on Monday 5th October 2015.

We have an interesting programme planned and hope that carers can join us. Your contribution is very important to help shape our plans for the future.

As part of our 20 year anniversary celebrations carers will share with us how Lanarkshire Carers Centre has supported them and the difference this has made.

All carers are warmly invited however places are limited and must be booked in advance. If you are interested in coming along then please telephone 01698 428090 by 24th September 2015. Places will be allocated on a first come basis and to ensure representation from throughout Lanarkshire



Mon 8 – Sun 14 June 2015

## Carers Week 2015

National Carers Week took place this year from 8th June 2015 till 14th June 2015. The theme was “Building Carer Friendly Communities”. We organised a range of different events across Lanarkshire where carers came along and got support, contact with other carers and were involved on the day. These events ranged from a Breakfast Morning, Afternoon Tea, Information Events and our main event was the Sunday Fun Day on 14th June 2015 at the Alona Hotel which attracted around 200 people and highlighted the great Lanarkshire Bake Off. Visit our website [www.prtlcc.org.uk](http://www.prtlcc.org.uk) for all the photographs and information on each of the events.

## Training Opportunities

The new training programme for carers is underway. Please see the current training opportunities booklet or visit the website for further details. Your input to the training programme is always welcome so please help us plan for the future by completing our Training Needs Analysis. If you need any assistance with this please contact us.

## Annual Carer Reviews

Our Annual Carer Reviews give you the opportunity to be involved and provide valuable feedback on the services you receive from Lanarkshire Carers Centre. Lunch and light refreshments are available on the day. Our next Annual Carer Reviews take place in Cumbernauld, East Kilbride and Hamilton. For more information please check our website or speak to your local Carer Support Worker.

## Carer Support Groups

Hamilton Carers Support Group has moved premises. It now meets in Take Control Conference Suite, 42 Campbell Street, it will still meet the last Tuesday of each month from 10 am till 12 pm. Please contact us if you are interested in attending any of our Carers Support Groups.

Princess Royal Trust Lanarkshire Carers Centre Ltd.  
Registered Office: Unit 1a Princes Gate, 60 Castle Street, Hamilton, ML3 6BU  
Charity No: SC029160 Company No: SC209296

## Carers Foot Clinic Returns to Hamilton



The foot clinic is returning to Hamilton Centre, 60 Castle Street, Hamilton, ML3 6BU. It commences on Friday 28th August 2015 and thereafter the last Friday of each month. The cost is £11 per 30 minute appointment. For an appointment please telephone 01698 428090. To access this service you need to have a current Carers Registration Card.

Respality seeks to make connections between local organisations that support unpaid Carers and local hospitality providers such as hotels, guest houses, leisure clubs etc. Respality opportunities are available via Lanarkshire Carers Centre from a number of hospitality providers e.g. New Lanark Trust, Mecca Bingo, Living Well, Cultural NL and various others. You can register for these opportunities from Short Breaks section of our website [www.prtlcc.org.uk/shortbreaks](http://www.prtlcc.org.uk/shortbreaks).



## Carers (Scotland) Bill— Update

In March 2015, the Carers (Scotland) Bill was presented to the Scottish Parliament. For more information please go to this website [www.gov.scot](http://www.gov.scot) and search for Carers Bill.

## Information and Publicity

All our information and publicity has been updated to reflect the new developments in Lanarkshire Carers Centre.

The Service We Offer leaflet has been sent to all carers and is widely available. Your feedback is welcomed.

Our website has also been refreshed and you can receive regular updates by visiting [www.prtlcc.org.uk](http://www.prtlcc.org.uk)

Also look for us on Facebook and Twitter.



Services We Offer

