



Welcome to Dochas Focus Autumn Newsletter

Dochas celebrates 25 years of supporting unpaid carers.

Over 100 carers, volunteers, staff, families, friends and representatives from partners organisations came together on 9th August to celebrate this milestone. The event was kicked off with the Easy Band playing live followed by the Forget-me-not Memory Group Choir performing an uplifting and joy-filled singalong.

Dochas art groups put on an exhibition of their work and after speeches a cake was piped in.



Above photos ©Fiona Higgins Photography



Focus on Mid Argyll

Members of the Parkinson group recently had a session doing balance and strength exercises. The group meets once a month on a Thursday, 1.30-3pm. Contact Heather or Nicole for more details

We hope all of you who were able to attend enjoyed the day as much as we did. To quote one carer 'Just a quickie to say a huge Thank You to you all for the amazing 25th Anniversary party yesterday. It was a lovely occasion - great fun - and a super opportunity to catch up with a whole lot of folk, some of whom I'd not seen in ages.'

This years Mid Argyll Christmas Lunch will be on Thursday 7th December at Stonefield Castle Hotel. Please contact us if you would like to attend. We are asking those who are able to contribute £10 towards the cost of their meal.



Focus on Islay & Jura

Well Done James

Islay carer James Ferguson has had “time out” from caring and was encouraged to take part in the Jura 10k on 22nd July. It certainly was a wet day but this didn't hinder James who managed the 10K circuit with a fantastic time of 57 minutes and 31 seconds. The reward was a well-deserved ice cream at the finish line, provided free of charge by the Antler's café. Spurred on by this achievement James then participated in the Islay half marathon on 5th August 2023 and achieved another superb time of 2 hours, 19 minutes and 6 seconds. Well done James and we look forward to seeing where running takes you next.



Regular Events

The Islay and Jura monthly carer's lunch takes place on the last Tuesday of each month at the Craigard Kitchen, Ballygrant, Islay at 12:30pm. We will be organising and sending out information soon regarding the annual Islay and Jura Christmas celebration and meal.



New Events

After the successful art workshops producing pieces for the 25th anniversary of Dochas, carers asked to continue the art workshops. As a result, we are hoping to have a lino print workshop on Islay and a mosaic workshop on Jura, dates to be confirmed.

Tracey and Angie will be starting drop in sessions from Thursday 12th October. Based in the IDI Hub building, Kilarrow every Thursday from 2 - 4pm. Come and meet up with Tracey and Angie for a cuppa, chat, advice or information.

They also plan to organise events with speakers that will provide carers with useful and practical information to help them in their caring role.

Contacts

If anyone would like any further information or to check for updates then please contact:-

Tracey (M: 07912 015393; E: tracey.hunter@dochas.scot)

Angie (M: 07745 521651; E: angela@dochas.scot).

Focus on Kintyre

The Kintyre Art Group held an exhibition of their work in Campbeltown Library where it was well received. A member of Community Learning commented 'The members I have spoken to are raving about this project and how it has supported them'. The work was then exhibited in Tarbert at the 25th anniversary.



Carers recently received some fire safety training from the local Fire Brigade.

We are offering some awareness training via Alzheimer Scotland, entitled Dementia Friends. These sessions are on Wed 11th Oct 11.00 - 12.30 and Wed 18th Oct 14.00-15.30. Both will be held at the Dochas Centre and online. For more info and to book contact the Dochas Centre on 01546 600022



Time 4 Me Service

This service offers carers 'Time Out' to do something for themselves. Having a break supports carers to continue caring allowing them some 'Me Time' knowing that their loved one is safe. Our service can provide some weekly support for a limited period of time. We can discuss individual options and needs with you to provide the quality time for you. You can have peace of mind knowing our staff can provide companionship at home for the person you care for.

Contact your support worker or the Dochas Centre 01546 600022 for more information.

Become a Befriender

Befriending is a chance to give something to others as a volunteer through your time and commitment. We are looking for compassionate people who are friendly, reliable and fun-loving. Because befriending involves supporting someone who is isolated, we will prepare and support you for the role of befriender and provide ongoing support once you have been matched with someone. Call our Circle of Friend's

Co-ordinator Ryan Taylor for a chat

07903 403 301 or e-mail

ryan@dochas.scot

for Kintyre contact

Tracy 07377 438 287

tracy@dochas.scot

Autumn Quiz

1. What is Autumn known as in North America?
2. Who did Autumn Kelly marry in May 2008?
3. Which king did Mr Fawkes try to blow up?
4. What are hedgehogs' spines or quills made from?
5. Pheasant shooting season starts at the beginning of which month?
6. SAD is sometimes known as Autumnal depression, what do the initials in SAD stand for?
7. The Oktoberfest is held annually in which German city?
8. Which celebration is influenced by the Celtic autumn festival, Samhain?
9. With around 400 players participating, what are the WCC, which are held annually on the second Sunday in October in Northamptonshire?
10. Which English Romantic poet composed "To Autumn" after a walk near Winchester one autumnal evening?

Contacts - Dochas Carers Centre

50 Campbell Street, Lochgilphead ,
Argyll, PA31 8JU

Tel: 01546 600022

email: enquiries@dochas.scot

Support Workers Mid Argyll -

Heather: 07464 308 418

Nicole: 07944 099 609

Support Workers Kintyre & Gigha -

Tracy: 07377 438 287

Roxy: 07377 438 288

Support Worker Islay & Jura -

Tracey: 07912 015393

Angie: 07745 521 651

Free Counselling - 07432 231 217

Befriending Mid Argyll

Befriending Kintyre & Gigha -

07377 438 287/07377 438 288

Website: <https://dochas.scot>

Facebook:

www.facebook.com/dochascentre

Useful Information

Mid Argyll Carers art group – Starting back at the centre on the 5th September. Weekly on Tuesday afternoons 1-3pm. Please get in touch if you would like to come along.

Massage available in Mid Argyll – Relaxing massage therapy available for carers, delivered by Jacqui B Treatments. Please get in touch to book an appointment.

Flexible Food Fund – If you live in Argyll and Bute on a low income and have no savings you could be eligible for the Flexible Food Fund Grant. The grant is allocated over 2 payments. The first shortly after you apply and the second payment is usually 4 weeks after the first. The payment is dependant on the size of the household ranging from £160 to £1060. Apply now: Flexible Food Fund Application Form (argyll-bute.go.uk) or call 01700 502784.

AliEnergy – If you are struggling to heat your home, you are not alone. Contact AliEnergy for free and friendly advice. Email: enquiries@alienergy.org.uk Telephone 01631 565 183



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1) Fall, 2) Peter Phillips (grandson of Queen Elizabeth II), 3) James I, 4) Keratin, 5) October, 6) Seasonal Affective Disorder, 7) Munich, 8) Halloween, 9) World Conker Championships, 10) John Keats.

Quiz Answers