

# DOCHAS FOCUS

## Spring 2023 Newsletter



### Welcome Julie

Hello, my name is Julie Sinclair and I have been in post as the services manager since the end of January 2023. I am still very new but delighted to be supporting the work of the service. We also welcome Sally, Angela and Roxanne to the staff team which builds our capacity to provide even more support to carers in MAKI.

## Celebrating 25 Years of Caring in the Community

This year we are celebrating 25 years of caring in the community. As part of this celebration, we will be showcasing carer art work and our service to the community over the Summer. Watch out for information in the local paper, social media and Argyll and Bute Council Newsletter for more information. As well as local events we are planning a larger event in Tarbert. As part of this event, we are looking for your stories and experiences of Dochas and any messages you would like to send. Also, if you feel you are able to help with the organisation of events or help on the day, please let us know.



### Focus on Mid Argyll

#### Groups at the Dochas Centre, Lochgilphead

**Mid Argyll Art Group** Every Tuesday 1:00 – 3:00pm

**Carers Lunch monthly** 12:30 – 2:00pm (venue TBC)

**Carers Drop In** Every Thursday 10:30am – 12:00pm

**Parkinson Support monthly** Thursday 1:30 – 3:00pm

**Carer Support for Autism**

Wednesday every 2 weeks 10:30am – 12:00pm

**Anyone interested in joining us for a DIABETES SUPPORT GROUP. Please feel free to get in touch.**

## Focus on Kintyre

Roxanne Docherty, our new support worker in Kintyre recently attended a Pain Management and Wellbeing Event in Campbeltown. Kintyre carers can attend a Drop in, every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, 10.30am – 12.30pm at KCEC



## Focus on Islay and Jura

### Jura Coffee Drop In

February saw the start of 2023 Dochas events on Jura with our Coffee Drop in. We had 14 attendees at the Drop in and a lively buzz of conversation and chat was created. Invigorated by cake and a cuppa. A presentation of the support, help and guidance that Dochas offers was given. This prompted a couple of carers to talk to the group about their carer journey. It highlighted some of the issues and difficulties faced by carers first hand along with some humorous anecdotes. A couple of comments/feedback from those attending were, “It feels as though Jura is forgotten”, “There is a need for more of these events on Jura”.



The Carers monthly lunch for Islay and Jura carers continues to be a great success. Nicola provides her venue Craigard Kitchen, Ballygrant for the sole use of Dochas carers on the last Tuesday of the month. Nicola provides delicious homemade soup, sandwiches and scrumptious cakes. Sharing chat and a cuppa is a given.

## Focus on Befriending

Dochas offers a befriending service to those over 65 and are feeling isolated or lonely, by providing a befriender. Someone who will be matched with you and will then meet and spend some time with you on a regular basis. We are also looking for volunteers to become Befrienders, if you are interested, please contact Ryan on 07932 039801. Befrienders can make a difference!

### Insight into Caring

Carer Diana Manning shares her caring role in this poem.

#### I'm Crying On The Inside

I'm crying on the inside but smiling without  
As I look into your eyes  
I feel the searing pain you suffer day by  
day.  
You toss and turn at night  
I can't let you see I'm hurting, too  
I'm crying on the inside all the way.

You took chemotherapy in your stride,  
The burning sickness, too.  
I bathed your fevered brow as you slept  
Trickled water between cracked lips  
Held your hand for hours  
Any every night I silently wept.

And then came the shock –  
The chemotherapy did not work –  
Major surgery was the only other way.  
I'm crying on the inside  
As your emaciated body  
Strains to fight the pain every day.

Don't give up the fight, my darling,  
After such a brave strong battle.  
We've weathered many storms, you and me.  
I'm crying on the inside  
But I'm smiling on the outside  
I know one day you will be pain free...  
© Diana E Manning

### Time for a Quiz

#### Test your knowledge of Scotland

1. What is the national animal of Scotland?
2. What are the 3 officially recognised languages in Scotland?
3. What is the name of real-life Hogwarts Express?
4. What is the longest river in Scotland?
5. What is the oldest university in Scotland?
6. Which sport was invented in Scotland?
7. How many years must a Scottish Whisky mature to be considered Whisky?
8. On which Scottish Island did George Orwell write 1984?
9. How many cities are there in Scotland?
10. When did Christmas Day become a National Holiday in Scotland?

Thanks to CarrGomm for warm boxes for our carers in Kintyre and Circle of Friends group!

### Contacts – Dochas Carers Centre

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Support worker – Mid Argyll 07464 308 418  
Support worker – Kintyre & Gigha 07535 036 953  
Support worker – Islay & Jura 07788 673 488  
Free Counselling 07432 231 217  
Befriending 07932 039801  
Website – <https://dochas.scot>  
Facebook – www.facebook.com/dochascentre

### Quiz answers

- 1)Unicorn
- 2) Scottish Gaelic, Scots, English
- 3) The Jacobite
- 4) River Tay,119 miles
- 5) St Andrew's
- 6) Golf
- 7) 3
- 8) Jura
- 9) 8, Edinburgh, Glasgow, Aberdeen, Dundee, Inverness, Stirling, Perth & Dunfermline
- 10) 1958