



Welcome to Dochas Focus Winter Newsletter



The Dochas Carers Centre Welcomes
Everyone to 2024.

2023 was really busy with support being provided to more carers than ever before. We expect 2024 to be just as busy, and we will use the information we gained from our carers consultation to inform our plans for the year ahead.

The focus for the year will be on ;

Fundraising – with more carers to support we need to focus on bringing in more money. If you have any fundraising ideas, or would like to raise money for us we would be most appreciative.

Partnerships- we want to develop these so that we are working better together.

Information and awareness sessions – we had to cancel our Dementia Friends training in 2023 because of the landslide around Ardfern. We will put on this training in 2024; and other sessions that you are interested in ; so tell us what would be helpful.

Expanding services on Islay – a weekly Thursday afternoon drop-in started in October 2023. It's going well and will include 'Chair Yoga' in 2024.

Developing befriending in Campbeltown – we hope to have training delivered to a number of new volunteer befrienders by Easter 2024.

Carers and their cared for enjoyed a number of festive events during the run up to Christmas.



A very enjoyable festive lunch at Stonefield Castle where Santa made an appearance!



The Mid Argyll Circle of Friends group (befrienders and befriended) had a wonderful Christmas Lunch at Kilmartin Hotel. Time went by quickly with bingo, great food and attentive service. Thanks everyone for coming together.



Whilst on Islay, they also celebrated in style

Focus on Kintyre

Kintyre carers were invited to celebrate Carers Rights Day with an afternoon of relaxation and pampering including mindfulness and relaxation along with hand massage and nail painting. They also enjoyed homemade soup and cake for lunch.



Kintyre support workers have been facilitating a Self-Management course via Versus Arthritis. This has been very well received and carers have been really enjoying it. It is a great course for anyone who is managing a long-term condition, not just arthritis, and the handbooks they all received will be really useful for them in the future. There are 2 more sessions planned with Michaela.

**VERSUS
ARTHRITIS**

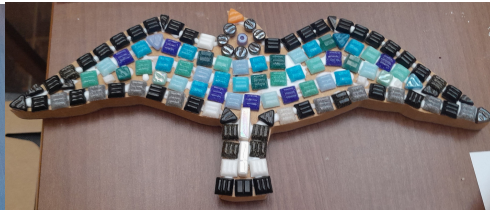


Focus on Islay & Jura



Islay and Jura carers have been busy with lino printing and mosaic making during their art sessions.

Fantastic work!



Focus on Mid Argyll

Carers had an interesting day out to Kilmartin Museum for Carers Rights Day. Discovering some of the amazing history & artefacts from our area. This was followed by a light lunch at the Kilmartin Hotel.



Carers continue to enjoy a monthly get together for lunch. If you would like to attend please get in contact with either Heather or Nicole to join in.



The Dochas Centre offers carers massages that often gives great benefit. If any of our registered carers would like a massage, please get in touch to be put on the list.



A Poem from a Carer
I use to lay at night sometimes
And wish that I was dead
I hated in the mornings
Hard to get out of bed.
Like climbing up a mountain
And I couldn't reach the top
My brain would go full throttle
And it just would not stop.
Holding all the hurt inside
Not knowing what to do
Feeling like an animal
Caged up in the zoo.
It's all too much your mind it
brakes
You falls down to the floor
Please be brave take that first
step
And open the Dochas door.
So when you don't feel worthy
When your sinking in the sand
Don't be scared just reach right
out
And take that helping hand.

We were donated a beautiful Christmas wreath for our Centre door, made by one of our carers. Thank you Claire.



Dochas Board of Trustees

Dochas is overseen by a board of trustees who are all volunteers. They are usually elected annually at the Board AGM in November. This year three of our long term trustees resigned their roles; Norman Beaton, Betty Rennie and Leonard McNeill. We are very grateful for the time and dedication they gave to the running of Dochas.

Since the AGM the Board has elected several new members; Bob Chicken, Ros Box, Deborah Landon-Norton, Paul Norton, Christine MacCallum and Norma Kelly.

The Dochas constitution currently only allows for 7 trustees to have voting rights and it has been agreed Norma is a non-voting member.

Winter Quiz

1. "Now is the winter of our discontent" is the opening line from which William Shakespeare play?
2. Which fruit has a variety called 'Winter Banana'?
3. Which winter sport is sometimes known as the 'roaring game'?
4. Chlrophobia is the extreme dislike or fear of what?
5. In television's Game of Thrones what is the name of the ancestral home of House Stark?
6. The Winter Palace can be visited in which city?
7. Which country has won the most medals throughout the Winter Olympic history?
8. True or false, the Earth is closer to the sun in our winter than in summer?
9. Which James Bond actor made his film debut in the 1968 historical period drama The Lion in Winter?
10. How many sides does a snowflakes usually have?

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Support Workers Kintyre & Gigha -

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Roxy: 07377 438 288

Support Worker Islay & Jura -

Tracey: 07912 015393

Angie: 07745 521 651

Free Counselling - 07432 231 217

Befriending Mid Argyll -

07903 403 301

Kintyre & Gigha -

07377 438 287/07377 438 288

Website: <https://dochas.scot>

Facebook:

www.facebook.com/dochascentre

Useful Information

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

Quiz Answers

1. Richard III, 2. Apple 3. Curling, 4. Snow, 5. Winterfell, 6. St Petersburg, 7. Norway, 8. True, 9. Timothy Dalton, 10. Six.