

Patron

His Grace The Duke of Argyll

Hon. Life President

Catherine A. Paterson MBE
Co-founder Dochas Centre



Dochas Carers Centre

Supporting Unpaid Carers

DOCHAS FOCUS

Autumn Newsletter 2022

Welcome to the Dochas Autumn Newsletter – Dochas Focus 😊

So; what's been happening ?

“Order, Order...”

The Dochas staff took Catherine out to order lunch at the Cairnbaan Hotel to celebrate the receiving of her MBE. This picture depicts Margaret, the new Chair, congratulating Catherine, the new President... a fun and 'orderly' lunch was had all round...



Dochas welcomes new Trustee onto the Board...!

Dochas is delighted to welcome Maureen Mackintosh onto the Board of Trustees.

Maureen has lived in Mid Argyll for over 40 years and has experience of caring as the mother of an autistic son and looking after her parents in their latter years, one with COPD and one with dementia.

Her previous role in an autism charity has given her knowledge of the voluntary sector. Maureen works as a Community Advisor for Scottish Autism providing information and support to autistic individuals and their families.

FOCUS ON MID ARGYLL Heather and Nicole

The Centre in Lochgilphead is presently hosting a

terrific new art exhibition from Margaret and Arthur Ker; pop in and have a look around.

An Art Therapy group in the Centre is running every Wednesday until Christmas till Christmas; it is running well and could take a couple more if any Unpaid Carer is interested; do get in touch.

Ali Martin is working from the Centre one day per week, three Wednesday's and one Thursday per month for the MECOPP Carers Support & Development Mid and North Argyll Gypsy/Traveller Carers Project. This is a very good working partnership.

Massage Therapy is taking place in the Centre twice monthly with Jacqui Barker where she also works from her practice in Tarbert; again please do get in touch.

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The Unpaid Carers Lunch at the West Loch House Hotel in early October was a great success; come and join in next time... and the Carers Christmas lunch is on 8th December at Stonefield Castle; can people interested in joining us please get in touch.



Pottery

Christmas themed pottery painting sessions with Jamie Louise McIntosh at the Dochas Centre, to be held on the Tuesday's of 29th November and 6th December.

FOCUS ON ISLAY Tracey

Dochas on Islay, it seems, is rapidly becoming one of the worlds hidden wonders for Unpaid Carer artistic activity; this is down to the most welcome Dunlossit Community Trust initiative "Craft Chat Cake Cuppa" initiative. Take a look at

this lot: its Unpaid Carer lavender bag creation...



...its Unpaid Carer glass painting endeavours...



...and, of course, there's never time to say no to a well-deserved scone...



FOCUS ON KINTYRE & GIGHA Tracy

The highlight this summer for the Kintyre Carers was a workshop we hosted for

the Scottish Poetry Library back in August.

We were delighted to welcome Victoria McNulty, a performance poet and community arts worker from the East End of Glasgow. She has an MA in European Civilisations from the University of Glasgow, with an interest in language and heritage in Scotland. Her poetry and short stories have been published in a number of anthologies, including *Culture Matters*, *Neu Reekie Untitled*, *Nutmeg* and *Beyond the Swelkie*. Her work has featured in a variety of media broadcasts, including *BBC Loop*, the National Library of Scotland, *BBC The Social*, The Scottish Poetry Library's *Pass the Mic*, and *BBC Radio Scotland*.

We have many talented writers within our carers group (plus some who had no idea they could be creative with writing!) and they had to opportunity to write and share their work with Victoria who enjoyed listening as she explained that our stories are the

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bedrock of our community, providing memories of the past and the key to the future. We were also treated as we listened to Victoria performing a number of her own amazing pieces of work!

This was a celebration of Scotland's Year of Stories were through relaxed and inclusive writing workshops, with the aim being to build confidence in using engaging writing techniques to write or record our own story poems.

Victoria took our work back to Edinburgh where she will collate all she has collected and form an exhibition and we are planning a trip as a group to visit the Scottish Poetry Library and see our work on display!

BE-FRIENDING – Ryan

Would you be willing to give a little of your time and help an Unpaid Carer by joining our Circle of Friends and becoming a Dochas Befriender ?

Here's what Sue MacDougall, a Dochas

Volunteer Be-friender, has to say:

"...Putting it simply, befriending has and continues to enrich my life.

I started befriending over lockdown and because of this I didn't get the chance to meet the people I befriend for well over a year. It was so much joy to eventually meet them face to face.

I feel that the relationships that have developed are mutually enriching and it's become a journey I am so glad I embarked on.... It's such a privilege to experience the highs and the lows of life together.

Support is always on hand for Befrienders from the wonderful Dochas team if there are any worries about the people you are befriending.

I am so glad that I made the decision to become a Dochas Befriender."

Ever thought about be-friending someone ?

Then please do get in touch; you really could make a huge difference...!

CARERS RIGHTS DAY

"Carers Rights Day" on Thursday 24th November – The aim of Carers Rights Day is to: Make Unpaid Carers aware of their rights and entitlements, let Unpaid Carers know where to get help and support, and raise awareness of Unpaid Carers and the issues they face. We plan to hold an open day at the Dochas Centre with partner agencies and some treats for Unpaid Carers too. Come along to meet partner agencies and our team, and other Unpaid Carers. More details to follow.

FUNDING

Please do remember we have funding available for you as an Unpaid Carer. It's quite flexible, so the best thing is to contact the staff in your area to discuss options.

New Trustees Required

Could you join our Board as a Trustee or do you know someone who might? We meet four times a year and are responsible for all that

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Dochas does. We have marvellous staff and at our meetings a high spot is the report from staff telling us what is happening around Argyll. We have a range of skills on our Board and we'd especially welcome anyone with experience of finance, HR legislation, medical knowledge or caring in a specialised field; we'd like to talk with you. You're very welcome to call Margaret on 01564 606 914 or you can email manager@dochas.scot

FURTHER INFORMATION

There are some other very useful places you can visit online. The Coalition of Carers in Scotland have a page on their website with information on cost of living payments, which is really worth looking at: <https://carersnet.org>

Another good site is AliEnergy for advice on energy and heating the home, etc: <https://www.alienergy.org.uk>

Don't forget you can always contact the Citizens Advice Bureau <https://www.abcab.org.uk>

And of course the local authority has a mass of information too especially the flexible food fund for those suffering hardship <https://www.argyll-bute.gov.uk/forms/flexible-food-fund>

Dochas Facebook

And do remember to follow "Dochas Carers Centre" Facebook page for updates.

CONTACT US

Do get in touch whenever you feel like it; all our services supporting Unpaid Carers – that's you – are free 😊

Telephone Dochas
01546 600 022

Enquiries@dochas.scot

<https://dochas.scot>

Mid Argyll 07464 308 418

Kintyre & Gigha 07535 036 953

Islay & Jura 07912 015 393
Counselling (Free) 07432 231 217

Be-friending 07932 039801

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