



DOCHAS FOCUS

WINTER 2021



Dochas Carer Centre, 50 Campbell St. Lochgilphead PA31 8JU

Nothing stays the same! Change is inevitable! We are creatures of habit and often when change comes into our lives or circumstances we can feel uncomfortable, unsure or afraid. This is especially true when life throws us a 'curveball'. And no one knows this better than unpaid carers. One minute life looks like it always has, then everything is turned on its head and you can find yourself in a situation where someone becomes dependent on you, your time is not your own and someone else's needs must be put before your own. Caring can be hard! Caring can be thankless! Caring can be lonely! But caring can often bring out the best in us. The Dochas Carer Centre is there to support you in every step of your caring journey, from start to end and beyond. So whether you need information about what can help you, advice on how to access services, support from staff or other carers, someone to advocate for you, listen to you or provide more specialised counselling- we are here for you.



WHAT'S ON?



DOCHAS – MID ARGYLL

Would you like to meet up with other carers? Take a bit of time for yourself and have a cuppa and a chat? Get to know staff at the **Lochgilphead Centre?**

The Carers' Drop-In is held every Thursday morning 10.30am-12 noon. The door is open and no appointment is required. You can come along and enjoy some company, make new friends and catch up with news. If you can only pop in for a short time, that's ok. It would be good to see you.

The Autism Support Group is generally held on the last Wednesday of each month at 10am. If you care for someone with autism or other similar neurodivergent condition, then you would be welcome to this peer support group.

The Parkinson's Support Group is held on the first Thursday of every month at 1pm. If you care for someone with Parkinson's then you (and they) are welcome to come along to this monthly support group.

Dementia Support Group last Wednesday of each month 1.30pm - We hope to restart this group very soon. If you care for someone with dementia and could come along (you can bring the person you care for too) **For information on all groups please contact Heather at Dochas 01546 60022.**

DOCHAS – KINTYRE & GIGHA

In **Campbeltown**, the Carers' Drop-In is held twice monthly on the first and 3rd Friday of the month in the Community Centre.

And for carers in **Carradale** we have a Carers' Lunch which is held monthly.

For more information contact Tracy on 07535 036953 tracy@dochasfund.org.uk

DOCHAS – ISLAY & JURA

The monthly Carers' lunch takes place on the last Thursday of each month in Port Mor Community Café in Port Charlotte.

Christmas lunch will be on 9th December in the Ballygrant Inn.

Craft Chat Cuppa & Cake Group (CCCC) meet monthly, and the next craft session on 16th December will be Christmas wreath making. Carers will be foraging for holly, ivy and other greenery to make their wreaths.

For more information contact Tracey 07912 015393 tracey.hunter@dochasfund.org.uk

FOCUS ON ISLAY

CRAFT, CAKE, CHAT AND CUPPA GROUP - ISLAY

The group has spent two sessions in September and October learning the art of watercolour painting.

At the first session the group painted a flower arrangement and at the second they worked on a painting of the lighthouse at Kilnaughton. This session was like a Strictly Come Dancing night when all the carers gave the session '10's' all round! The carers all became engrossed in the painting and were deep in concentration. They found it so relaxing and the session helped them forget their caring roles as they were able to enjoy the moment.

It was lovely to watch and see them go home with smiles on their faces and pride in what they had achieved. Jennifer, our crafter, is a wonderful teacher who has helped them believe they can paint.

This month we are going to do a painting of the Round Church in Bowmore and the carers can give it to family and friends, as their very own Christmas card.



AND IT'S GOODBYE FROM ME.....



What a surprise when staff and board members at Dochas whisked me off for lunch and presented me with beautiful flowers and a gift for my retirement. There were lots of lovely tributes and I felt quite overwhelmed! I'm still working for Dochas up until Christmas though, so I'm not away just yet.

It will feel very strange to no longer be supporting carers as this has been my world for the past 19 years, first of all in my role as Carer Development Officer, advising and developing all carer services across Argyll & Bute, and latterly for the last 9 years as Carer Assessment/ Support Plan Worker for Dochas. It has been good to see growth in services for carers over this time.

It has been a real pleasure working with everyone at Dochas, both past and present. They are all such hard-working and caring people – but you know that already – and I shall really miss them. I'd like to thank them all for their love and friendship to me over the years.

And most of all to you, the carers – thank you! Thank you for allowing me, through Dochas, to be a small part of your story. You are an incredible group of people.

Tricia Morrison

DOCHAS CARERS' SURVEY

We would like to say a big thank you to all the carers who took the time to complete our survey and return it to us.

It is important that we check in with you to make sure we are providing you with the support that you need.

We had a lot of lovely comments about the support carers have received and we are glad an extremely high percentage of respondents felt comfortable with staff, that carers felt staff members were available to them and they received the help they needed.

We were interested though to look at areas where carers felt improvement could be made, as these are areas we would hope to develop in the future.

Nearly three quarters of respondents would like to be able to take part in fun activities arranged by Dochas. The pandemic meant a lot of activities had to be suspended and you clearly miss the opportunities to switch off and do something enjoyable.

Over half of respondents wanted more training in their caring role along with opportunities to learn some new skills. This is something we will be looking at.

Nearly half of respondents felt that Dochas could be providing more services for carers with many indicating that they had ideas for new services. This is good to know, and we need to hear more from you about this. If you have ideas of what you would like to see Dochas doing for carers, then PLEASE get back in touch with us and give us your ideas.

We will also be holding focus groups where you can have the opportunity to discuss our current and future services and give us your ideas. A few carers have indicated they would like to participate in these groups. If you haven't already given us your name, and you'd like to take part in a focus group, please phone or email the Dochas Centre and let us know.

THANK YOU

Thank you so much to carers who have made financial donations to Dochas. We appreciate every penny, whether it's loose change put in donation tins or larger financial gifts – every single one helps us to continue to provide support to our local carers in Mid Argyll, Kintyre and the Isles.

Throughout the pandemic, we have been unable to fundraise as we normally would, so the fact that you have taken the time and made the effort to support us means more than we can say.

Should you wish to support the Dochas Carers Centre by making a financial gift, you can post a cheque or donate by bank transfer to

Dochas Fund Bank of Scotland

Sort Code: 80 08 86

Account Number: 00131786

Thank you!



Dochas Carers Centre
Supporting Unpaid Carers

The Dochas Centre currently has vacancies for two posts in Mid Argyll.

1. Carer Support Worker (18hrs per week) based in the Dochas Carer Centre. Post holder will provide information and support to carers and facilitate group support.
2. Time for Me Worker - Sessional
You will visit the cared-for person at home to allow unpaid carers to have a break from caring. Driving licence and own vehicle are essential.

These posts are subject to PVG scheme checks.

For a recruitment pack and more information, please contact 07496 918 688 or email wanida@dochasfund.org.uk. **Closing date: 24 December 2021**

VOLUNTEER WITH DOCHAS

If you would be willing to give a little of your time and help a carer by becoming a befriender, then please contact Ryan on 07932 039801.

You can make a difference!

Worries

What happens to the worries
When I start to speak them out?
They don't disappear completely
But they change without a doubt!
When worries are inside my head
They are heavy, big and sore,
But when I start to speak them out
They seem lighter than before!

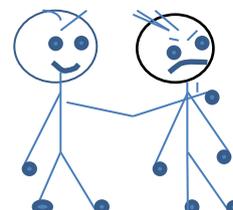
When I keep them bottled up inside
They feel like sticky glue.
They stick my thoughts together
Until I don't know what to do,
But when I find someone I trust
And share my thoughts and fears,
It helps to unravel tangled thoughts,
My mind becomes more clear.

When I keep them locked inside my head
I sometimes feel quite cross
As the worries just keep growing
Until they squash my happy thoughts.
But when I talk my worries out,
They start to shrink -it's true!
My happy thoughts can grow grow grow
Then I'll feel happier too!

When I keep them all locked up inside
I often feel quite sad
And think that I'm the only one
Who has ever felt so bad.
But when I find someone I trust
And talk my worries through
I find that many others
Have had these worries too,

So when the worries fill your head,
Whatever they're about
Please find someone that you can trust
And talk those worries out!

By S. Spiers 2021



FOCUS ON STRESS MANAGEMENT

Stress Management: Breathing Exercises for Relaxation

How do you do breathing exercises?

There are lots of breathing exercises you can do to help relax. The first exercise below—belly breathing—is simple to learn and easy to do. It's best to start there if you have never done breathing exercises before. The other exercises are more advanced. All of these exercises can help you relax and relieve stress.

Belly breathing

Belly breathing is easy to do and very relaxing. Try this basic exercise anytime you need to relax or relieve stress.

Sit or lie flat in a comfortable position.

Put one hand on your belly just below your ribs and the other hand on your chest.

Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.

Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in, and use it to push all the air out.

Do this breathing 3 to 10 times. Take your time with each breath.

Notice how you feel at the end of the exercise.

Next steps

After you have mastered belly breathing, you may want to try a more advanced breathing exercise.

Try this one!

4-7-8 breathing

This exercise also uses belly breathing to help you relax. You can do this exercise either sitting or lying down.

4-7-8 breathing

To start, put one hand on your belly and the other on your chest as in the belly breathing exercise.

Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.

Hold your breath, and silently count from 1 to 7.

Breathe out completely as you silently count from 1 to 8. Try to get all the air out of your lungs by the time you count to 8.

Repeat 3 to 7 times or until you feel calm.

Notice how you feel at the end of the exercise.

CARER BREAK FUNDING

Dochas has access to funding to allow carers to take a short break. If you would like to find out more about this and how you may be able to access a break, please contact the support worker in your local area.

MID ARGYLL & TARBERT – Heather 01546 600022

KINTYRE & GIGHA – Tracy 07535 036953

ISLAY & JURA – Tracey 07912 015393

Dochas Carer Centre A.G.M.

Our Annual General Meeting will be held in the Dochas Carer Centre, 50 Campbell Street, Lochgilphead PA31 8JU on Thursday 16th December 2021 at 11.45am. You are welcome to attend. If you plan to come, would you please contact Wanida on 07496 918688, so that numbers can be managed.
Thank You.

THE HERBERT PROTOCOL

What is the Herbert Protocol?

The protocol is a form which family members or carers complete for a person living with dementia or at risk of going missing. The form is available to download from Police Scotland's website <https://www.scotland.police.uk/what-s-happening/missing-persons/the-herbert-protocol/>.

It provides personal details, medical history, significant locations and information about previous incidents of going missing.

The protocol can be printed out and stored in a safe, easily accessible place in the person's home or kept by a family member electronically. **It is important to keep the protocol updated.**

It enables police officers to quickly obtain vital information about vulnerable people who have been reported missing.

Since 2017 the Herbert Protocol has been used many times to help police and other agencies quickly and safely locate missing people who have dementia. The scheme was rolled out nationwide on **21st September, 2021.**

If you require a paper copy of this form please contact the Dochas Centre on 01546 600022 and we will arrange to have a copy posted to you.

JUST FOR FUN

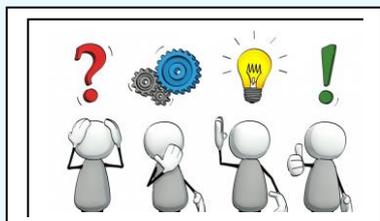
What word can you add either before or after each of the three words listed below?

For example: ball, sore, fall - the answer is foot - football, footsore, footfall

For example: picnic, card, pool - answer is table – picnic table, card table, pool table

Now see if you can guess the rest. Answers on the last page if you are really stuck.

- | | |
|--------------------------------|---------------------------------|
| 1. Tent, Flag, North | 11. Onion, Napkin, Wedding..... |
| 2. Ceiling, Blower, Eye | 12. School, Skate, Dart..... |
| 3. Board, Jack, Ball | 13. Fortune, Bank, Story..... |
| 4. Dog, Pants, Rod..... | 14. Switch, House, Weight..... |
| 5. Wood, Potato, Computer..... | 15. Side, Base, Fishing..... |
| 6. Electronic, Fan, Junk..... | 16. Phone, Wig, Ache..... |
| 7. In, Cow, Strapped..... | 17. Coat, Table, Over..... |
| 8. Earth, Book, Tape..... | 18. Up, Down, Flood..... |
| 9. Straw, Goose, Blue..... | 19. Coat, Gauge, Water..... |
| 10. Head, Tail, Cross..... | 20. Black, Sink, Spy..... |



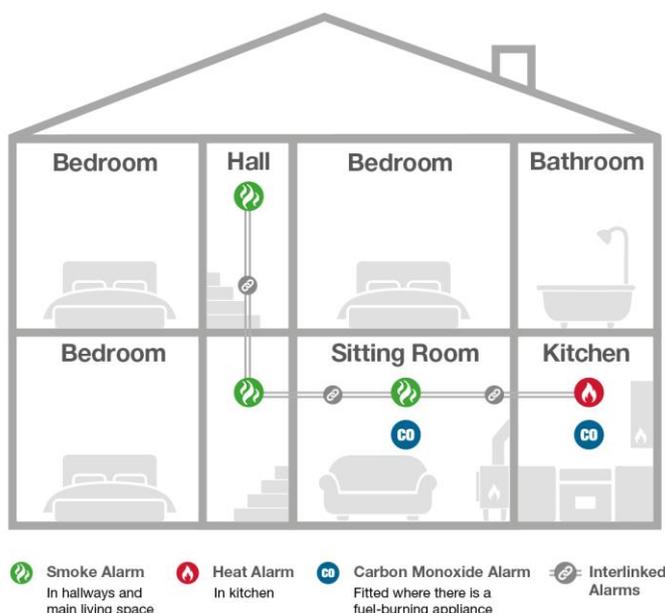
GUIDE TO NEW FIRE ALARM STANDARDS – SCOTLAND

The law on fire alarms is changing. By February 2022, all homes in Scotland will be required to have interlinked fire alarms, meaning if one alarm goes off, they all go off. This will alert you to danger more quickly, no matter where you are in your home.

The new legislation requires all homes to have:

- One smoke alarm installed in the room most frequently used for general daytime living purposes
 - One smoke alarm in every circulation space on each storey, such as hallways and landings
 - One heat alarm installed in the kitchen **All alarms should be ceiling mounted and interlinked**
 - Where there is a carbon-fuelled appliance, such as a boiler, fire (including open fires) and heater, a carbon monoxide detector is also required. This does not need to be linked to the fire alarms.
 - If you live in a one bedroom flat, you will need two smoke alarms and one heat alarm. If you have a carbon fuelled appliance like a boiler, you will also need a carbon monoxide detector
- A 3 bedroom, 2 storey house will need 3 smoke alarms and one heat alarm. If you have a carbon fuelled appliance like a boiler, you will also need a carbon monoxide detector.

3 bedroom house



There are two types of alarms available:

- Tamper proof long-life wirelessly interlinked battery-operated alarms, which can last for up to 10 years, and can be fitted by the homeowner or a handyperson.
- Mains wired alarms, which should be installed by a qualified electrician.

The homeowner is responsible for making sure their home meets the new fire alarms standard, and for finding a contractor to carry out the work. When purchasing an alarm, choose a reputable brand and make sure the packaging clearly displays compliance with BS EN14604:2005 for smoke alarms. Carbon monoxide alarms should have the British Kitemark (EN 50291-1). Heat alarms should comply with BS 5446-2:2003. To find out more about the new legislation and the support available, visit: mygov.scot/firealarms

WORRYING ABOUT MONEY?

Financial problems can be a real source of stress, and these can occur due to lots of different reasons. If you find yourself struggling with no money then help is available.

1. People on low incomes may be able to get a crisis grant from the council. This is a payment to help you cope during an emergency or disaster, or due to unexpected expenses. Crisis grants don't have to be paid back.
2. Anyone who is struggling financially can get a benefit check. This can ensure you are getting all the money you are entitled to. An advisor can make sure you're not missing out on things like free school meals or school clothing grants.
3. Debt advice is available to help you find ways of managing your debt and reduce the amount you pay each month.
4. If you have made a new claim for benefit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. Benefit advances must be paid back and will be deducted from future benefits payments.
5. If you have been sanctioned you may be able to request a hardship payment from the Jobcentre. They are not automatically available to everyone though.
6. You can challenge a benefit decision if your benefit has been stopped/sanctioned/reduced/refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

You can get help from

- **Flexible Food Fund**, 01700 502784 www.argyll-bute.gov.uk/forms/flexiblefoodfund for a grant for those with no savings and who are on a low income.
- **Scottish Welfare Fund**, 01546 605512 www.argyll-bute.gov.uk/about-scottish-welfare-fund for a crisis grant to cover the cost of an emergency.

Advice is also available from

- **Argyll & Bute Citizens Advice Bureau** 01546 605550 www.abcab.org.uk

Dochas is here to help and connect Carers with the right support services to meet their needs. Get in touch with us if you need further information. Tel: 01546 600022

We would like to wish all our Carers a very happy Christmas season and a healthy, peaceful and prosperous New Year!

CHRISTMAS AND NEW YEAR BREAK

As is our usual practice, we will be taking a break over the festive period. We will be closed from 25th December 2021 to 4th January 2022. The centre will re-open and staff will return to work on Wednesday 5th January. We will however be checking the phones and logging messages over this period. Social Work can still be contacted in any emergency.

ANSWERS - JUST FOR FUN

- | | |
|----------|------------|
| 1. Pole | 11. Ring |
| 2. Glass | 12. Board |
| 3. Black | 13. Teller |
| 4. Hot | 14. Light |
| 5. Chip | 15. Line |
| 6. Mail | 16. Ear |
| 7. Cash | 17. Turn |
| 8. Worm | 18. Light |
| 9. Berry | 19. Rain |
| 10. Wind | 20. Hole |

Dochas Staff Contact Details

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