



# Services On Offer



## CARERS SUPPORT GROUP

Meets at 7pm on the first Tuesday of every month. Programme of speakers and events is available from the office or our website. All welcome.

## MEALS

Nutritious 2-course meals are provided daily by our experienced cook, as is unlimited tea and coffee.

We often go out for lunch and enjoy things as varied as fish teas in Troon, picnics in Callander and pub lunches.

## DIARIES

Those who wish can have their own personal Pine diary, which is completed at the end of the day to record that days events.

## Who We Are — What We Do...

Our Group was formed in 1990, by carers, to provide care and support to people living with dementia, family carers, and the local community. This sheet outlines some of the ways in which we do this.

## DAYCARE

Daycare means so many different things to different people. For us, it is as broad as it needs to be to allow us to engage with individuals in a way that is meaningful and personal to them. Within our Centre, we provide a wide range of activities, including: Reminiscence, Arts & Crafts, Quizzes, Music Therapy, board games, hairdressing, gentle exercises, indoor golf, table tennis, prize bingo, dancing, and karaoke.

## TRIPS AND OUTINGS

We have our own **fully accessible mini-bus with wheelchair access**, and regularly go on trips and outings with our service users. **Over 300 per year.**

These have included places like: Luss, Troon, Saltcoats, Largs, Transport Museum, Peoples Palace, Scotland Street School Museum, Blair Drummond Safari Park, Burrell Collection, Maidens, The Kelpies, Strathclyde Park, The Heritage Park, The Falkirk Wheel and barge trips along the Forth & Clyde Canal.

We are also regularly seen enjoying tea and cakes or breakfast rolls in local Café's!

## SUPPORT SERVICES

We often arrange support on a one-to-one basis, to things like dentists, doctors, barbers, hospital visits, and other such practical trips. We believe that **people with dementia should continue to be an active part of their local community**, and our role is very much to do **whatever we can** to enable that to happen.

## LISTEN AND RESPOND

4-weekly, the people who attend our centre have a meeting and are encouraged to tell us what **THEY** want... shaping our service. Our wall sized "Wishing Tree" encourages regular personalised activities in response to requests.

## PHOTO'S BY E-MAIL

When on trips and outings, and within our centre, we regularly take photographs of people enjoying themselves. With permission, these photos are then printed and given to Service Users to take home, allowing them to relive the happy experience and their Carer to share in the joy.

We also have an e-mail service, where family members can sign up to have photos e-mailed to them, allowing them to see their loved one having fun, with photos going as far flung as the USA and Switzerland!



## MEMORY CAFÉ

Run in partnership with Alzheimer Scotland and the NHS Community Mental Health team, the Café meets in The Village Centre, Maxwell Drive, East Kilbride (opposite the Village Theatre) on the **Second Wednesday in the month, 1pm - 3p.m**

Dates are on our website and Facebook page.

Suitable for people with dementia; people who are worried about their memory and Carers; it is a chance to come along for some advice and support or respite. We also have Music Therapy, social afternoons and activities. **Come and have a cuppa and a chat!**



## SOCIAL NIGHTS

Throughout the year we host a number of Social nights to allow families to socialise together in a supported environment and have fun together at minimal cost. These events have included a Variety Show; a meal in the local College Training Restaurant; Reminiscence Nights; Bingo Nights; Comedy Nights; Race Nights and our fabulous annual Swing Band Night. Details of forthcoming events are announced on facebook and on our website.

## STUDENT PLACEMENTS

We work closely with South Lanarkshire College, to provide Student Placements throughout the year. We feel it is important to encourage the next generation of Care-workers.

We have and will also work with other Universities and Colleges. We also provide work experience placements to senior pupils from local schools.

## VOLUNTEER PLACEMENTS

We like to offer volunteer opportunities in a number of areas, including: Management Committee; Care-work; Gardening; Administration; Minibus Driving; Fund raising. We are registered with the local Volunteer Centre and have won a number of awards including Group of the Year and Volunteer of the Year.

## EMPLOYMENT

We are registered as a Charity and NOT for profit, but we pay and train core staff to carry out our Care-duties and as such are a local employer. Continuity is important, and 7 of our core staff have been with us for a combined **80 years**, ranging from 1 to 25 years!

## EVERY PENNY COUNTS

We do NOT pay fundraisers or directors, and our admin is carried out by volunteers.

*This means that every penny received or saved goes directly into providing care and support to people with dementia and their carers.*

## PERSONALISED CARE

Everyone who attends our centre has their own personalised care-plan. Review meetings are held at least every six months to ensure they are relevant and that needs are being met.

## INFORMATION

Via our website, Facebook page and Centre, we aim to make information and advice readily available.

We also provide speakers for events and free dementia training.

## Check us out on the web

[www.dementiacarers.co.uk](http://www.dementiacarers.co.uk)

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**We are run BY the community, IN the community, FOR the community.**