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## Argyll and Bute Community Planning Partnership

### Helensburgh and Lomond Area Community Planning Group

11<sup>th</sup> August 2015



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## Agenda Item

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### Helensburgh and Lomond Carers

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#### 1.0 Purpose

- 1.1 This report provides information on the work of the Helensburgh and Lomond Carers (Scottish Charity Incorporated Organisation – SCIO).

#### 1. Recommendations

- 2.1 The Area Community Planning Group is asked to note the ongoing work and services delivered by the Helensburgh and Lomond Carers.

#### 2. Background

- 2.2 The Helensburgh and Lomond Carers were established as a formally constituted group and registered charity in 2002, although work had been ongoing since 2000. The group provides a range of services in the Helensburgh and Lomond area with its main aim being “to make a positive difference to the lives of unpaid carers”.

#### 3. Detail

- 3.1 The Group provide a number of services which include:-
- Maintenance of an Adult and Young Carers register
  - The Carer’s Centre “Hub” for arranging the delivery of a wide range of free services to unpaid carers
  - Information and advice
  - Regular newsletters and maintaining the Charity’s website
  - Counselling services
  - Short breaks
  - Respite Service
  - Holistic Therapies
  - Social Events/Activities
  - Outreach Service
  - Carers Befriending Service
  - Carers Support Plans

- Carers Training
- Young Carers Initiative

Further information on the work undertaken by the group can be found in the Appendix to the report.

- 3.2 Work is ongoing to raise the profile of the Charity in line with the Communications and Marketing Strategy which has been put in place. The Charity prides itself in being carer led and uses various mechanisms to gain the views of service users including an annual survey.
- 3.3 The Charity relies on volunteers and individual carers to provide support, with 57 regular volunteers supporting the work of the Charity as at 31 March 2015. They are also committed to working in partnership with other organisations and have established a number of joint working arrangements.

#### **4. Conclusions**

- 4.1 As outlined in the report and the appendix, the Helensburgh and Lomond Carers are providing a valuable service in the local area.

#### **5. SOA Outcomes**

- 5.1 It is evident therefore, that the work of Helensburgh & Lomond Carers SCIO in partnership with agencies across the locality directly links to **Outcomes 4 and 5** of the Single Outcome Agreement, and specifically to 5.1.7 in the SOA:Local for Helensburgh and Lomond:

***Outcome 4 - Children and young people are valued and supported to be the best they can be.***

To improve existing and introduce new services that are organised around young carers so that their needs are identified and addressed, including the impact of caring on their health, wellbeing, education and future employment prospects. We want them to be relieved of inappropriate caring roles and supported to be children and young people first and foremost.

Young carers are supported to:

- have increased confidence and skills in their ability to make life choices and decisions
- experience reduced isolation and have better relationships with their families and peers
- negotiate the various transitions in their lives as they progress into adulthood

- be protected from inappropriate caring roles; and have the opportunities to develop the attributes that will allow them to become successful learners, confident, individuals, effective contributors and responsible citizens

***Outcome 5 –People live active, healthier and independent lives (5.1.7)***

Adult and older carers are:

- supported to have a life outside their caring role
- supported to better manage their caring role
- supported access information and advice in relation to their caring role
- supported to feel less isolated in their community
- supported to better manage their own health & well-being

**For further information please contact:**

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Appendix 1 – Overview of Helensburgh and Lomond Carers SCIO