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**Argyll and Bute Community Planning Partnership**

**Mid Argyll, Kintyre and the Isles Community Planning Group**

**8<sup>th</sup> August 2018**



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**Partner Update – Kintyre Link Club and Dochas Carer’s Centre**

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**Summary**

The coordinator wishes to describe the work of the organisations to the members of the group to increase awareness of their impacts to both carers and to users of mental health services.

**Points for Consideration:**

1. Dochas Carer’s Centre are now providing an outreach service to carers in Kintyre.
2. The Kintyre Link Club which exists to support mental health service users to maintain good mental health is well established and has a rented room that it uses for part of the week.
3. Tracy Chambers works half the week for each organisation and premises are shared, thus providing cost effectiveness for both organisations, sustaining the Link Club and building support for the Dochas Carer’s Centre’s outreach services.

**Detail:**

**Kintyre Link Club:** The Kintyre Link Club was set up in 1999, and is a mental health club run by members for members with their main aim being to promote the welfare of those who are living with a diagnosis of mental ill health. Some of the members also have other health issues which include epilepsy, learning difficulties, chronic pain, stroke, heart and lung problems, cancer, blindness, memory problems, dementia and drink and drug dependency to name but a few.

Essentially they offer mutual support to each other and try to provide a supportive environment where they can socialise, relax and learn without the fear of stigmatisation.

The Link Club is a safe place to come and meet other people on an equal basis, learn and share new skills, become more active, gain work experience, be involved in interesting and stimulating activities within the club and the local community and build up confidence, self-esteem and independence.

**Dochas Carer's Outreach:** A support group meets on the first and third Friday of the month 10.30 to 12.30 pm at Dunaverty Suite, Campbeltown Community Centre. One to one support is offered to carers as required.



There are also support groups on Islay, in Tarbert, Inveraray, and Lochgilphead. The Dochas Centre is well aware that there are many carers living in remote and rural areas who don't know where to find the information and guidance they need to support them in their role as a carer. Through their Outreach Workers, Dochas provides that. There are many advantages in living in areas that still benefit from caring communities where people feel supported by neighbours and friends.

Their outreach work is to improve the lives of these carers and raise awareness of the problems and difficulties experienced by them.

Services include:

- |                          |                     |
|--------------------------|---------------------|
| Information and guidance | Therapies           |
| Carers support           | Short breaks        |
| Carers Assessment        | Training for carers |
| Counselling service      | Playlist for Life   |
| Listening ear            | Benefit advice      |
| Time for Me              | Befriending service |

## Partnership Action

That the members note that shared resources provides cost effectiveness for these community groups.

That other sources of support could be offered by partners to allow this service to grow to meet demand. This support could include:

- Offers of activities to Link Club members.
- Publicise the volunteering opportunity for people to become befrienders with the aim of supporting carers to leave the cared for person for a short while, as part of their *Time for Me* work.
- Members of the group should be pleased to note that the TSI are already providing funding support.

**For further information please contact:** Tracy Chambers: Dochas Centre  
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