

WHAT'S ON FOR CARERS

Please stick this on your fridge!

Don't forget to visit the What's On section of the Carers Hub website to stay up to date on all the upcoming training and events! www.pkavscarershub.org.uk/perth-support-events

New Carers Centre Open Days

The plan is for all carer services to be delivered from this new venue by the 1st of April with an official opening by the Provost on the 21st of May. In between these dates we will also be organising 2 open dates for carers and professionals. We will be running tours of the building at set times throughout the day (10am, 2pm and 4pm), this is a great opportunity to familiarise yourself with the new venue and learn more about what support the Carers Hub has to offer.

APRIL 17 **Open Day for professionals**
10am, 2pm and 4pm
Lewis Place, Perth, PH1 3BD

APRIL 23 **Open Day for carers**
10am, 2pm and 4pm
Lewis Place, Perth, PH1 3BD

We look forward to welcoming everyone at the new centre - **PKAVS Carers Centre**, Lewis Place, North Muirton, Perth, PH1 3BD

Information Stall

Legal Issues for Over 50s

- Solicitors for Older People Scotland host an information stall at Perth Royal Infirmary on the last Thursday of every month between 08:15 – 11:15 (the stall will be in the main concourse of Perth Royal Infirmary just passed the main reception desk)
- There is lots of free information that affect older people such as Wills, Powers of Attorney, Advance Directives, Legal Aid, Care Costs etc. Members of the public as well as NHS and Third Sector staff are welcome to visit and gather whatever information they think might be useful to them as well as a free pen!

Training

APR 9 **Chronic Pain Self-Management**
10:00 - 13:00
Ratray@Community Connect

Places on these training courses are limited so please make sure that you contact Marlena on Marlena.Nowaczyk@pkavs.org.uk or **01738 567076** to book your space.

More training will be coming soon! If you are interested in a certain training topic please let Marlena know. We are happy to accommodate carers' needs!

Young Carers Consultation Event

JUNE 13 **Consultation Event**
18:00 - 19:30
Christian Outreach Centre

Carers Conference 2019

NOV 29 09:30 - 15:30
Dewars Centre,
Glover Street, Perth

Carers Week 2019

To celebrate Carers Week, which takes place on 10-16 June 2019, we're planning to hold Carers Ceilidh's in various localities along with exhibitions from various supporting organisations

JUNE 10 13:00 - 16:00
Auchterarder Community
Church Centre

JUNE 12 13:00 - 16:00
Blairgowrie,
Milton Royal Hotel

JUNE 14 13:00 - 16:00
Perth,
Salutation Hotel

Social Therapies

We know that a little pampering and some time to relax can make a difference and carers can access social therapies in a variety of areas throughout Perth & Kinross. Carers can choose from a variety of different therapies and enjoy a 45- minute treatment. Therapy days are relaxed and you will be guaranteed a warm welcome by our workers and other carers there on the day. Bookings for therapies open 1 week prior to the therapy date e.g. Next Perth therapy day is Friday 29th March so booking opens Friday 22nd March.

- Aberfeldy, 11:00 - 15:00, Last Wednesday of each month, Aberfeldy Health Centre
- Crieff, 10:15 - 14:30, Last Tuesday of each month, Crieff Learning Centre
- Blairgowrie, 10:15 - 13:45, First Tuesday of each month, Adult Resource Centre
- Perth, 10:30 - 14:00, Last Friday of the month, PKAVS, The Gateway

For more information or to book please call the **Adult Carers Team** on **01738 56707**.

Kinross Carers Café

The Kinross carer's café is on the 1st Monday of each month at the Community Campus in Kinross. It runs from 10:00 – 12:00. There are new speakers each month and carers have an opportunity to have a cuppa tea and catch up. For more info you can contact **Gail Boath** on **01577 867306** or **Annette Bond** on **01738 567076**

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Movie Memories

We're inviting people living with dementia and their carers (friends or family) to join us for a movie! We will help you to get a Cinema Card if eligible or alternatively will cover the price of your tickets through the project funding. Help with travel can be arranged if needed.

APRIL 25	Stan and Ollie 11:00 Birks Cinema Aberfeldy
MAY 31	The King and I 11:30 Perth Playhouse
JUNE 27	Singing in the Rain 11:00 Birks Cinema Aberfeldy
JULY 26	West Side Story 11:30 Perth Playhouse

Spaces are limited to 20 per screening. For more info or to book your tickets contact Marlena on Marlena.Nowaczyk@pkavs.org.uk or 01738 567076

Adult Carers Support Groups

Me Time

The Perth Carers Support Group - 'Me Time' meetings are open to all unpaid carers and allow them an opportunity to meet other carers in an informal relaxed setting.

APRIL 18	13:00 - 16:00 Easter Cake and Craft at the Gateway - bring cake!
MAY 24	10:00 - 15:00 Trip to Tunnocks Cake Factory (minibus will leave The Gateway 09:45 sharp)
JUNE 21	13:00 - 15:00 Programme planning for 2019 - 2020 at The Gateway

Please contact Adult Carers Support Worker Liz Dunbar for more information about attending any of these support group meetings on **01738 567076** or email Liz.Dunbar@pkavs.org.uk

Adult Carers Support Groups

Strathmore Carers Support Group

Strathmore Carers Support Group meets the last Wednesday of the month at the Adult Resource Centre in Jessie Street, Blairgowrie. The monthly programme of activities is carers-led and there is an opportunity to speak with a Carers Support Worker for information and advice.

APRIL 24	10:30 - 14:30 Trading Standards scamming talk and benefits advice
MAY 29	Time TBC Body Boosting Bingo fun with Age UK
JUNE 26	Time TBC Possible day trip send Kathleen your suggestions!

If you are interested in joining in the fun please contact Kathleen Murray on **07591760628/01738 567076** or email Kathleen.Murray@pkavs.org.uk

Playlist for Life Help Point

3rd Thursday of the month at AK Bell Library, Perth. Drop in from 13:30-15:30 to find out more about the Playlist for Life.

18th April	19th Sep
16th May	17th Oct
18th July	21st Nov
15th Aug	19th Dec

Personal music for dementia, can help transform the lives of people living with dementia and for those who care for them, by evoking memories, prompting conversation and strengthening relationships; improving mood and awareness; and grounding people and restoring their 'sense of self' if confused.

For more info contact Sandra Birse, Library Supervisor **01738 477038**

Adult Carers Support Groups

Bridge Project

The Bridge Project is a group for unpaid carers whose caring role has changed due to a bereavement or the cared for person entering long-term care. PKAVS Carers Hub recognised the importance of supporting unpaid carers all through their caring journey. Through the 'Bridge Project', it aims to provide support to unpaid carers at this difficult time.

The Bridge Project meets at The Gateway, North Methven Street, Perth, PH1 5PP, 10:30 - 12:30.

Dates for upcoming meetings

APRIL 10	MAY 8	JUNE 12
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For more information please contact the Adult Carers Support Team on **01738 567076** or email thebridgeproject@pkavs.org.uk

Social Prescribers

If you would like to find out more about the options and opportunities available to you in your local area then get in touch with the Social Prescribers. They are here to support you to address feelings of isolation by signposting you to make connections in your local area which are recognised to benefit your overall health and wellbeing.

Get in touch with your local Social Prescriber to find out more:

- Kim MacBain (North Perthshire), **01250 871934**, KMacBain@pkc.gov.uk
- Erin Martin (Perth City), **01738 475708**, ErinMartin@pkc.gov.uk
- Marissa Carradice (South), **01764 657823**, MCarradice@pkc.gov.uk

For more info about what support services are in your area don't forget to check out www.yourcommunitypk.org