

# Dundee Mental Health

## Cairn Fowk

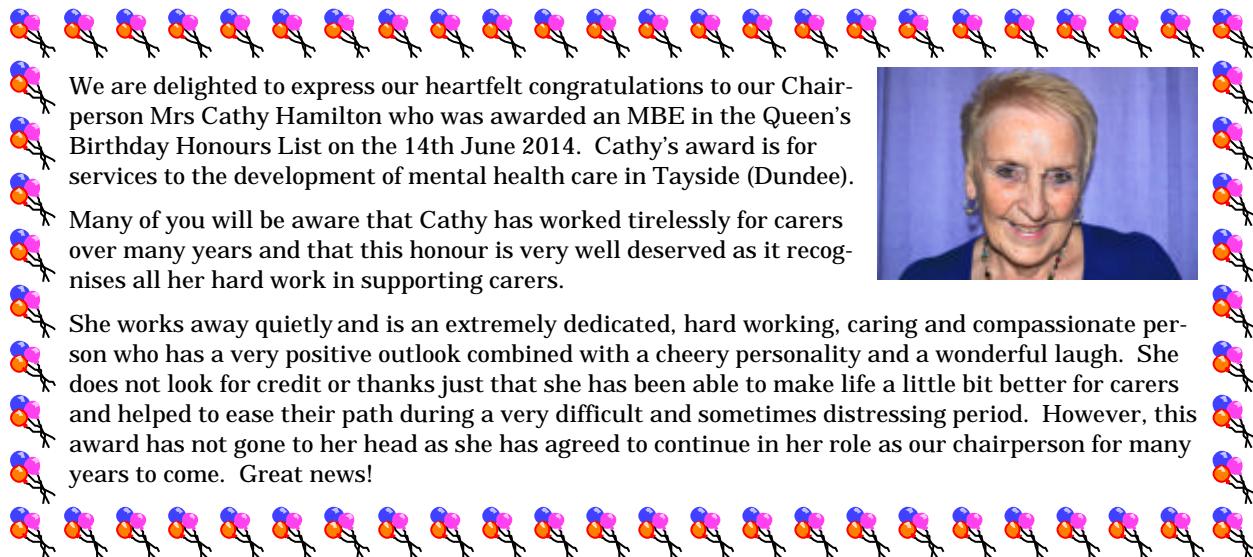
### Charity Status

We are very happy to announce that with effect from the 17th April 2014 we became a **Scottish Charitable Incorporated Organization (SCIO) SC044807**.

Having charitable status will hopefully allow more people to have the confidence to support us in the knowledge that we are now regulated by OSCR (Office of the Charity Regulator).

Our Charity's purposes are the relief of those in need by reason of disadvantage through social and emotional isolation and stigma as a carer of someone with a mental illness, by providing the opportunity to take part in social outings and respite activities/breaks to support their wellbeing.

### Cathy Hamilton MBE



We are delighted to express our heartfelt congratulations to our Chairperson Mrs Cathy Hamilton who was awarded an MBE in the Queen's Birthday Honours List on the 14th June 2014. Cathy's award is for services to the development of mental health care in Tayside (Dundee).

Many of you will be aware that Cathy has worked tirelessly for carers over many years and that this honour is very well deserved as it recognises all her hard work in supporting carers.

She works away quietly and is an extremely dedicated, hard working, caring and compassionate person who has a very positive outlook combined with a cheery personality and a wonderful laugh. She does not look for credit or thanks just that she has been able to make life a little bit better for carers and helped to ease their path during a very difficult and sometimes distressing period. However, this award has not gone to her head as she has agreed to continue in her role as our chairperson for many years to come. Great news!

### New Monday Weekly Drop In

We are also very happy to announce that we will be running a new weekly Drop In at the "Crescent" in Whitfield. The Drop In will open on the 8th September between 10-12 pm and every Monday thereafter (excluding public holidays).



Please feel free to come along and join us for a cup of tea/coffee as well as some caring & sharing and a wee break from your caring role. We look forward to welcoming you. Don't forget that we also have our Friday weekly Drop In at Chalmers Ardler Church Turnberry Avenue, Dundee

## What is the definition of the word Carer?

What is the definition of the word carer?

I personally do not like the word carer I prefer supporter, as that is what we do, support someone who has a mental health problem. A supporter can be anyone from a husband, wife, son daughter, friend, neighbour or a relative.

I have been told many times by people that they do not see themselves as carers, I am his mum or dad, husband or wife, relative or friend. I do this as I love and care about the person not for any monetary gain,. We do not get paid, as is thought by some people who do not know what it is to be a carer. I remember a lady I was working with who got most upset when someone said to her that she got paid well for looking after her husband, not so.

The Dundee Mental Health Cairn Fowlk is a group of such people who all love and care about the person they support. That is why it is important to work towards raising money for respite breaks for our members.

As you will see from the Newsletter we do this in many forms and our committee are very committed to getting out there to raise funds, as they are all carers/supporters themselves and have personal experience of what a stressful and emotional role this could be.

I suppose what the message I am trying to get over is, if you feel you qualify to join our membership and experience the benefits of being part of our Cairn Fowlk please get in touch. We have lots of things going on from friendship groups to outings, trips away and respite breaks. Please feel free to give us a phone and I can meet up with you and explain more of what we do.

As the Chairperson I have 20 years of working in the mental health field as a family support worker and continue to do so.

Cathy Hamilton

Chairperson

## Wellbeing Day 8th March 2014



Margaret McCathie & Cathy Hamilton

On the 8th March 2014 thirty four carers took part in our Wellbeing Day which offered information and activities and was held in the premises of Art Angel

Dr Karen Adam, a consultant in Public Health Medicine with NHS Tayside gave a presentation about the journey to wellbeing and explained the findings from recent Hope and Recovery courses run for carers in the Carseview Centre

This was followed by a wellbeing workshop from Margaret McCathie about appreciating yourself and she had the carers singing and dancing as well as looking at themselves and recognizing and appreciating their own positive qualities.

After a buffet lunch accompanied by music from the "fiddling freends" the carers took part in different

activities including, making up Easter boxes, jewellery making and also balloon making.

Our evaluation forms confirm that the carers had a very enjoyable day. The day was part funded by Healthy Dundee, Healthy Communities Small Grants Scheme



## Respite Break A Carer's Story

### Week-end to the Low Port Centre Linlithgow

As a new carer with Cairn Fowk it was my first time at Linlithgow. I was so excited as I'm always used to looking after everybody else, my brother who has mental health problems, my teenage daughter who has very challenging behaviour and I also suffer from mental health problems myself.

We arrived on the Friday afternoon and were shown to our rooms. Later on we had our evening meal which was followed by some workshops. I had my hands massaged then a bit of Reiki, and a foot massage in a basin of warm water and marbles. I took bad accepting being treated so nicely, as it is usually me doing for everybody else.

On the Saturday afternoon we did silk painting which I really enjoyed as I find it hard to relax and concentrate and I loved the peace. I hope to buy some silk and paints to do this at home.

On Saturday night we went for a meal down at the Barge. The ladies who looked after us served our meal, with wine. There was also a one man band who's name was Phil who was lovely and catered for all ages and I had everybody up on the dance floor.

Sunday morning we had a laughter class which was great. I was very emotional when it was time to leave as I was so grateful and enjoyed it so much.

It has changed my life and one of the best experiences in my life. I don't know where I would be if I didn't have the Cairn Fowk Group. I look at the group as my family and it is a big part of my life.

Michelle

## Fun Activities Snowdrops by Starlight



On Saturday 15<sup>th</sup> February 17 carers went on the mini bus to visit Cambo Estate in St Andrews to do the Snowdrops by Starlight walk.

The weather stayed favourable throughout our walk, and although we all walked at different paces everyone enjoyed the evening very much and felt quite healthy afterwards. Although this was only a temporary feeling because; as is our custom on such events we went for an evening meal to St Andrews. This proved not very good, but rather than let this spoil our evening we chatted and laughed our way through the meal. We will not be going back to that particular restaurant for a meal. We got back into Dundee around 10pm and made sure everyone had a lift home. The outing was a good experience and well worth the ticket entrance fee.

## Fun Activities Outing to Falkland Palace

On the 5th July fifteen of us boarded the minibus at Tesco's Kingsway Store

We were off this time to visit Falkland Palace where we were given a guided tour and the guides were all dressed in traditional costumes which would have been worn a few centuries ago.

The Palace is managed by the National Trust for Scotland but still

belongs to the Monarchy.

We had a very pleasant lunch in one of the local restaurants with everyone choosing where they wanted to eat.

By afternoon the weather had become very pleasant to walk about in with the many floral tubs and hanging baskets around the village.

Then it was time to return home.

I think everyone felt that they

would have liked to have stayed longer, but thoroughly enjoyed their visit.



## Fund Raising Event Sponsored Walk

My first sponsored walk for Cairn Fowk was on the 1st June 2014. Did I think I would make it? NO. But I did and lived to tell the tale.

It was a lovely Sunday morning and I was up and ready on time, pick up was 9.15am ugh, but I was there with bells on. I was a little worried as some of the others were serious walkers and I thought I would be lagging behind, silly me! it was Cairn Fowk I was walking for and with. Any day out with them is more like a fun day out. All 9 of us got together:- Katrina and Jean, the driving force behind the walk, Niall our qualified walk leader, Maureen 1, Maureen 2, Wilma, Nancy, Michelle and me (Sandra) met at the water front in Arbroath near the cliffs right along the water front which was more my style.



Off we started and it wasn't long before I realised that it was going to be a fun filled happy stroll, with a few pick up pace moments. Everyone had different abilities and everyone respected that.

There's a saying that what happens on the walk stays on the walk so I will not share some of the most hilarious moments so as not to embarrass anyone.

We were out for 8 hours and it did not feel like that at the time but next day I certainly felt it.

After we completed our walk our next stop was Sugar and Spice for a cup of tea and a scone The scone was homemade and the size of a door stop.

After being refreshed last leg of the journey was back to the cars. I must admit we were not as fast or as chipper as when we started but we were happy. We raised £546 for the charity.

Roll on next year so I could do it all over again—Sandra Marshall

We must also mention Carol and Lisa who also raised funds for us but who did a different walk.

Our grateful thanks to all who took part.

## Fund Raising Event Social Dance



On the 23rd May we held a social dance in the Dee Club to help raise funds for our charity.

We had a live group called "Messaround" who were a four piece band including a female singer. They played a mixture of music from the 70's 80's 90's and up to date.

There was also a game of bingo to give us a wee rest from the dancing as well as a raffle with some very good prizes indeed.

Sadly the numbers attending were not as good as we had hoped but the people who did put the effort into attending had a very enjoyable evening out.

We must thank the Dee Club for the use of its premises and for helping with the cost of the band and donating half of the money raised at the bingo

After expenses we raised £250.

## Fund Raising Event Car Boot Sale

On the 13th July our carers again held a very successful car boot sale.

Well done to our carers for putting their selling techniques to good use.

Sadly they also had to keep an eye

on the items on our table. However Jean was on the ball catching people who felt they had the right to steal from our table. Unbelievable that people can steep so low as to steal an item being sold for £1.

Despite this setback our carers raised £210 for the charity.

Our grateful thanks go to all who donated items for sale and thanks also go to our selling team.

## Walking Group “No time like the present”



The Walking group had a very successful outing to the Bluebell Woods in Blairgowrie on Wednesday 14th May. The weather was really good and 9 members thoroughly enjoyed a nice walk and an (even nicer) lunch.

The walk was a mixture of level woodland open country with good views and the woods were carpeted with masses of bluebells and small pink flowers. It took about an hour, and the exit of the walk was (conveniently) opposite a very nice hostelry, where lunch was enjoyed!

All in all a very good morning out.

The next walk is scheduled for Tuesday 12th August, when we will be going to Alyth Den. Lunch (for those who would like lunch) will be in the Alyth Hotel. Anyone who would prefer to bring a picnic lunch can obviously do so. There are two

small cafes in Alyth if anyone does not want to go to the Alyth Hotel, although the hotel has confirmed that if people only want a cup of tea etc. that is absolutely fine.

If you would like to join us on the walk to Alyth Den then please get in touch



## Respite Break Low Port Outdoor Centre Linlithgow

Cathy Hamilton and 20 carers went off on a Respite Break on Friday 20<sup>th</sup> June returning on Sunday 22<sup>nd</sup> June.

Care for Carers who very kindly give us this opportunity to have a weekend break completely free, made us very welcome on arrival.



There was just so much to do over the weekend, it was a full programme of activities starting from Friday night when all the complimentary therapies took place. Saturday morning we had healthy eating and stress management.



Falkirk Wheel

In the afternoon a trip to the Falkirk Wheel, or a lazy afternoon just doing nothing or seeing the sights.

Saturday evening we went on a barge trip, ending up with a lovely buffet meal.



The barge on the canal



Sunday again some complimentary therapies in the morning, then lunch, then home.

The food as always was great, and a few comments like “it’s great to have it cooked for you doing nothing is great.” “I would definitely like to come back” “We are so fortunate to get this”.

Carers can come and go as they please, they do not have to take part in the activities, after all it is their week-end, but I have to say that most of them did.

It was just wonderful to see some of the newer carers who had never had this experience before really enjoying themselves and just for that precious time they had the full benefit of getting away from their caring role.

Just Magic!!!!



## Events August to December 2014

Tuesday August	12th	Walking Group outing to Alyth Den—limited numbers
Sunday August	17th	Fund Raising—Charleston Gala Day—Tombola and cake and candy stall
Wednesday August	27rd	Fund Raising Quiz Night in Fort Bar Brought Ferry—all welcome 8.00pm
Saturday September	20th	Outing to Dynamic Earth in Edinburgh—Limited Numbers
Tuesday October	28th	Evening Friendship Group Fancy Dress Halloween party
Monday November	17th	Annual General Meeting 7pm
Saturday December	13th	Christmas Meal in the Invercarse Hotel Dundee 6.30pm

Our contact details are listed on page eight if you would like further information or to book a place at any of the above events.

## Friendship Groups



Our afternoon friendship group meets up once a month for two hours for a cup of tea or coffee and biscuits and some mutual support. There is always someone there to share any concerns with.

Our evening friendship group is a larger group who also meet up for a tea or a coffee and some mutual support after our planned activity has taken place.

Over the past few months there has

been a beetle drive, bingo, name that tune, a quiz night, a musical evening and a nibbles night.

The evening starts off with the activity and then there is time for a chat and sharing of information over a tea/coffee and biscuits and sometimes homemade tablet or cakes.

There is a £1 fee at each group to cover costs.

## Friday Weekly Drop In

Our weekly drop-in has been going since 22nd September 2013 and is going really well.

Very slowly we are getting new people to come along to Chalmers Ardler Church every Friday from 2.00 till about 4.00.

A couple of weeks ago we had a chance to decorate "Tea Lights" after a demonstration. This was en-

joyed by all. Sorry for those who missed the demonstration as there was a chance to buy decorated vases etc? See below

If you are free any Friday why not come along for a chat, a cake and a cup of tea!!!!

Robert & Linda





## Dates for Evening Friendship Groups Last Tuesday of every month

MEETINGS ARE HELD AT DUNDEE VOLUNTARY ACTION 10 CONSTITUTION ROAD DUNDEE

DATES from August 2014 to January 2015

26th August	7.00pm-9.00pm	Screening of Blackbird Film
30th September	7.00pm-9.00pm	Nurse Heather + Fiona Smith
28th October	7.00pm-9.00pm	Halloween Party
25th November	7.00pm-9.00pm	Christmas Cards
16th December	7.00pm-9.00pm	Decorations & Nibbles
27th January 2015	7.00pm-9.00pm	To Be Advised

The above information is correct at the time of printing but the evening activity may be subject to change depending on availability.



## Dates for Afternoon Friendship Group First Wednesday of every month

MEETINGS ARE HELD AT DUNDEE VOLUNTARY ACTION 10 CONSTITUTION ROAD DUNDEE

DATES FOR August 2014 to January 2015

6th August	2.00pm-4.00pm
3rd September	2.00pm-4.00pm
1st October	2.00pm-4.00pm
5th November	2.00pm-4.00pm
3rd December	2.00pm-4.00pm
6th January 2015	2.00pm-4.00pm



## Dates for Friday Afternoon “Drop In”

Friday weekly “drop in” between 2-4pm at Chalmers Ardler Church, Turnberry Avenue,  
Dundee



**Every Friday apart from 1st, 8th August, 19th, 26th December & 2nd January 2015.**



### Mission Statement

*Our aim is to support the wellbeing of mental health carers and to engage with the wider community to promote awareness of mental health issues*



### Dundee Mental Health

### Cairn Fowl

Scottish Charitable Incorporated Organisation  
(SCIO) SC044807

#### Contact:

**Cathy Hamilton**

**Chairperson**

**Email:**

**cathy.hamilton@hotmail.co.uk**

#### Contact:

**Kate Robertson**

**Secretary:**

**Email: cairnfowkkate@btopenworld.com**

### Dundee Mental Health Cairn Fowl

**10 Constitution Road**

**Dundee**

**DD1 1LL**

**Tel: 07704514103**

## Who we are and how we can help

### **WHO WE ARE:**

We are a local specialist charity that has been set up and is run by a very dedicated team of mental health carers who support people who care for an adult aged 65 or under with a mental illness.

As our organisation is run by carers who have "walked the walk" their knowledge has been gained through personal experience and they are well aware of the difficulties encountered in being a carer of someone with a mental illness.

### **WHO WE CAN HELP:**

Our expertise is in supporting relatives and friends of people with illnesses such as schizophrenia, bi-polar (formally known as manic depression) and people with severe and enduring depressive illnesses. We are aware that some people may not have a diagnosis as this can take sometime, but please get in touch and if we can help then we will.

### **HOW WE CAN HELP:**

Help and support come in many forms and often it is just to know that you are not alone and what you are experiencing is something others can share with you i.e. to learn coping strategies, help with stigma and isolation that is often felt by mental health carers, and most important make new friends through social activities and just getting to know each other. Not to be judged and no matter what is going on to be supported through the difficult times.

### **FRIENDSHIP:**

Our chairperson Mrs Cathy Hamilton MBE has worked with mental health carers for over twenty years and has a wealth of personal and professional experience to offer to new and existing carers alike. You are assured of a warm welcome from Cathy and all of our carers at any of our two friendship groups or our weekly drop in. (Details are on page 7 of this newsletter).

If you are unsure about coming along on your own please get in touch with Cathy and she will arrange for one of our carers to meet you ahead of time.