



Come Along to Our New Drop In Clyde Square

(See Centre Pages for
Forthcoming Events)

CONFIDENCE BUILDING WITH A DIFFERENCE

Our 'Your VOICE' course aims to provide people with a learning opportunity that they can use to develop their confidence and communication skills and become more involved in decisions that affect their lives.

The course structure is very much activity based, exploring learning outcomes and how this could be applied to real life situations.

'Your VOICE' works because it focuses on the individual and collective experience of participants. It allows people to contribute in their own way and acknowledges the diversity of skills and experience that people bring.

Activity based exercises include;
Sources of confidence, barriers to communication, negotiation and persuasion techniques, listening skills, case studies and scenarios exploring issues of exclusion and discrimination, and alternatively social inclusion and equity.

Courses will be running in November.

Interested contact

Your Voice 01475 728628

Inverclyde Homeless Forum (IHF) was formed in 2005 by service users of Inverclyde's Homelessness Services and was originally part of the Housing Strategy Group. Now independent, IHF runs a drop-in/lunch club each Friday at St Mary's Church Hall, Greenock.

IHF is committed to improving service delivery and has raised concerns at a local level regarding the lack of resources to assist homeless people. At a national level IHF work closely with the Poverty Alliance to campaign for change, and in October 2010, Denis McIvor, Chair of IHF had the opportunity to engage with MSP's at the Scottish Parliament and raise concerns about Inverclyde's hidden homelessness.

Over the years, IHF have identified the need for a 'Drop In' Centre, and hope that this will be realised in the future and provide a range of facilities for people experiencing deprivation/poverty, homelessness and isolation in Inverclyde.

"In Denis McIvor, I know Inverclyde's homeless have a tireless and caring advocate who does tremendous work for the people in our community who are left on the margins".

Duncan McNeil MSP
(Greenock &
Inverclyde)





WHAT'S ON

**Monday 8th November -
Friday 12th November**

PALLIATIVE CARE

LOCAL SERVICES
SUPPORT & INFORMATION

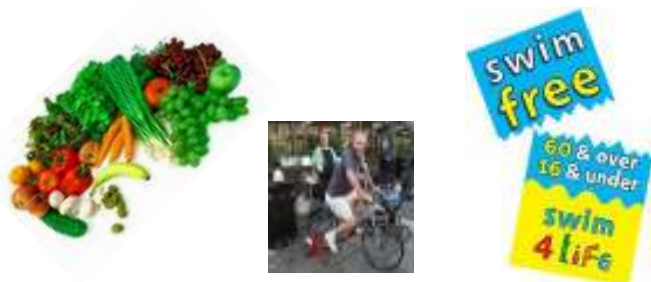
Come Along and Find Out What's Available



**Monday 15th November -
Friday 19th November**

COME ALONG AND GET INVOLVED

FIT & ACTIVE



- Healthy Eating
- Smoothie Bike
- Keep Active
- Volunteering
- Social Activities

**Wednesday 24th November
- Friday 26th November**

TAKE PRIDE IN INVERCLYDE

Come Along and Find Out What's Happening In Relation to the Following:

- | | |
|--|------------------------------|
| 1 Depopulation | 5 Health Inequalities |
| 2 Social Regeneration/
Area Renewal | Alcohol Misuse/ |
| 3 Economic Regeneration | 6 Problematic Drinking |
| 4 Employability | 7 Tackling Childhood Poverty |
| | 8 Environment |

**Monday 29th November -
Tuesday 30th November**

TELECARE



Demonstrations



**COME ALONG AND FIND OUT
MORE ABOUT THE NEW
TECHNOLOGY TO ASSIST
PEOPLE TO REMAIN AT HOME**

WHAT'S ON

Wednesday 1st December



**COME ALONG AND
FIND OUT MORE**

Friday 3rd December

**INTERNATIONAL DAY
for
DISABLED PEOPLE**



Monday 6th December -
Friday 10th December

HOW to GET INVOLVED

Your VOICE enables the voice of local
people to be heard



Your Views



Would you be interested in getting
together with like minded people to:

- Share your life experiences
- Raise issues and concerns
- Challenge judgemental attitudes (even our own)
- Promote what works well
- Celebrate achievements and successes

If so just get in touch with us

Telephone: 01475 728628 Textphone: 01475 728608 email: enquiries@yourvoice.org.uk



Saturday 27th November



**IMPROVING INVERCLYDE
TOGETHER**



Environment & Economic Regeneration

VENUE:

**Auchmountain Community
Resource Centre
22 Burnhead Street
Greenock
10.30am—2.30pm**

To book a place and any support
contact 728628 

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HELPING CARERS GET A BREAK AWAY FROM THEIR CARING ROLE

All Carers registered with the Centre can access short breaks, sometimes referred to as respite, on a regular basis or for one off events. These can be used to attend appointments, go to a family celebration or take part in learning or groups, meet up with friends or just get some time to themselves. One carer used the time to go swimming and was kind enough to share her thoughts with others.

"I would like to say that I am very grateful to the Carers Centre for the opportunity to once again enjoy swimming. I was able to go to the Port Glasgow swimming pool and enjoy a short time relaxing without worrying about my husband, as a Carer came to the house and sat in with my husband while I had two hours to enjoy some ME time." Carer

The Centre can also help groups of 2 or more Carers to get a longer break away from home by meeting the costs of accommodation and travel.

For further information contact:



Lorna MacDonald
Project Manager
Inverclyde Carers Centre
68—70 Cathcart Street
Greenock

Telephone: 01475 735180

Email:

enquiries@inverclydecarerscentre.org.uk

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Telephone: 01475 728628

Textphone: 01475 728608

Fax: 01475 728605

Email: enquiries@yourvoice.org.uk

If you require this newsletter in an alternative format please advise us.

INVERCLYDE

MULTIPLE SCLEROSIS

SOCIAL & ACTIVITIES GROUP



The group meet on the first Thursday every month 11.00am to 1.00pm at The Centre for Independent Living Gibshill Road, Greenock (Behind Arnold Clark's Ford Garage)

Come Along and join Us

For more information contact

Moira 01475 716572

Ann Marie 01475 793680

Website:

www.ms inverclyde.org.uk

Registered Charity No: 207495



LUPUS SUPPORT GROUP

**Would You Like
to Join a
Lupus Support Group?**



**WE MEET ON
THE LAST WEDNESDAY OF THE MONTH
12.00pm - 1.30pm**



COME AND JOIN US

at

Your Voice

Inverclyde Community Care Forum

12 Clyde Square, Greenock

Telephone: 01475 728628

Textphone: 01475 72860

Email: enquiries@yourvoice.org.uk



