

# Inverclyde Community Care Forum

is holding its

## 'Annual General Meeting'



Date: Thursday 19th August 2010  
Time: 10.00 - 12.00

Venue:  
Tontine Hotel  
6 Ardgowan Square,  
Greenock

If you require support or assistance to enable you to attend e.g. loop system, respite, sign language, interpreter or transport, please contact us.

Telephone: 01475 728628  
Textphone: 01475 728608  
Fax: 01475 728605  
Email: [enquiries@yourvoice.org.uk](mailto:enquiries@yourvoice.org.uk)

## Your VOICE enables the voice of local people to be heard



Do you know who makes the decisions about your community?

Did you know that your experiences, views and suggestions could influence these decisions?

Are you interested in making Inverclyde a better place to live, learn and work?

If so, you may be interested in getting together with like minded people to;

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

To register your interest see contact details above



Margo MacDonald MSP

### The End of Life Assistance (Scotland) Bill

A bill is currently proceeding through the Scottish Parliament which, if it becomes law, will permit certain groups of people to ask for help to enable them to die. The End of Life Assistance Bill, which is proposed by Independent MSP Margo MacDonald, is currently completing Stage 1 of its passage. It has still to be voted on by the full parliament, and may be subject to considerable amendment and delays. However it would be true to say that we are closer to legalising so-called assisted suicide in Scotland than ever before.

Supporters of the bill claim that it will allow people who are terminally ill, permanently physically incapacitated or finding life intolerable to choose when to end their lives. Margo MacDonald has spoken passionately about her personal experience of Parkinson's Disease and her wish to have the choice to end her life in the event of her condition becoming too much to bare.

Some opponents of the bill claim it is fundamentally wrong to assist someone to take their own life. Others see the bill as the "thin end of the wedge", fearing that elderly and physically impaired people will come under pressure to agree to have their lives cut short.

It is still possible for members of the public to comment on the proposal. However, whatever the outcome proves to be, the process has highlighted the need to improve choice for people facing the end of their lives.

**For further information please contact:**  
**Dorothy McElroy**  
**Chief Executive Officer**  
**Ardgowan Hospice**  
**12, Nelson Street**  
**Greenock PA15 1TS**  
**Hospice : 01475 726830**  
**email: [dorothy.mcelroy@ardhosp.co.uk](mailto:dorothy.mcelroy@ardhosp.co.uk)**

## LUPUS PEER SUPPORT GROUP



**DATE: Wednesday 25th August 2010**  
**TIME: 1.00pm – 2.00pm**  
**VENUE: Your Voice, 12 Clyde Square**

Would the lady who made the initial enquiry about a local Lupus Group please get in touch. If you have Lupus and are interested please come along. Thank you.

## Have You Had Any Bogus Calls?

One of our Board of Directors received a call from someone saying that they were from the Halifax. They were targeting 50 – 79 year olds and asking if they would like to take out Accidental Damage Insurance for £9.95 per month. They were quoting £1,500 for a broken toe or finger, £4,000 for breaking a lower limb, £6,000 for your hip and £20,000 on accidental death. They were so convincing and asked if you would like to speak to a manager who would then give you a phone back. Don't fall for this. It really is a scam.

The police were informed and they stated;  
**'Don't give any personal information out over the phone!'**

## Survivors of Strokes

My name is Rodger Davies and I am a Survivor of a Stroke. To be exact, on the ninth of December 1983 I suffered a sub-arachnoid haemorrhage.



Following surgery, to clip the site of my bleed I was left paralysed down my right hand side and my speech and emotions were badly affected. Happily I recovered and now lead a "normal" life, although I am now of the opinion this recovery was made possible in part by my own circumstances at that time.

Then, recently I was looking for a Self help group that was focused on strokes, especially in Inverclyde. Only to find out there is not one.

So this I intend to remedy by setting up an association called Survivors Of Strokes run by survivors and it will be able help with the stress, physical well being and emotional strain that we all go through. Therefore I would ask you if you are a survivor of a stroke or you know of a survivor, please contact Your Voice for more details.

# Wally-Paper

I have to strip the wallpaper  
Before the wife comes in tonight  
If I do not do it quickly  
There is going to be a fight  
She does not understand  
I don't have to decorate  
But I have to get a move on  
It's getting very late  
You never done it properly  
That is what she'll say  
I say to her I'm tired  
Can't it wait another day  
Wait another day by gum!  
You are going to do it now  
Another hour that's all you get  
That's all I will allow



It is two hours later  
And I am sitting down to tea  
The wife, the kids, the mother in law  
Are dissatisfied with me  
I fell off the ladder  
On my head fell a tin of paint  
The kids are blue  
My mother in law too  
And my wife is looking faint  
I am off to the pub now  
My sorrows I am going to drown  
And I will come back home again  
When everyone's cooled down

**By Billy Alexander**  
who attends the Buttercups Daisies  
and Harvey Group

## CONFIDENCE BUILDING WITH A DIFFERENCE

Our 'Your VOICE' course aims to provide individuals/groups of 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.

It is aimed at a diversity of people who have little or no experience of being involved in engagement, participation and consultation activities. Therefore 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 October.

If you would like to register for this course and/or for more information contact:

**Your Voice 01475 728628**



# Tourettes

**The symptoms of Tourettes (TS) are involuntary tics.**

Tics usually start in childhood around the age of seven, and are usually worst between ten and twelve years. The first tics usually start around the head and face and vocal tics tend to appear later.

85% of people with TS have more than just tics, these can include Obsessive Compulsive Disorder (OCD) and/or Attention Deficit Hyperactivity Disorder (ADHD).

**Are you or anyone you care for affected by any of the above?**

If so, would you like to get together with others in the same situation to discuss and share knowledge and experiences.

**If so you can contact:**

**Your Voice**  
**12 Clyde Square**  
**Greenock**  
**Telephone:**  
**01475 728628**

**Email:**  
**enquiries@yourvoice.org.uk**



On Sunday 2nd May 2010 Craig Casement from Greenock completed the 10K Great Edinburgh Run. Craig decided to sponsor Inverclyde



Asthmatic Care Group and donated £335.90. Craig has had his own personal experience of childhood asthma and his grandmother used a nebuliser, supplied by the group. Craig's fantastic efforts will assist the group to continue to provide a much needed and used community resource. Inverclyde Asthmatic Caring Group have been running for 27 years and in this time has provided support to people in Inverclyde, and even to people out with the area, providing nebulisers and information. The group continues to fundraise to upkeep the supplies that support demand for much needed nebulisers, for people living with Asthma or Chronic Obstructive Pulmonary Disease. On 9<sup>th</sup> March 2010 the group hosted a concert 'A Breath of Life' in Greenock Town Hall. The group appreciate the support from local schools, dance groups and the Scouts who all contributed towards a wonderful concert. Funds from the concert amounted to a grand total of £1, 830. The group will continue their efforts to keep the service running.



For further information on the group please contact Mrs Ina Miller on 01475 726442

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

## Positive Health Writers Group

Do you have a story to tell? Do you like writing, reading, poetry or just chatting and listening to them? Come along to the writers group and shine a light on your creativity. The group have met once and members are busy working on a small biography (on someone of their choice). Sessions will be held on poetry, creative writing, how to write a short story, writing a novel, newsletter articles etc. Group members are encouraged to bring along their own topics for discussion. If you are interested see below for dates and venue;

The group meet in Your VOICE 12 Clyde Square, Greenock on the third Monday of every month from 1pm till 3.30pm.

### Future dates:

16<sup>th</sup> August  
 20<sup>th</sup> September  
 18<sup>th</sup> October  
 15<sup>th</sup> November



## CARERS HEALTH ADVICE SURGERY

The Prevention and Support Nurses will be available within Inverclyde Carers Centre on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the Month 9.30am – 1.30pm to offer support to carers on the following issues:

The Carers Health Advice Surgery offers support to carers on the following issues:

- **Advice for Carers**
- **GP Referrals**
- **Medication Queries**
- **Advice on Care Services**
- **Health Checks for Carers**
- **Referrals to other Agencies**
- **Respite Services**

Inverclyde  
COUNCIL



If you would like to speak to one of the Prevention and Support nurses at the centre, please speak to a member of staff at the centre for dates and times of the surgeries.



**Inverclyde Carers Centre**  
**68/70 Cathcart Street**  
**Greenock PA15 1DD**  
**Telephone: 01475 73518**  
**Email:**



[enquiries@inverclydecarerscentre.org.uk](mailto:enquiries@inverclydecarerscentre.org.uk)