



WEST CORK CARERS SUPPORT GROUP

# Newsletter

OUTLINING THE RANGE OF SUPPORTS OFFERED TO CARERS

JULY – AUGUST – SEPTEMBER 2015

EDITION No. 39

## Dear Carers, Welcome to the summer edition of our newsletter

We've had a number of successful and well attended events since our last newsletter, including support group meetings, sewing machine and IT workshops, a Practical First Aid Course and our Stress Management Seminar. These events are shaped by feedback from our Carers and your ideas and suggestions about future supports and services are always welcome.

Events held during National Carers Week included a visit to the fabulous Dzogchen Beara Retreat Centre, Mamma Mia sing-along Movie night, and the Carers 'Pamper' morning in the Maritime Hotel. These events were enjoyed by many Carers and also gave us a wonderful opportunity to raise awareness of the vital role and contribution made by Carers in our community.

All Carers who were in contact with us during National Carers Week were also invited to enter into a free raffle. The lucky prize winner, Mary Coakley, is now the proud owner of a beautiful hand-crafted crochet blanket made from individual squares crocheted by Carers who took part in our Crochet Project.



Carers enjoying the lovely weather at our recent trip to Dzogchen Beara Retreat Centre



The beautiful crochet blanket made by Carers for the National Carers Week raffle.

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## Weekly Supports

The Carers Drop-in Service and Support Line are confidential services offering:

- A listening ear
- Information on benefits and entitlements
- Information and referral to other relevant sources of information, services and supports

**Carers Drop-in times are:**  
**Tuesdays 10am to 1pm and**  
**Thursdays 2pm to 5pm**  
at our office in Bridge Street, Bantry

**The Carers Support-line**  
**number is: 027-51731**

This service is available **every**  
**Wednesday and Thursday**  
**from 10am – 1pm**

*Outside of these times, if there is a trained support worker available, we will deal with your query immediately. If not, please leave your contact details and we will contact you as soon as possible.*

## Pre-Budget Submission 2016

Dear Carers,

The Minister for Finance Michael Noonan has confirmed that there is up to €1.5bn 'wriggle room' available for tax cuts and spending increases in the upcoming October budget. How would you like to see this spent?

At West Cork Carers Support Group we have been working over the past few years to gain recognition for the work of Carers, lobby for improved services and supports, and to give a voice to Carers issues. Each year, we make a submission on behalf of our members to The Taoiseach, Ministers and Local Public Representatives prior to the October Budget.

We would welcome your views, and are open to suggestions, as to which issues we should prioritise in this year's submission. This could include arguing the case for the retention of/increases to Carers financial supports, healthcare and social services, pension entitlements, universal medical/ GP cards etc. as well as any other issues relevant to Carers that you would like us to raise.

Please send us your thoughts, ideas and comments by **Friday 31st July**. You can do this by post to: West Cork Carers Support Group, Bridge Street, Bantry, Co. Cork or by emailing us at: [westcorkcarers@eircom.net](mailto:westcorkcarers@eircom.net).

As a guide, we have produced a template of a number of key areas which can be accessed from the 'Latest information' page on our website: [www.westcorkcarers.ie](http://www.westcorkcarers.ie). The template can also be posted or emailed to assist you - please call us on 027-53948 if you would like to receive a copy.

## CareZapp – is a new mobile app available to Carers



*A mobile app is a computer program designed to run on smartphones, tablet computers and other mobile devices.*

CareZapp provides a simple way of connecting all those who care, including; family, friends, neighbours, local community supports; homecare, social and healthcare providers.

CareZapp is helping caregivers to share the care and bring peace of mind, by empowering families and Carers to create their own private network of care and securely communicate among each other.

Available free, the app can be downloaded from Apple store and Play store or for more information visit: [www.carezapp.com](http://www.carezapp.com)

**If you would like more information about CareZapp or need help and support setting it up, please contact John at West Cork Carers Support Group on 027-53848 or email [westcorkcarers@eircom.net](mailto:westcorkcarers@eircom.net)**

## Getting Ready for Eircode



Ireland is introducing postcodes in summer 2015. It will be called Eircode and is a smart location code for all Irish addresses. Unlike other countries, where postcodes define clusters or groups of addresses, an Eircode will identify an individual address – rural or urban – and

help show exactly where it is located. This means every residential address and business will receive a unique Eircode. During the launch phase this summer, all residents and businesses will receive a letter notifying them of the Eircode for their address. Please tear out the card with your Eircode and keep it in a handy place. Addresses will not be changing; an Eircode will simply be added to current addresses. There are numerous benefits of introducing Eircode. Not only will it make the delivery of services and goods to households easier, but in the case of a medical emergency, being able to accurately and quickly identify an address can save valuable minutes. More information is available on [www.eircode.ie](http://www.eircode.ie).

The advertisement for The Club Maritime Leisure Centre features a large image of a swimming pool with a curved, modern design. In the top right corner, there are smaller images of people swimming and a group of people smiling. The text on the advertisement includes:

**THE CLUB MARITIME**  
THE MARITIME HOTEL, The Quay, Bantry.

**WEST CORK CARERS SPECIAL OFFER**

**1 MONTH €49**  
**3 MONTH €139**

FOR OTHER RATES PLEASE CONTACT JASON O'SULLIVAN, LEISURE CENTRE MANAGER IN CLUB MARITIME ON 027 54720.

**POOL & GYM OPEN:**  
Mon – Fri: 7am – 10pm  
Sat, Sun & Bank Hol Mon: 8am – 8pm

THE MARITIME HOTEL, The Quay, Bantry, Co. Cork  
T: 027 54700 | [info@clubmaritime.ie](mailto:info@clubmaritime.ie) | [www.clubmaritime.ie](http://www.clubmaritime.ie)

## World Suicide Prevention Day 10th September 2015



### International Association for Suicide Prevention (IASP)

WORLD SUICIDE PREVENTION DAY is an opportunity for all sectors of the community - the public, charitable organisations, communities, researchers, clinicians, practitioners, politicians and policy makers, volunteers, those bereaved by suicide, other interested groups and individuals - to join with the International Association for Suicide Prevention and the World Health Organisation (WHO) to focus public attention and promote understanding about suicide and highlight effective prevention activities.

*For more information logon to [www.iasp.info](http://www.iasp.info)*

## World Lymphoma Awareness Day 15th September 2015

Being diagnosed with lymphoma may be a frightening time for the patient and their loved ones. The language used, tests and scans can seem overwhelming. Every patient is different and a team of doctors, scientists, pharmacists and nurses will work together to come up with a treatment plan. Remember to call the Irish Cancer Society helpline or drop into the Daffodil Centre in your hospital for support and advice.

To speak to a specialist cancer nurse call the National Cancer Helpline on

**1800 200 700**

(Monday-Thursday 9am-6pm  
and Friday 9am-5pm)



## West Cork Carers Support Group's Emergency/Out of Hours Respite Fund 2015

West Cork Carers Support Group is very aware of the need, and often necessity, for Carers to be able to take a break from caring. Understandably, most respite services are managed on a planned basis, but provide little or no provision for emergency or out-of-hours requests.

We are pleased to be able to offer a small, once off fund to Carers to enable emergency and out-of hours home respite services. This should help provide some degree of flexibility in home respite for Carers when they most need it.

Carers will need to make their own home respite care arrangements e.g. via their existing Home Helps, or Private Home Care Services. A list of Private Home Care Service providers operating in the West Cork area can be provided on request.

### How to apply:

If you are interested in availing of this fund or would like more information please contact West Cork Carers Support Group on 027 53848.

**This project is funded by The Community Foundation for Ireland Caring Communities Grant**

## IT SUPPORT

Following the Digital Photographs – storage, moving and sharing workshops - held recently, I noticed that many Carers have difficulty with selecting, highlighting and right/left clicking. In both a laptop - touch pad, and pc – mouse, you have two buttons, left and right. You may sometimes hear people say, “click on that”, “left click that”, “double click the icon” or even “click and drag” – these all refer to clicking on either the left or right button.

### LEFT CLICK

A left click is the most frequently used click – it is simply a way of performing an ACTION wherever your mouse is pointing. In other words, a left click is saying “do this”. Some examples:-

- If your mouse is within a document in Word for example, then your cursor will simply move to the location your mouse is pointing
- If you are pointing at a “button” (like OKAY or CANCEL) then you press the button
- If you are on a menu item then you select the menu option
- If you are looking at a list of files/photos etc. a single left click may actually just select the file as you are saying “ACTION THIS FILE”. You then need to decide what you want to do with it
- If you see a “link” in internet explorer then clicking it will “open the new link”

### RIGHT CLICK

A right click is really like asking “What can I do with this?” By itself, generally, right clicking doesn't actually do anything. If you right click “something” like a picture – you are actually asking “what can I do with this picture”. Typically a menu will appear showing you the possible options. If this happens, you would then move your mouse to the option you want and then LEFT CLICK to “DO” the action.

So “right click” is asking “what can I do with this”. Then “left click” is telling it to “perform the action” you have chosen.

### Examples

- Right click a file in “my documents” and you will see things you can do with that file, such as open, print, rename, delete etc.
- Right click a word in Microsoft Word and you will see things you can do, such as copy, paste, paragraph settings etc.

### DOUBLE CLICK

Double clicking only happens with the left button. Generally as a new user you would only double click on things like your desktop icons, or files in your documents folder. Double clicking normally opens/runs the thing you clicked. Examples:-

- If you double click the Internet icon on your desktop, you open Internet Explorer
- If you double click a photo in “my documents”, you open the photo up in a photo viewer.

## West Cork Carers Support Group's Annual General Meeting

All Carers are warmly welcomed to attend West Cork Carers Support Group's Annual General Meeting which will be held on Wednesday 8th July at 11.30am in our office in Bridge Street,

Bantry, Co. Cork. For further details or if you wish to attend, please contact 027-53848

# Information and Supports Services

Cork ARC Cancer Support House, with the assistance of Bantry Hospice, have extended their services into West Cork with the opening of their new cancer support centre at 'The Bungalow', Gories in Bantry, Co Cork in April, 2015.

For many years people from West Cork have been travelling to Cork for cancer support services and having this new centre in Bantry will help to avoid these long journeys. The Bantry centre will serve the needs of the local community as well as the wider regions of West Cork from Clonakilty, Dunmanway, Skibbereen, Sheep's Head, Mizen and Beara Peninsulas and their islands, and beyond to Kenmare, South Kerry. For years, Cancer Connect have been bringing the people of West Cork to Cork ARC in the city and will continue to do so for Cork ARC in Bantry.

Visitors to Bantry can expect to receive a warm welcome from one of the trained volunteers in a tranquil, safe, and home-like atmosphere. All services are provided free of charge.

The support centre is open on Tuesdays from 10am to 4pm when anyone affected by cancer can telephone or drop in, without an appointment, and talk in confidence with one of their trained

## Cork ARC Cancer Support House opens in West Cork



volunteer listeners. Therapeutic massage, reflexology and counselling are all available by appointment. A drop-in guided 'Hour of Calm' will start on 7th July, 11:30am to 12:30pm.

**Cork ARC Cancer Support House in Bantry is managed by Patricia Lyne.**

**Tel: 027 53891/083 1988580 or  
email: westcork@cancersupport.ie**



## PARKINSONS ASSOCIATION OF IRELAND (P.A.I.) CORK BRANCH

Parkinsons Disease affects 8,000 people in Ireland. It causes tremor, rigidity, slowness of movement, postural instability and severely compromises quality of life of Parkinson's patients as it progresses. Treatment is available to control most of the symptoms but no cure is yet available for the disease.

P.A.I. (Cork) supports Parkinsons patients throughout Co. Cork

- Provides counselling to recently diagnosed patients

- Arranges regular meetings to provide information to Parkinsons patients and/or their carers
- provides exercise classes
- Social outings (coffee mornings, summer day trip, Christmas party) well attended by members who are able to travel.
- Patient members are aged from 40 +and at varying stages of disease progression
- P.A.I. - Cork makes modest contributions to expenses of patients travelling to UK for "deep brain stimulation" .
- P.A.I. is actively fundraising to allow employment of a local Parkinson's nurse whom patients can liaise with regarding support services such as physiotherapy , speech and occupational therapy.

**Email [corkparkinsons@gmail.com](mailto:corkparkinsons@gmail.com) for further information or visit [www.parkinsons.ie](http://www.parkinsons.ie)**



Multiple Sclerosis Ireland is the only national organisation providing information, support

and advocacy services to the MS community. They work with people with MS, their families and Carers and a range of key stakeholders including health professionals, students and others interested in or concerned about MS to ensure that they meet their goals.

MS Ireland is chiefly a services driven organisation, focused on providing timely, person-centered services that create independence and choice for persons with MS and their family.

**Patricia Lucey**, Regional Community Worker covers the West Cork area and can be contacted on her mobile **087 7727015** and by email on [patricial@ms-society.ie](mailto:patricial@ms-society.ie). Patricia is available to meet with people with MS their Carers/ family members for support and information and provides the following services and programmes:

- One to one Case Work intervention and support
- Confidential Counselling Service

- Getting the Balance Right exercise classes.
- The Exercise Buddy programme is a 10-week one to one passive exercise programme available primarily to wheelchair users in their own home. You need to be assessed by the HSE Physiotherapist in your area who will then refer you to us to organise the programme.
- Men with MS Support Group
- Peer support groups meet in Skibbereen
- Primary Progressive Support Group Cork
- MS Social meet up group in Cork City
- Newly diagnosed day Friday 16th October, Cork-please contact the region if you would like to attend
- World MS day events in May. Please contact the Southern Regional office if you have any ideas or if you would like to organise an event
- Bantry Clinic: Patricia attends Bantry clinic once a month and is available to meet with people there also

**For updates on all the events each month check the MS Website: [www.ms-society.ie](http://www.ms-society.ie) or contact the Southern Regional Office on 021 4300 001**

NCBI (National Council for the Blind of Ireland) is the national sight loss organisation which provides supports and services nationwide to people with sight loss. So if you are experiencing significant difficulties with your sight, even after you've had your eyes tested and are wearing the right glasses or contact lenses, NCBI can help.



We offer practical and emotional support, rehabilitation services and other training designed to help people with sight loss live independently. We can provide solutions to difficulties with reading, writing or carrying out everyday tasks. These include hand held or electronic magnification and improved lighting or filters to reduce glare. Some people may benefit from using a talking watch or clock which are among the many items available in our shop. NCBI's library has a large selection of audio, large print and Braille books which are available to members nationwide.

**If you wish to contact NCBI you can fill out our online self-referral form at [www.ncbi.ie](http://www.ncbi.ie) or phone our Cork Office on 021 4214962 Monday to Friday.**

## Spina Bifida Hydrocephalus Ireland

The mission or purpose of Spina Bifida Hydrocephalus Ireland is to provide information, support and advice to people with Spina



Bifida and/or Hydrocephalus, their parents and carers, as well as to promote social inclusion and equality for people with Spina Bifida and/or Hydrocephalus in Irish society. Our vision is that people with Spina Bifida and/or Hydrocephalus will participate to their fullest potential in all aspects of life. We will:

- Provide information, support and advice to people with Spina Bifida and/or Hydrocephalus, and to their parents, siblings, and carers.
- Promote social inclusion and equality for people with Spina Bifida and/or Hydrocephalus in Irish society.
- Help our members to get the best from health, education and social services.
- Lobby the Government to improve services and access for the disabled.

We are serving for a society in which all people with disabilities are recognised for their strengths and are afforded a fair and equal opportunity to make the most of their lives. We aim to enable our members to achieve full participation in society. Services we provide include: Family support, youth and respite, footwear and childrens clubs. There are seven family supports workers around Ireland. Please contact the National Resource Centre for more information. +353 01 457 2329

**Cork/Kerry Family Support Worker: Deirdre Gallagher, Phone: 086 8194791, Email: [dgallagher@sbhi.ie](mailto:dgallagher@sbhi.ie)**

## Tax Credits for Carers

**ANSWER:** here are a number of tax allowances and reliefs which you may be eligible for if you are paying income tax and you or a family member are caring for someone. Tax allowances and reliefs reduce the amount of tax that you have to pay. The amount by which a tax allowance/relief will reduce your tax depends on your rate of tax.

A **Home Carer's Tax Credit** is a tax credit given to married couples or civil partners (who are jointly assessed for tax) where one spouse or civil partner works in the home caring for a dependent person. The home carer's own income must be below €5,080 in the tax year you are claiming for. You can claim a reduced credit if the carer's income is between €5,080 and €6,700 in 2015. Carer's Allowance is not taken into account when determining the home carer's income but it is a taxable source of income.

A dependent person for the Home Carer's Tax Credit is defined as the following:

- Child for whom Child Benefit is payable
- Person aged 65 or over
- Person with a disability that requires care

A dependent person you are caring for cannot be a spouse or civil partner. They can however, be a relative by marriage, or someone for whom you act as a legal guardian.

You can claim an **Incapacitated Child Tax Credit** if you are the parent or guardian of a child who is permanently incapacitated, either physically or mentally and

- Became so before reaching 21 years of age **or**
- Becomes permanently incapacitated after reaching the age of 21, but while still in full-time education or while training for a trade or profession for a minimum of 2 years.

You can claim a credit for more than one child where more than one child is permanently incapacitated. Where the child is maintained by one parent only, that parent is entitled to claim the full amount of the tax credit. However, where the child is maintained by more than one person, the tax credit is divided between them in proportion to the amount paid by each towards the maintenance of the child.

You can claim **Dependent Relative Tax Credit** if you maintain at your own expense:

- A relative, including a relative of your spouse or civil partner, who is unable to maintain himself or herself as a result of old age or ill-health
- A widowed parent or surviving civil partner parent of either yourself or your

### Question: Are there any tax credits or reliefs for Carers?

spouse or civil partner, irrespective of the state of his/her health

- A son or daughter of either yourself or your spouse or civil partner who lives with you and on whose services you must depend as a result of old age or ill health.

If you pay qualifying health expenses on behalf of another person (whether they are dependent on you or not) you may be entitled to claim tax relief on the amount paid. You can claim relief on expenses like doctors' bills, maintenance or treatment in hospital, prescribed drugs and medicines. If the person is living in an approved nursing home and you contribute to the nursing home fees, you may also be entitled to claim some of the expenses involved

**Tax Relief on the Cost of Employing a Carer:** You can claim tax relief on the cost of employing a carer either if you employ one for yourself, or for another family member. You can employ the carer directly or you can use an agency that employs carers. If you employ the carer yourself, you should register as an employer and you will be responsible for your employee's tax and social insurance (PAYE, Universal Social Charge and PRSI). You will also have other duties and obligations as an employer, for example regarding hours of work, contracts of employment, payslips, holidays and the minimum wage.

If you pay an agency to provide the carer, the agency will employ the carer and be responsible for their tax and social insurance etc. You can still claim tax relief on the cost of paying the agency to provide a Carer.

You cannot claim tax relief for employing a carer if the carer only carries out housekeeper duties or if a Dependent Relative Tax Credit or an Incapacitated Child Tax Credit has already been granted.

**To claim any of the above tax credits or reliefs you should contact Revenue or visit [www.revenue.ie](http://www.revenue.ie)**

**For more detailed information re the qualifying conditions and how to apply for any of the above tax credits or reliefs you should contact your local Citizens Information Centre and we will go through the information with you and give you the relevant application form.**

**Know Your Rights is prepared by West Cork Citizens Information Service, Wolfe Tone Square, Bantry, Co. Cork.**

**West Cork Helpline: 0761 07 8390 or visit [www.citizensinformation.ie](http://www.citizensinformation.ie)**

## Competition Time

### Across

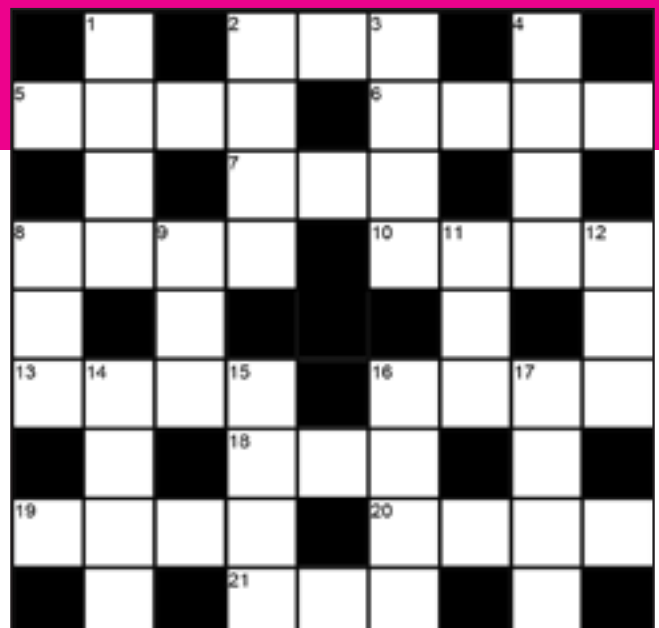
- Unhappy
- Serene
- Leave
- Utilise
- Small coin
- Pub serving
- Village
- Imperfection
- Hedwig, e.g.
- Match up
- Sums
- holder

### Down

- Test of speed
- Lewd material
- Like the ocean
- Drying oven
- Lynx or panther
- Right away
- Out of sorts
- Haul
- Egg shaped
- Standard
- National symbol
- Lends a hand

Congratulations to **Tracey O'Shea**, winner of our last crossword completion, answers below:

**Across:** 2. Aid, 5. Twig, 6. Rare, 7. Emu, 8. Amid, 10. Grad, 13. Lied, 16. Dose, 18. Uno, 19. Snip, 20. Over 21. Ear **Down:** 1. Swim, 2. Aged, 3. Drug, 8. All, 9. Ice, 11. Rio, 12. Die, 14. Isn't, 15. Dupe, 16. Door, 17. Seed



Complete this crossword, cut out this section and send it into us @ **West Cork Carers Support Group, Bridge Street, Bantry**. All correctly completed entries received will be entered into a draw to win a €20 Supervalu voucher! Deadline for entries is 31st May 2015. Winner will be notified by post.

Name\*: \_\_\_\_\_ Tel: \_\_\_\_\_

Address: \_\_\_\_\_

\*You must be registered with West Cork Carers Support Group to enter this competition. The decision of WCCSG is final and no correspondence will be entered into.

# Up-Coming Events

Please see our back page for the full list of events and courses during April, May and June.

## Clonakilty Support Group – IT Workshop

Come along on **Thursday 2nd of July** to the Day Care Centre in Clonakilty from 8pm to 10pm to improve your IT skills. If you are having difficulty texting, using your iPad/tablet or mobile phone, bring them along and John Fox, our IT Support worker, can assist you with your queries. All Carers welcome. No charge.



## How to Grow and Maintain Your Well-Being – A follow up course -

Further to the success of the Grow Your Own Well-being courses that West Cork Carers have run over the past 2 years, we are facilitating a follow on course. This will be open to those who have attended the previous courses and also available to those who would like to learn more about how to make positive change in your life and improve your well-being. The participants will discuss learning experiences since the first course and explore various tools and approaches that enable change and stimulate and inspire action. Learning Outcomes

Participants will be better able to:

- Overcome obstacles and use success factors in achieving improved wellbeing
- Apply additional tools and approaches which aid change
- Set personal goals and make stepwise action plans to reach them
- Develop their own process for realising incremental life-enhancing changes

**Date:** Saturday 18th July

**Time:** 10am to 2.30pm

**Venue:** The West Cork Hotel, Skibbereen

**Cost:** €15 per Carer (including lunch)

**Booking essential. Please book early to avoid disappointment on 027 53848.**



## Carer Summer Outing 2015 – Mizen Head Lighthouse

West Cork Carers Summer Outing will be held on **Wednesday 19th August**. Come and join us on a tour of the beautiful Mizen Head lighthouse, from 11.15am followed by lunch in the Barley Cove Hotel.

**Date:** Wednesday 19th August

**Time:** 11.15am to 2pm

**Cost:** €10 per Carer (including lunch)

**Booking essential. Please book early to avoid disappointment on 027 53848.**

Transport can be arranged from Bantry or Ballydehob.



## Patient Transfer and Back Care Course

Patient handling tasks are recognized as the primary cause of musculoskeletal disorders (MSDs) among Carers. A variety of patient handling tasks exist within the context of caring, such as lifting, transferring, and repositioning patients, and are typically performed manually in the home. Continuous, repeated performance of these activities throughout Carers' lifetimes often results in the development of MSDs. Of primary concern are back injuries and shoulder strain, which can both be severely debilitating for Carers.

West Cork Carers will be running a half day course for those who want to brush up on previously learnt skills or for those who want to learn more about Patient Transfer and Back Care.

The course will cover manual handling, the structure and causes of injury of the spine, risk assessment, fitness and flexibility, the principles of safer moving and handling. It will also address prevention of back pain, promotion of independence, dealing with the falling/fallen patient, problem solving, and the use of moving & handling aids.

**Date:** Saturday 19th September

**Time:** 10.00am to 1.30pm

**Venue:** Day Care Centre, Dunmanway

**Cost:** €10

**Booking is essential. To book contact 027 53848**

## Male Carers Support Group – Sea Angling Trip

Answer the call of the sea and come and join us for a Sea Angling trip from Baltimore.

Wreck fishing, shark fishing and common skate fishing are three kinds of sea angling that Baltimore is famous for, but most of the popular sea angling species of Britain and Ireland are found in these waters. And off Baltimore they are joined by a number of more exotic species, courtesy of the Gulf Stream

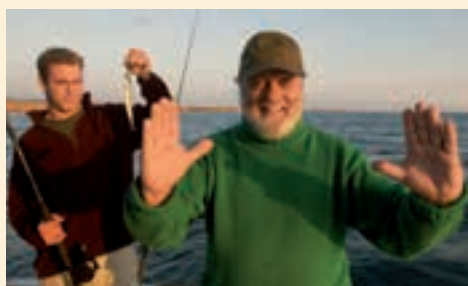
**Date:** Monday 27th July

**Time:** 10.30am to 2.30pm

**Cost:** €20 per Carer

**Booking is essential, so please book early to avoid disappointment.**

Please contact us on 027 53848 to make a booking.



## Alzheimer's/Dementia Information Evening

September is World Alzheimer's Month and West Cork Carers are hosting an information evening for people who are caring for someone with, or who has an interest in, Alzheimer's Disease/dementia.

*Dr Brian Carey*, consultant geriatrician, Bantry General Hospital and other speakers will help us to mark this fourth global World Alzheimer's Month, an international campaign to raise awareness, inform and challenge the stigma that can surrounds dementia.

**Date:** Wednesday 30th September

**Venue:** The Parkway Hotel, Dunmanway

**Time:** 7.15pm to 9.00pm

**Cost:** **No charge, all welcome, but booking by calling 027-53848 will help us to organise this event.**

## Dunmanway Support Group



Join us for a guided tour of the beautiful **Manch Estate** set in a 300 acre site at the junction of the Bandon and Blackwater rivers. At the heart of the forest is an area of ancient, primarily native, broadleaf trees.

**Date:** Wednesday 15th July

**Time:** 10.30am to 12.30pm

**Cost:** There is no charge for this event, however, booking is essential.

**Please contact us on 027 53848 to make a booking.**

# Diary of Events

If you are interested in any of the events or courses where booking is required please call us on 027 53848

## July

DATE	TIME	VENUE	EVENT/PROGRAM	COST
Thursday 2nd	8pm to 10pm	Clonakilty Day Care Centre	Clonakilty Support Group IT Workshop	No Charge
Wednesday 15th	10.30am to 12.30pm	Manch Esate, Ballineen	Dunmanway Support Group Guided tour of Manch estate Booking essential	No Charge
Saturday 18th	10am to 2.30pm	West Cork Hotel, Skibbereen	How to Grow and Maintain your Well-Being Follow up workshop Booking essential	€15 per Carer
Monday 27th	10.30 to 2.30pm	Baltimore	Male Carer Support Group Sea Angling Trip Booking essential	€20 per Carer

## August

DATE	TIME	VENUE	EVENT/PROGRAM	COST
Monday 10th	10.30am to 12.30pm	Bamboo Park, Glengarriff	Beara Support Group Visit to Bamboo Gardens Booking essential	€5 per Carer
Wednesday 19th	11.15am to 2pm	Mizen Head	Summer Trip to Mizzen Head Lighthouse Booking essential	€10 per Carer

## September

DATE	TIME	VENUE	EVENT/PROGRAM	COST
Thursday 3rd	8pm to 10pm	Clonakilty Day Care Centre	Clonakilty Support Group Coffee and a catch up	No Charge
Monday 7th	10.30am to 12.30pm	WCCSG Office, Bantry	Male Carer Support Group Benefits and Entitlements	No Charge
Wednesday 16th	10.30am to 12.30pm	Skibbereen Arts Centre	Skibbereen Support Group Coffee Morning and Tour of Art Gallery Booking essential	No Charge
Saturday 19th	10am to 1.30pm	Dunmanway Day Care Centre	Patient Transfer and Back Care Booking essential	€10 per Carer
Wednesday 30th	7.15pm to 9.00pm	Parkway Hotel, Dunmanway	Alzheimer's/Dementia Information Evening	No Charge

### Notification of cancellations and late arrivals

If you have booked a place on any of our courses, lunches or events and you are unable to attend, please let us know as soon as possible. Giving us as much notice as possible not only facilitates us being able to give your place to another Carer but will also have an impact on the financial planning of the event. Also, if circumstances predict that you are going to be running late to an event, please ring us and let us know.

## WEST CORK CARERS SUPPORT GROUP

Bridge Street, Bantry, Co. Cork

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