Dear Carers,

Summer is here, the weather is fabulous and we are delighted to bring you our newsletter for July to September 2017. We hope you will enjoy the articles and programme of upcoming events we have planned. Please try to let us know as soon as possible if you are interested in attending any of the events to avoid disappointment, as late bookings can sometimes lead to events being cancelled.

We had some lovely events during this year’s National Carers Week (June 12th – 18th). This was a time to celebrate the wonderful work of Carers across West Cork. This year the support for events and activities, as well as abundant nationwide media coverage was inspiring. It was great to see many of our members learning new skills and taking some well-deserved time out for themselves at events like our Cardiac First Responder Course and the very popular Buffet and Movie Night.

Here at West Cork Carers Support Group we are continually working to gain recognition for the work of Carers, lobby for improved services and supports, and to give a voice to Carers issues. This year we have teamed up with Care Alliance Ireland, the National Network of Voluntary Organisations supporting Family Carers, who invited us to contribute to their 2018 Pre-Budget Submission.

In the past, along with our colleagues in other organisations, we have called for changes which have come to fruition, such as the restoration of the Respite Care Grant (now the Carers Support Grant), and calls for Carers Allowance to be paid for a period of 12 weeks post the cessation of caring. Many thanks to all of the Carers who sent us their suggestions and comments, which have been shared with Care Alliance and will be published in their Pre-Budget Statement in the months leading up to the budget announcement.

We are looking forward to see many more of you at our up-coming events (details on page 7). Please contact us on 027-53848 or email us at westcorkcarers@eircom.net

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.
New Beara Carers Drop-In Service

In conjunction with Beara West Family Resource Centre a new monthly Drop-In Service will provide information and support to Carers on an individual basis on the last Wednesday of each month starting 27th September 2017 on a pilot basis.

Starting: Wednesday 27th September 2017


From: 10-00am-12.00noon

All Carers are welcome to attend, but advance booking will be helpful. Call 027-53848 for more information.

Medical Card - Domiciliary Care Allowance (DCA)

Parents or guardians in receipt of a Domiciliary Care Allowance (DCA) can now register their child for Medical Card eligibility (without a means test).

The HSE will grant Medical Card (DCA) eligibility from 1st June 2017 - you can submit a registration online or by post.

Online registration

You can register using the Medical Card (DCA) Scheme online registration system.

Register multiple children

Click 'Add another Child' after you have entered your first child's details, if you need to register additional children.

Postal registration

To register by post, download and complete the Medical Card (DCA) postal registration form and send it to:

The National Medical Card Unit
PO Box 11745 Business Reply
Dublin 11
D11 XKF3

Please note that you must provide the following details when registering your child:

• 1 Your own PPS number and contact details
• 2. Your child's PPS number and date of birth and name/ contact details of GP.

RESEARCH PROJECT

Interdependencies in family caring situations because of mental health issues.

This research project has been developed in collaboration with Family Carers Ireland (Cork), UCC and West Cork Carers Support Group.

The research will be focused upon getting a better understanding of/ beginning a conversation on the interdependencies involved in family caring where individuals have caring needs that arise because of mental health issues generally.

We are, therefore, looking for participants (4-6) to discuss their experiences of family caring covering the following issues:

• Mental health issues generally that lead to increased necessity for family care.

You must check with your GP to ensure that they are accepting the DCA medical card scheme or search for your GP of choice on the online list of GPs providing services for Medical Card (DCA).

If your GP is accepting registrations electronically, your child’s details will be sent to them. Once the GP of choice accepts your child to their GMS patient list, the registration will be finalised by the National Medical Card Unit.

If you complete the online registration, but your GP is not accepting registrations electronically, you will receive an email with an attached copy of your child’s registration details. Print this and bring it to the GP of choice to manually complete GP Acceptance. The completed GP Acceptance must then be returned to the postal address as outlined above on the Postal Registration.

If you have any further questions you can visit the HSE website: www.hse.ie/DCA/MedicalCard or contact WCCSG on 027-53838. The website has a FAQ section which may be relevant to your query.

Contact will be made by telephone and email during the week of 17th July 2017.

Can any Carers interested in taking part please make contact prior to 17th July.

Further information can be obtained from the research assistant callananpatricia@gmail.com, or the Research coordinator, jacquior@ucc.ie or on: 087 6868264
Following the recent postal cost increases, we contacted those of you who we have an email address for, to ask if you would be happy to receive your quarterly Newsletter by email (PDF version) in the future, instead of via post. We do understand and appreciate that many of you do not have an email address and/or prefer to continue to receive the Newsletter by post, so please be assured that we are more than happy to keep sending it to you by post, we only ask you to contact us if you would be happy to receive it in PDF format.

A huge thank you to those who responded – if anyone else would be happy to receive their Newsletter in PDF and we do not have an email address on file for you, please contact us by emailing westcorkcarers@eircom.net

*Even if you still wish to receive your Newsletter by post but do not receive emails from us, please contact us with your email address, as we regularly send information about events, and news that we feel may be of interest to you – for example we will soon be asking you for your input into the content of your Newsletter. We will be sending a short survey by email so you can provide your feedback and suggestions on what things you find useful in the newsletter and what you would like to see more of in the future. We hope to tailor it to your needs to make it a good a resource as possible, so we very much appreciate your assistance with this.

Look out for the survey in your inbox soon!

**West Cork Carers Support Group – Staff News**

A sad farewell to Steve

In July, we are regretfully saying farewell to Steve Cameron from our Staff team. Steve did fabulous work setting up The Dormant Accounts funded Young Carers Project and has continued to work with us in a broader role since April. Steve’s departure is a great loss to the organisation and we all wish him the very best of luck for the future.

**Notification of West Cork Carers Support Group’s Annual General Meeting/Extraordinary General Meeting**

All Carers are warmly welcome to attend West Cork Carers Support Group’s **Annual General Meeting** which will be held on **Wednesday 26th July at 11.30am** in our office in Bridge Street, Bantry, Co. Cork.

This will be followed by an **Extraordinary General Meeting** with the purpose of adopting the new Constitution of the Company in line with the Charities Regulator and the Companies Act 2014, and to adopt the name change from Ltd to CLG, in line with the Act. For further details, or if you wish to attend, please contact **027-53848**.

**Professional Counselling Service for Carers/Former Carers**

West Cork Carers Support Group is now offering a professional one-to-one Counselling service at a nominal cost to Carers and former Carers who require emotional support.

Counselling can be a helpful way for Carers to explore their difficulties in a safe and confidential environment.

The professional counselling service will be provided by an experienced third year trainee therapist from University College Cork (UCC).

The Counsellor will receive regular supervision and will be conforming to the code of Ethics and Professional Practice of the Irish Association for Counselling and Psychotherapy.

Those availing of the service might make a contribution to help cover some of the costs (up to a maximum of €10 per session). Financial contributions are agreed at a level to suit your individual circumstances.

**All aspects of this service are entirely confidential.**

To avail of the counselling service, or for further information please contact Sally Back, Coordinator, West Cork Carers Support Group on 027-53848 or email: coordinator@westcorkcarers.com
Benefits & Entitlements – Tips on how to achieve the best outcome

When applying for benefits and/or entitlements each individual’s application is completely different to the next, based on your PRSI records (benefit) or if you do not have enough PRSI contributions then a means tested payment (allowance). Some benefits are paid in addition to allowances and can be a complicated process. Each benefit has its own rules and regulations along with some potential pitfalls. Most people are put off by the amount of information that is required at the initial application stage or indeed by having to submit financial information. However confidential help is available from outside sources and service providers e.g. West Cork Carers Support Group and/or Citizens Information Services. These organisations have the most up to date information and are used to helping individuals complete application forms. It is advisable to seek information from these resources rather than relying on well-intentioned, but incorrect information from family and friends.

General advice to help you and the person you are caring for to get what you are both entitled to:

- Always read and complete the application in full. If the questions are not relevant to you put a N/A beside the question. If the application form requires copies of bank statements, receipts, medical records or details of your caring duties etc then it is advisable to give as much information as possible – use an additional page that can be inserted with the application if there is not enough space available. Delays in processing applications are normally caused by incomplete applications or additional information which has been requested but not submitted by the applicant.

- Different applications have to be submitted to different addresses or different departments / sections. Ensure that you post your information as per the details on the relevant application form.

- If you receive written correspondence from a Section or Department then ensure that you address your application/ correspondence to that specific address and named person.

- Keep photocopies of all information that you submit for processing i.e a complete file to include a full copy of the completed application form itself, and a copy of every other document submitted with the application. This will cause unnecessary delays if you have to appeal a decision at a later date or if you need to make an additional submission based on a query from your application. Processing delays can be weeks or months from the initial application date and you will not remember what you originally submitted (noting that you have signed a declaration stating that the information submitted is accurate and correct).

- If possible get a receipt if you are submitting information in person. This can be done by requesting someone to initial and date a copy of the information submitted or by requesting them to use an official departmental stamp which should include the date.

- On occasion and due to processing delays you can receive a letter requesting the same information that you have already previously submitted. You need to reply to all correspondence received if only to re-post a copy of the information in question. If you ignore these letters then your application will not be processed and the claim may be closed.

- If you follow up a query or a claim and manage to make contact by phone, then it is a good idea to ensure that you get the full name of the person. Make a note of the time and date and the person’s name on your own records for future references.

- It is important to note that if you are initially refused a benefit or entitlement that you can always seek a review or an appeal of the decision. Circumstances change all the time and for example if you are means tested based on financial information submitted months or years ago you can ask to be re-assessed if your earnings or savings are less than what was originally submitted. Organisations like West Cork Carers Support Group and/or Citizens Information Services have a very high success rate when working with individuals to make an appeal.

- Remember West Cork Carers Support Group is here to help you achieve all of your benefits and entitlements and this includes helping you to complete applications/photocopy information and to help with any queries arising out of your initial applications.

Contact us on our West Cork Carers support line: 027-51731 if you would like to discuss more in detail or make an appointment. Alternatively contact West Cork Citizens Information Services on 0761 078390

Carers Respite Breaks in Ballybunion

Carers Respite Breaks in Ballybunion Co. Kerry are provided by the HSE in partnership with the SVP Holiday Home at The Towers Friendship Centre, Sandhill Road, Ballybunion, Co Kerry.

The breaks consist of full board from Saturday to Friday with some social activities organised, and some therapies are also included.

Remaining dates for breaks this year are:

- Saturday 15th July to Friday 21st July
- Saturday 26th August to Friday 1st September

There is a minimal charge of €75 per person (€100 per couple) per week. Many of the rooms are twin or triple beds and Carers must arrange their own transport, although a Taxi transfer can be arranged from the train station in Tralee.

For application forms, or if you would like more information about the breaks please contact the Community Work Dept. HSE South, Rathass, Tralee on 066-7195635 or 066-7195634.
Did you know that one in three family carers in Ireland are Men?

You may be part of a couple or perhaps you have a female partner who attends the West Cork Carers Support Group’s events, but have you thought about how attending these events could benefit you?

West Cork Carers recognises the huge role that men play in providing invaluable care and support to loved ones and that it is often unrecognised, and to this end we are holding monthly Male Support Group meetings to allow you to interact with other male carers. We will start with coffee mornings which will all be very informal where we can chat, have discussions or organise events of your choosing from a group perspective.

We would love to see a large number of you attend these events, but have you thought about how attending these events, but have you thought about how attending these

Male Support Group meetings to allow you to interact with

Cork Carers Support Group’s

Did you know that one in three family carers in Ireland are Men?

WhatsApp Pros

- Easy to set up and use.
- Economical way to stay in touch, nationally and internationally.
- Can set up contacts in a group so can set up family and friend groups to save multiple messages.

WhatsApp Cons

- Requires Internet connection (4G/3G/2G/EDGE or Wi-Fi) to send and receive messages.
- On changing phones historical Chats are not transferred.
- Messages with images and videos can take up a lot of the space in the device, if not cleared down periodically.

**FREE FOOD!!!**

Store has perfectly good food that they cannot sell

This organisation dreams of a world where no food goes to waste

Dunmanway Family Resource Centre has access to a limited supply of fresh food and are making it available to people who want it

To Sign Up: Phone 023-8866110 or 087-2078016
Collect Free Food, that would otherwise be going to waste!

**IT For You**

WhatsApp is a messaging app that lets you text, chat, and share media with individuals or groups. WhatsApp relies on data to send messages, so it doesn’t cut into your monthly text allotment. WhatsApp uses your phone’s Internet connection (4G/3G/2G/EDGE or Wi-Fi) to send and receive messages. You do not have to pay for every message. As long as you have not exceeded your data limit or you are connected to a free Wi-Fi network, your carrier should not charge you extra for messaging over WhatsApp.

WhatsApp Pros

- Can send photos, videos with messages and it provides emoji’s to make the conversation fun.
- It provides security by giving End-To-End Encryption (So that your messages are safe and not displayed to others but only to the person you messaged).

WhatsApp Cons

- Requires Internet connection (4G/3G/2G/EDGE or Wi-Fi) to send and receive messages.
- On changing phones historical Chats are not transferred.
- Messages with images and videos can take up a lot of the space in the device, if not cleared down periodically.

**Carers Information Pack, Guide and Emergency Card**

**Free supports available for Carers from West Cork Carers Support Group**

**Carers Information Pack**

The Carers Information Pack gives an overview of the supports and services available to Carers in West Cork and is a joint initiative by West Cork Citizens Information Service and West Cork Carers Support Group.

Information about income supports, HSE supports, transport issues, housing grants and tax credits are all included in the pack. It also contains important information about the different stages of caring, managing medications and tips on how Carers can look after their own health and well-being.

The Pack has recently been reviewed to update changes to benefits & entitlements and includes information about new services & supports.

**The Carer’s Guide**

The Carers Guide is a folder, where Carers can record all of their caring activities plus vital information such as up to date personal and medical details of the person cared for. The Carer’s Guide can be used to ease communications and ensure continuity of care between the Carer, Caree, and other family members or healthcare professionals, when Carers need to take a well-deserved respite break. It can also give Carers some ‘peace of mind’ in that it will ensure continuity of care if in an emergency.

Additional copies of the pages in The Guide can also be provided on request.

**The Carer’s Emergency Card**

The Carers Emergency Card identifies the card holder as a Carer, and includes somewhere to write emergency contact numbers. The card should be carried in your bag or wallet, and you may also like to keep one in your home and car. In the event of an accident, this would help alert the Gardai, the ambulance or fire service, or other emergency response staff to the fact that there is also someone else in need of help.

Please call us on 027-53848 or drop-in to the office if you would like to receive any of these free aids.
Know Your Rights:

Citizenship through Marriage:

- Your marriage or civil partnership must be recognised as valid under Irish law.
- You must have had a period of 1 year's continuous reckonable residence in the island of Ireland immediately before the date of your application for naturalisation.
- You must be married to or in a recognised civil partnership with an Irish citizen who is applying for Irish citizenship. You must meet the following conditions:
  - You must be of full age, good character and intend to continue to live on the island of Ireland.
  - You must have made a declaration of fidelity to the nation and loyalty to the State.
  - You and your spouse or civil partner must be living together as husband and wife or civil partners.

Most Irish citizens get their citizenship through birth or descent. Foreign nationals can apply to become Irish citizens through naturalisation. If you are a foreign national who is either married to an Irish citizen or a civil partner of an Irish citizen, you can apply for Irish citizenship through naturalisation. The residence requirements are more favourable for the spouse or civil partner of an Irish citizen but there is no longer an absolute entitlement to Irish citizenship through marriage.

Citizenship through Birth or Descent:

- Irish citizenship through birth or descent is a complex area. If either of your parents was an Irish citizen who was born in Ireland, then you are automatically an Irish citizen, irrespective of your place of birth.
- If one of your grandparents was an Irish citizen who was born in Ireland, you may become an Irish citizen. You will need to have your birth registered in the Foreign Births Register.
- Unless at least one parent or an Irish-born grandparent was an Irish citizen at the time of your birth, you cannot claim Irish citizenship on the basis of previous ancestry (that is, ancestors other than your parents or grandparents). In addition, you cannot claim Irish citizenship on the basis of a relation such as a cousin, aunt or uncle who was an Irish citizen if none of your parents or grandparents was an Irish citizen at the time of your birth.

Citizenship through Marriage:

- If you are the spouse or civil partner of an Irish citizen who is applying for Irish citizenship, you must meet the following conditions:
  - You must be married to or in a recognised civil partnership with an Irish citizen for at least 3 years.
  - You must have had a period of 1 year's continuous reckonable residence in the island of Ireland immediately before the date of your application, and during the 4 years preceding that, have had a total reckonable residence in the island of Ireland amounting to 2 years. Altogether you must have a total of 3 years reckonable residence out of the last 5 years.
  - Your marriage or civil partnership must be recognised as valid under Irish law.

Citizenship through Naturalisation:

- In order to obtain an Irish Passport, you must first become an Irish Citizen.
- Irish citizenship is obtained in different ways. However it can be complex and it is best to seek advice before applying.
- If you wish to become an Irish citizen through naturalisation, you must:
  - Be 18 years or older (you must be married if you are under the age of 18) or,
  - Be a minor born in the State (from 1 January 2005) and
  - Be of good character - the Garda Síochána will be asked to provide a report about your background. Any criminal record or ongoing proceedings will be taken into consideration by the Minister for Justice and Equality in deciding whether or not to grant naturalisation.
  - Details of any proceedings, criminal or civil, in the State or elsewhere, should be disclosed in the application form, and
  - Make a declaration of fidelity to the nation and loyalty to the State, and undertake to observe the laws of the State and respect its democratic values.
  - You must add 1 day for any period which includes 29 February.

Normally, when you apply for naturalisation you must be supporting yourself and your dependants while living in Ireland. The fee for an application for naturalisation is €175. When the certificate of naturalisation is issued you pay a fee of €950. As already stated above, applying for Citizenship is a complex area and it is advisable to seek advice before applying. Further information is available from your local Citizens Information Centre or by contacting the Irish Naturalisation and Immigration Service (INIS).

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

Competition Time

1. Lingerie item
2. Constrictor snake
3. Swedish singing group
4. Pig's home
5. Mother
8. Hammer out
9. Root vegetable
11. Ewe said it
13. Speciality
14. Do road work
15. A depression
16. Egg on
17. Lodge member
18. Female sheep
19. 6th sense
20. Family

Congratulations to Kathleen O'Mahony, winner of our last crossword competition, answers below:


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 August 2017. 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 July, August and September 2017

Due to popular demand West Cork Carers Support Group are now holding monthly Male Carers Support Group Meetings in our Bantry office from 10.30am – 12.30pm. The first three monthly meetings are as follows:

Wednesday 19th July
Wednesday 9th August and Wednesday 6th Sept

Come and join us for a chat over a cuppa. We are very much looking forward to seeing you all there on a regular basis.

Therapeutic Hand Care Training Course

Facilitated by The Irish Red Cross, this one-day certificated training course in Therapeutic Hand Care is an opportunity to learn the specialised techniques of Hand/Arm Massage & Manicure.

The relaxing effect of the massage is very beneficial, especially for those who have painful and stiff joints; it can improve flexibility and suppleness. The manicure can give a great boost to morale and overall, the treatment is a way to communicate care through touch.

Date: Saturday 22nd July ’17
Time: 10am – 4.00pm
Venue: Clonakilty Red Cross Training Rooms
Fee: Subsidised rate of €20 to Carers (Normally €45).
Suitable for Young Carers over 15 years who can attend free of charge.

There will be a maximum of 12 participants for this course so early booking essential - contact 027 53848.

“Creative Art for West Cork Carers”

with Patricia Perry

The workshop will suit anyone willing to have fun with art, and no previous art experience is necessary.

The workshop will start with using paint and understanding colour. You will learn how different combinations of colour produce many possibilities and how to apply paint. Patricia will then introduce pastels, charcoal and different surfaces that can be worked on as well as mixing different materials. The emphasis will be on fun, relaxation, and not feeling that you have to be ‘good’ at art to enjoy it and be creative!

Date: Wednesday 2nd August’17
Time: 10.30am – 1.00pm
Venue: Patricia’s Art Studio in Ballydehob
Cost: £5 pp
Class numbers will be limited to a maximum of 8 Carers, so early booking is recommended – call 027-53848.

Caring for Yourself Course - Mindfulness and Self Care for Family Friends and Carers

Are you a family member, friend, or relative who is caring for a person with mental health difficulties? Would you like to find out more about caring for yourself?

Why not come along and join us? The course is free and light refreshments will be served!

Dates: Six Thursdays 7th September – 12 October 2017
Time: 2.00pm – 4.00pm
Venue: Dunmanway Family Resource Centre
Contact: Marguerite 027 52970 or West Cork Carers 027 53848. (Booking is essential)

World Alzheimer’s Day
Thursday September 21st 2017

A day each year on which Alzheimer’s organizations around the world concentrate their efforts on raising awareness about Alzheimer’s disease and dementia.

To support the day, West Cork Carers Support Group are hosting a coffee morning with The Alzheimer’s Society of Ireland for family Carers of loved ones with dementia.

Date: Thursday 21st September 2017
Time: 10.30am to 12.30pm
Venue: The West Cork Hotel, Skibbereen

No charge but booking by calling 027-53848 will help us organise this event
# 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

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<tr>
<th>DATE</th>
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<th>VENUE</th>
<th>EVENT/PROGRAM</th>
<th>COST</th>
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<tbody>
<tr>
<td>Monday 3rd</td>
<td>10.30am-12.30pm</td>
<td>The Beara Coast Hotel</td>
<td>Beara Meeting</td>
<td>No charge</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Coffee morning</td>
<td>All welcome</td>
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<tr>
<td>Thursday 6th</td>
<td>8pm-10pm</td>
<td>Dunmanway Day Care Centre</td>
<td>Dunmanway Support Group Meeting</td>
<td>No charge</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Come along for a chat and a cuppa.</td>
<td>All welcome</td>
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<tr>
<td>Wednesday 19th</td>
<td>10.30am-12.30pm</td>
<td>WCCSG Office Bantry</td>
<td>Male Carers Coffee Morning</td>
<td>No charge</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>All welcome</td>
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<tr>
<td>Saturday 22nd</td>
<td>10am-4pm</td>
<td>Clonakilty Red Cross Training Rooms</td>
<td>Therapeutic Hand Massage Course (Certified)</td>
<td>€20 per Carer</td>
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<td></td>
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<td></td>
<td>Booking essential</td>
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<tr>
<td>Monday 24th</td>
<td>7pm-9pm</td>
<td>The West Cork Hotel, Skibbereen</td>
<td>Fair Deal/Nursing Home Support Scheme Information Evening</td>
<td>No Charge</td>
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<td>All welcome</td>
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## August

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<tbody>
<tr>
<td>Wednesday 2nd</td>
<td>10.30am-1pm</td>
<td>Ballydehob</td>
<td>Creative Art Class with Patricia Perry BA (Hons) MA Art Therapy</td>
<td>€5 per Carer</td>
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<td>Booking essential</td>
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<tr>
<td>Wednesday 9th</td>
<td>10.30am -12.30pm</td>
<td>WCCSG Office Bantry</td>
<td>Male Carers Coffee Morning</td>
<td>No Charge</td>
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<td>All welcome</td>
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<tr>
<td>Thursday 17th</td>
<td>10am – 4.30pm</td>
<td>Coach pick up from Bantry, Dunmanway &amp; Clonakilty</td>
<td>Summer Trip Griffins Garden Centre, Dripsey, Co. Cork</td>
<td>€20 per Carer</td>
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<tr>
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<td>Display gardens, shopping, seasonal gardening demonstration, and lunch!</td>
<td>Booking essential</td>
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## September

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<tr>
<td>Wednesday 6th</td>
<td>10.30am-12.30pm</td>
<td>WCCSG Office Bantry</td>
<td>Male Carers Coffee Morning</td>
<td>No Charge</td>
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<td>All welcome</td>
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<tr>
<td>Thursday 7th</td>
<td>8pm-10pm</td>
<td>Clonakilty Day Care Centre</td>
<td>Clonakilty Meeting</td>
<td>No Charge</td>
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<td>All welcome</td>
</tr>
<tr>
<td>Thursdays for 6 weeks beginning 7th Sept</td>
<td>2pm - 4pm</td>
<td>Dunmanway Family Resource Centre</td>
<td>Caring for Yourself Course Mindfulness &amp; Self Care for Family, Friends &amp; Relatives caring for people with mental health difficulties</td>
<td>No Charge</td>
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<td>Booking Essential</td>
</tr>
<tr>
<td>Thursday 21st</td>
<td>10.30am-12.30pm</td>
<td>The West Cork Hotel, Skibbereen</td>
<td>Coffee Morning - World Alzheimer's Day</td>
<td>No Charge</td>
</tr>
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<td>All welcome</td>
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<tr>
<td>Wednesday 27th</td>
<td>10am-12pm</td>
<td>The Beara West Family Resource Centre Castletownbere</td>
<td>Beara Carers Drop In Service</td>
<td>No Charge</td>
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<td>All welcome</td>
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<td>Booking helpful</td>
</tr>
</tbody>
</table>

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**West Cork Carers Support Group**

Bridge Street, Bantry, Co. Cork  
Registered Charity No. 20066710

Telephone: 027-53848  |  E-mail: westcorkcarers@eircom.net  |  Website: www.westcorkcarers.ie

West Cork Carers Support Group complies with The Governance Code for the Community, Voluntary and Charitable Sector in Ireland

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

Please note that all of our events are subsidised. Whilst there is fee for some events, concessions can be arranged where necessary. If you have booked a place on any of our courses, or events and you are unable to attend, please let us know as soon as possible.