

The Dochas Centre 01546 60 0022

## WHATS HAPPENING AT THE CENTRE

We have had an eventful year so far with a great time on Carers Information Day. We had a cookery demonstration from a Glasgow chef followed by lunch. In the afternoon we had pamper sessions and every carer went away with a goody bag with freebies from Lush and Arran Aromatics.

In April we had a special Pamper day including Tai Chi, Indian head massage, aromatherapy, shiatsu and reflexology.

We have visited the Screen Machine whenever it is in town and about 12 of us enjoyed the film Sex and the City.

In National Carers Week – “A Life of my Own”

We had Information stands each day, a fantastic BBQ and Bingo and a Musical Coffee morning.

We continue to hold weekly ‘drop in’ and our monthly support groups. We have established a Dementia group with the help of Kevin Champion (Dementia Adviser) from Alzheimers Scotland.

We have established links with the Medical Centres in Lochgilphead and Tarbert and hold monthly information session at the surgeries.

## FUTURE EVENTS AND INFORMATION

MACMILLAN CANCER SUPPORT will be funding Dochas to train Bereavement Counsellors and to help us develop and maintain such a service for 3 years. At present, there is no service for people who have been bereaved in Mid-Argyll, Kintyre, and the Islands. People often have to wait 6 months to see a CPN. Such a lengthy wait seems unacceptable and we therefore see this as an exciting and worthwhile project for all involved.

We are also working with the Health Board to deliver informal training sessions to Carers. A wide range of topics will be offered which will help Carers feel more confident about their caring role. It will also allow them to meet other Carers who will have a deeper understanding of what they are going through.

There has also been progress on Islay to establish Carers support. We are about to recruit volunteers and set up surgeries so that Carers have someone to offer information, advice, and support.

On a lighter note, we are looking forward to a trip to Portavadie Marina for lunch. Through the generous assistance of the Portavaide Manager, and the kind contributions of Cal-Mac and the Lochgilphead Rotary Club we are indeed looking forward to a wonderful day out. It will be a pleasure to report back to you on the day’s activities.

### Just Remember

Please don’t hesitate to contact us if we can help with advice, information or emotional support  
We are here Monday to Friday 10 to 4.

### Individual Highlights:

Dementia Support Group 6 Oct

Life After Bereavement 14 and Oct

Parkinson’s Support Group 20 Oct

Carers Drop In every Thursday - from 10.30

## The Dochas Fund



50 Campbell Street  
Lochgilphead  
Argyll  
PA31 8JU

Phone:  
01546 60 0022

E-Mail:  
enquiries@dochasfund.org.uk

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people who care*

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### *Sylvie McLardy*

It is with great sadness that we report the death of Sylvie McLardy, who along with her husband Peter, was one of the first Directors of the Dochas Fund. It was Sylvie who encouraged us to get John's cards out into the community and in her role as manager of the shop at Kilmartin Museum made sure people knew of John and his legacy of Dochas. Her comment that John was one of the shiniest people she knew, we would like to say of her too.

We wish to express our sincere appreciation for all that Sylvie brought to Dochas. We would also like to extend our love to Peter and the family and share with them our many happy memories of Sylvie. She will be much missed.

### *Veronica Halstead*

Some of you will know that Veronica became involved with Dochas through her daughter Sue whom I met almost ten years ago. At the time, Sue was a PhD student researching the causes of Guillain Barre syndrome and because of this wanted to support the work of Dochas. This meant getting Mum involved.

Happily, Veronica's interest in Dochas transformed itself into an immediate offer of concrete assistance. Since her background, like mine, was in music teaching, over the past 7 or 8 years she has traveled tirelessly each week from her home in Arran to give tuition on the Violin and Cello. We have thoroughly enjoyed the contribution her students (The Dochas Strings) brought to our Family Carol Concerts and our Musical coffee mornings.

Veronica has now decided that the time has come to take an early, well-deserved, retirement. No one can know how much a part of the Dochas Centre Veronica has been – from her early days of teaching in the old building to her continued presence when our new Centre was formally opened by Princess Anne. Her unswerving faith in our work, her constant support during the good and the bad, her laughter when our faith did indeed move the mountain – all this will never be forgotten and always treasured. Angels come in many different forms, and Veronica is definitely one of the best.

Everyone at Dochas, past present and future, owes a huge debt of gratitude to this caring lady for all her hard work behind the scenes in helping to make miracles happen. We wish her every blessing for a happy and healthy future.

### *Exhibitions*

Our **September** exhibition features the work of 5 lady artists from Tayvallich and it is both a wonderful and varied show and well worth a visit.

In **October**, we will host a sale of prints of John's work with profits going to support the work of the Centre and to fund research into GBS and MND. We will have Christmas cards on sale at that time in support of the GBS Support Group and MND Associations of Scotland and the UK.