

## Co-ordinator Retires



John Maclean retired as Co-ordinator of the Western Isles Community Care Forum on 31st August, after 14 years in the post. He took on the job when WICCF was a fledgling organisation and built it up to be the credible organisation it is today. Its remit was to be the voice of the voluntary sector care providers in communicating with statutory bodies. John soon became that voice and was universally respected by NHS, CNES and voluntary sector colleagues.

His colleagues on WICCF paid tribute to John on Wednesday 29th August in Stornoway and on the following day, his colleagues in Tarbert presented him with a framed picture to remind him of his time in the Old Hostel and lately in Tigh an Urrais. Although retired from WICCF, John is not going to get out his 'pipe & slippers' just yet, as he is the Operations Manager for the Leverburgh Lifeboat.

Everybody at WICCF would like to wish John a long and happy retirement.

The new Co-ordinator for WICCF is Peggy MacKay.

## POWER OF ATTORNEY

Lasting Power of Attorney allows a person to choose someone he/she can trust to make decisions on their behalf when they are no longer able to make decisions themselves. These decisions can relate to property, financial affairs or health and social care.

We have an ageing population in the Islands and many people live alone. There is also a high incidence of incapacity as we get older from eg. Alzheimers and strokes, both of which impair our mental capacity and our ability to make decisions.

Some people wish to plan ahead and to set out in advance what they would like to happen to them, should they become unable to make decisions for themselves in the future. Giving Power of Attorney to someone they trust is one way of ensuring that their wishes are respected.

The Adults with Incapacity Act specifically makes legal allowance for decisions to be made on behalf of those without capacity. There will be a specific person who is able to make decisions for your subject. At the time of the project, the donor must be able to understand what is involved.

Power of Attorney may be special or limited to one specified act, or it may be general. There are two types of Lasting Power of Attorney: A property and financial affairs LPA, is for decisions about finances, such as selling the donor's house or managing their bank account.

A health and welfare LPA is for decisions about both health and personal welfare, such as where to live, day-to-day care or having medical treatment. (The Donor or Grantor is the person giving the Power of Attorney.)

If there is no Power of Attorney in place when a person loses capacity to make decisions, relatives may have to go through the Courts to get Guardianship and this can be both distressing and expensive.

**If any of our readers wish more information, please contact your local Citizens Advice Bureau or any solicitor.**

## Penumbra—Winners of Personalisation Care Accolade 2012

Penumbra's Nova projects aim to help people recovering from a mental health problem to re-connect with people and resources in their community by accessing ordinary activities such as further education, sports, clubs and work, whether voluntary or employment. Nova projects offer 1:1 well-being coaching and educational workshops related to aspects of health and well-being. All work is focussed on the personal aspirations and goals of people using the service..

Penumbra are based at 23 Bayhead Street, Stornoway, Isle of Lewis  
01851 706360  
[debs.cruden@penumbra.org.uk](mailto:debs.cruden@penumbra.org.uk)

# DID YOU KNOW?

.....If you have difficulty remembering your PIN number when using your bank cards, you can opt for a chip and signature card.

Available as both debit and credit cards, they can be provided to anyone unable to use a chip and pin card but still able to write their signature. They look identical to chip and pin cards and can be used in shops or online.

Chip and signature cards can still be used to withdraw cash in the branch using your signature. You can also use a chip and signature card to get cashback (up to £50), in shops that offer the service.

If you think you would benefit from having a chip and signature card, simply call or visit your Bank .

Further information available at:  
[www.paymentscouncil.org.uk](http://www.paymentscouncil.org.uk)

## Mens Social Group

This Group was launched on 28th Sept. by Cobhair Bharraigh, at their Centre in Kentangaval. It's open 11am—3pm every Friday and a light lunch is served along with delicious home baking. Come along Gents, enjoy a chat and a wide range of activities—no need to book a place. Cost £2 per session.

## LET'S DANCE !

Mature Movers is a dance class for the over 60s. It's not necessary to be able to dance as the exercises can be done sitting down. Classes are being held in the Bay-head Bridge Centre every Tuesday from 10.30am. Come along, have fun and enjoy a cuppa afterwards. Cost £1.

If anybody wishes to host classes outwith Stornoway, please contact Kirstie on : 07715 499552 or 01851 703307



## Patient Advice and Support Service (PASS)

- Provide you with information, advice and support if you want to give feedback or comments, raise concerns or complaints about NHS Scotland Healthcare.

-Help you understand your rights and responsibilities as a patient.

-Work with NHS Scotland to improve healthcare provision – work that can be done because of the feedback you provide.

Patient advisers can help clients write letters or make phone calls and support clients if they are attending a meeting with their local NHS Healthcare provider.

They can also help clients obtain their medical records and understand them. Clients can also be given information on how to find health care services, social care and other relevant services..

For further details, please contact:

Jane Ballantyne, PASS Adviser  
Western Isles Citizens Advice Bureau,  
41-43 Westview Terrace, Stornoway, Isle of Lewis  
01851 705727

# DIARY OF EVENTS

- 20th Oct Crossroads (Harris)** - Coffee Morning 11am—3pm  
Tarbert Community Centre
- 2nd Nov South Uist & Eriskay Athletics Club** - Bingo Night 7.30pm  
Daliburgh School
- Nov—date to be confirmed Cobhair Bharraigh** - Evening for Carers  
Cobhair Bharaigh Centre
- 9th Nov Bethesda Hospice** - Quiz Night £20 per team of 4/5 7.30pm  
Caladh Inn, Stornoway
- 24th Nov Harris Voluntary Service** - Shopping Fayre 12-4pm  
Tarbert Community Centre
- 1st Dec Bethesda Hospice** - Light Lunch 12.0—2pm  
MA Macleod Memorial Hall
- 13/14/15th Dec Bethesda Hospice** - Bag Packing (Volunteers welcome)  
Co-op, Macaulay Rd., Stornoway

## FAIRE

Most of us are aware of Faire's personal alarms, but were you aware the following were also available for the small charge of £1.50 per week?

*Bed/chair pressure sensors/pressure mats, door alert systems, heat/gas/carbon monoxide/flood sensors, pager systems, fall detectors*

*A new and well used piece of equipment is Care Assist—this is an independent alarm which is ideal for clients with identified needs but who are mostly cared for within their own home.*

If you wish further information on any of these aids, please contact Faire :

01857 701702 or 01876 580694 (Uist & Barra)

**LARGE PRINT NEWSLETTER AVAILABLE ON REQUEST**

**(WICCF JOINTLY FUNDED BY WIHB AND CNES)**

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