



Care for Carers

Newsletter

June 8th 2020

Contact us:

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Address to:

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Hello Everyone,

We are all working remotely but can still be contacted using the details below:

Phone Numbers 07936 362 868 – Jacqui Mackay
 07394 418 087 – Dipa Ward
 07394 418 086 – Erica Whittaker Wallis

All calls to our landlines will be re-directed and answered or leave a message and we will get back to you ASAP.

Email Contacts

Ruth MacLennan

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Please contact us whether you need to just talk to someone else or have a query that we can help with. We might not know the answer but we will find it out for you! There is so much information to get out that we will be producing weekly or fortnightly newsletters for the duration. Please let us know if there is something you think should be shared.

Do you need help with computers, laptops, broadband costs and set up?

A number of carers have contacted us over the past few months because they need help to get online. We have been fundraising to support this and the Wellbeing Fund has come through for us to support carers. Please contact us if you need help;

- To get a new computer or laptop
- Upgrade software or to get the latest version of software
- To get broadband set up in the house
- To pay for the cost of set up and some ongoing costs
- To get a printer or scanner

There are some other organisations who can help with telephone support to guide you through the online world once you are connected, we will do our best where we can too!

To find out more, just contact any of the mobile numbers or email addresses above and we will take it from there.

Carers Virtual Open Day – Thursday 25th June 10:30am – 3pm

Sadly, we have had to postpone our Carers Open Day at the Stafford Centre; however, we would still like to do something to celebrate Carers Week so we are delighted to announce our ‘virtual’ open day including workshops and lunch with staff. We understand that there are many other activities and events happening during Carers Week itself so we are holding this event later in June.

The event will be on Zoom and you can join for the full day, for either of the workshops or just for lunch if you like.

To sign up for this event, please contact Erica on **07394 418 086** or erica@care4carers.org.uk. After you have registered, we will send out the Zoom invitation. Timetable below:

10:30am – 12:30pm ‘New Beginnings’ Creating Art in Sacred Space

The workshop invites you to recharge and let go. Through guided imagery, intuitive painting, and journaling, we will explore our new beginning. A short guided meditation opens and closes the practice and helps to relax the mind and the body. Creating art in a sacred space allows us to go a little bit deeper and fully embrace our creative potential.

12:30pm – 1pm Screen Break

1pm – 1:45pm Lunch with Care 4 Carers Staff

A chance to catch up with the Care for Carers team as well as fellow members. Grab a sandwich or bite to eat and have some time to blether.

1:45pm – 2pm Screen Break

2pm – 3pm The Music & Wellbeing Catch-Up

Come join Lewis from the Science Ceilidh to catch-up and talk all things music and wellbeing! The online session will feature live fiddle tunes, some hands-on musical games & quizzes, a bit of mindfulness, and a chance to find out why music can support our wellbeing!

Upcoming Events on Zoom:

If you would like to take part in any of the below events or would like more information then please contact us by email or phone to sign up.

- Wednesday 24th June 10:30am – 11:30am Meet and chat with a Scientist!

Carers and family members are invited to join a relaxed Zoom workshop where they can meet and chat with researchers from the Wellcome Centre for Cell Biology at the University of Edinburgh.

There also be an opportunity to try some hands-on science experiments using household items.

- Thursday 25th June 10:30am – 3pm Carers Virtual Open Day

Information in the box above, please contact us to book your place.

- Thursday 2nd July 3pm – 4pm Zoom Coffee and Chat

Join us with a cake, coffee and a blether with fellow Care 4 Carers members.

- Every Monday 1pm – 2pm Gentle Yoga

With instructor Alison Hughes, no prior experience needed.

- Every Tuesday 1pm – 2pm Wellbeing Tuesdays

Make time for you. This session will include guided relaxation, breathing exercises, self-massage and any techniques you want to learn to help with relaxation. With instructor Alison Hughes.

Arts and Craft Sessions:

We will be running sessions on Zoom focusing on art and knitting/crochet. If you would like to take part we will send out materials to you to use. If you want to take part but don't have access to Zoom then this is also fine, just let us know. To sign up, email Jacqui on jacqui@care4carers.org.uk or phone **07936 362 868**.

Not Using Zoom?

If you do not have access to Zoom or don't feel comfortable connecting digitally we can send you an activity pack put together by the Wellcome Centre for Cell Biology. Please ring to request a pack. We have limited packs and will aim to prioritise those who don't have access or are not using Zoom (we will be putting more of these together in the coming weeks).

DIY Home Biology

Find out about scientific discoveries from the past, get hands-on with mini experiments and discover what researchers at the Wellcome Centre for Cell Biology at the University of Edinburgh are currently studying!

Football Activities

On the last page of this newsletter we have put together some activities you can do at home related to football.

If you are not using Zoom but would like to start, please get in touch to find out how we can help.

Managing Energy At Home

“As we continue to adjust to Covid-19 we’re all spending more time at home and using more energy than normal. Many households are experiencing financial strain and will be worried about the effect this will have on their energy bills.”

Changeworks have produced some informative videos about how to save energy, just search ‘Changeworks’ in YouTube to view them.

If you are struggling with your energy bills at this time then please do get in touch with us.

Alcoholics Anonymous Goes Online

Alcoholics Anonymous members are coping with the Covid-19 pandemic by taking their meetings online.

There are a total of 49 online meetings currently held by Edinburgh & Midlothian Intergroup. More information can be found on their website

www.aa-edinburgh.org.uk/online-meetings

Or you can ring the 24 hour helpline on 0800 9177 650.

Free Hot Meals and Meal Packs

Empty Kitchens Full Hearts CIC are providing daily hot meals that can be picked up from the old Dr Bell’s Baths in Leith. They are also providing meal packs that they are able to deliver around Edinburgh free of charge. For more information or to register for the service, you can ring on 07895347157.

Update on City Cabs Discount

City Cabs are no longer offering the 40% discount for carers.

They are offering a blanket 20% discount to anyone who quotes “CODE 20” when booking and you **do not** need a Carers Emergency Card to qualify.

ANSWERS TO GENERAL SPORTS QUIZ – HOW MANY DID YOU GET?

- 1) The former Rangers and Scotland player Willie Waddell.
- 2) Alan Wells.
- 3) Elena Baltacha, who won 11 singles and 4 doubles titles. Sadly, in 2014 Elena would pass away due to illness aged only 30.
- 4) In 1971 the now Sir Charles ‘Chay’ Blyth became the first person to sail single handed non-stop westward around the world, the epic journey taking him 292 days.
- 5) The Scotland goalscorers were Denis Law, Bobby Lennox and Jim McCalliog. Jackie Charlton and Geoff Hurst scoring for England.
- 6) Formed in 1938 the Fife Flyers are the oldest professional ice hockey side in Great Britain.
- 7) Virginia ‘Ginny’ Wade who defeated the Dutch born Betty Stove in the final. As well as the Queens Silver Jubilee year it was also the centenary of Wimbledon men’s competition.
- 8) The great Joe Davis who won the title 15 times between 1927 and 1946.
- 9) Bobby Johnstone who joined Manchester City in 1955 for a fee of around £22,000.
- 10) Meadow ‘Meadowlark’ Lemon was the acknowledged ‘clown prince’ of the famous Harlem Globetrotters, an American exhibition basketball side that toured the world.
- 11) In April 1964 the 7-1 underdog Cassius Clay, defeated the then champion Sonny Liston who was unable to continue after the end of the sixth round. In a controversial rematch in May 1965 the now renamed Muhammad Ali would knock out Liston in the first round with what was considered to be a ‘phantom punch’ the result still considered by many to have been a ‘fix.’
- 12) Jimmy Millar proprietor of the Dukes Head public house in Duke Street.

Carers Week 2020

Carers Week is taking place from Monday 8th to Sunday 14th June. This year the theme is **Making Caring Visible**.

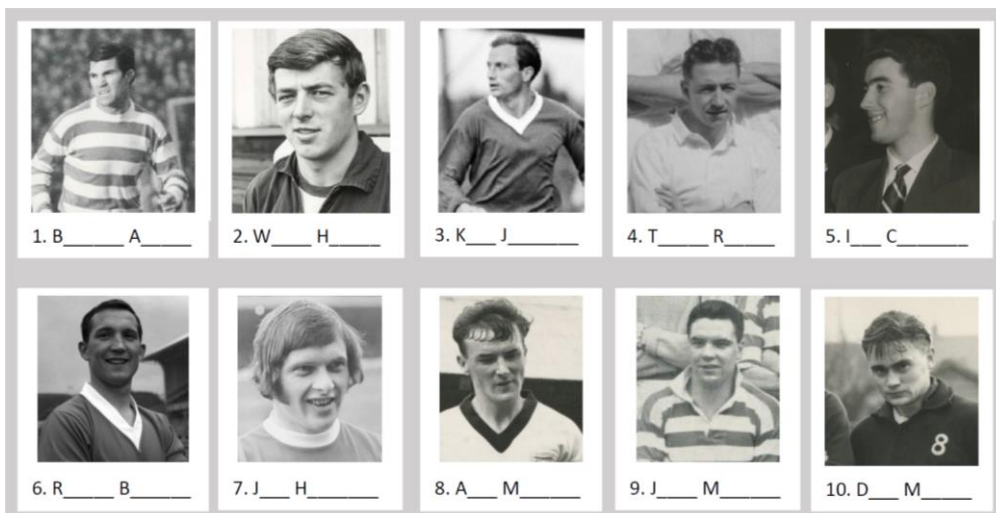
“This year, people across the country are continuing to face new challenges as a result of the coronavirus outbreak. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support. They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding.”

If you follow us on social media then look out for posts during the week. Our Facebook is @care4carersedinburgh and Twitter is @Edincare4carers

You can also join our Private Facebook Group for Care for Carers members, search ‘Care for Carers Private Group’ or find the link on our main page.

Football Themed Activities

Courtesy of Football Memories Scotland. Football Memories Scotland is a partnership between Alzheimer Scotland & the Scottish Football Museum.



Each of these players above have won the Scottish Cup and scored in the final. Their initials are provided. How many can you get?

Hints:

1. Bertie, a future Lisbon Lion who scored two goals for Celtic in the 1965 final.
2. Wilson, an inside-right who scored Motherwell's third goal in their 4-0 win over Dundee in 1952.
3. Kai, a full-back from Denmark who scored the only goal of the game for Rangers in the 1966 final.
4. Tommy, a winger who scored the only goal in Clyde's 1-0 win against Celtic in the 1955 replay.
5. Ian, a winger who scored two goals for Hearts in their 1956 Scottish Cup Final win.
6. Ralph, a forward with Rangers who scored two goals in their 1963 Scottish Cup Final replay win.
7. Joe, a forward with Aberdeen who scored in the 1970 Scottish Cup Final.
8. Ally, a winger who scored the second goal in St Mirren's 3-1 win over Aberdeen in 1959.
9. John, who played at centre-forward and scored the only goal in Celtic's victory over Motherwell in 1951.
10. Doug, an inside-left, who scored Falkirk's extra time winner in their replay with Kilmarnock in 1957.

Answers will be published in next newsletter

Football Wordsearch

E	I	N	T	T	I	N	R	E	I	K	F	I	S
N	A	T	M	R	M	A	D	R	S	C	I	T	O
O	N	M	D	E	O	E	N	P	N	A	N	S	N
R	D	P	I	R	R	Z	C	K	H	M	N	R	I
H	Y	E	T	A	T	L	E	E	K	R	S	E	E
T	R	T	R	E	O	I	H	G	E	O	E	N	T
N	I	E	B	H	N	G	M	E	O	C	E	E	S
O	T	R	E	S	S	N	G	N	M	R	M	E	K
B	C	P	N	Y	P	A	R	K	H	E	A	D	C
Y	H	R	I	B	A	L	S	I	K	T	N	R	O
M	I	I	A	B	O	A	H	M	W	E	N	E	J
M	E	C	O	O	N	O	T	I	N	P	H	B	B
I	E	E	E	B	N	W	R	H	O	M	T	A	I
J	R	E	T	N	U	H	E	I	L	L	I	W	N

PARKHEAD
 JOCK STEIN
 MORTON
 BOBBY SHEARER
 PETER PRICE
 FINN SEEMANN
 WILLIE HUNTER
 ANDY RITCHIE
 JIMMY BONTHRONE
 ABERDEEN
 ALAN GILZEAN
 PETER CORMACK