



Care for Carers



Newsletter ***August 2017***

Contact us:**Telephone: 0131 661 2077****E-mail: admin@care4carers.org.uk****Web Site: www.care4carers.org.uk****Address to:****Care for Carers, St Margaret's
House, Room 4.25, 151 London
Road, Edinburgh, EH7 6AE**

Hello Everyone,

We have a visit to the Royal Observatory on Blackford Hill this month on Tuesday the 22nd of August from 2-4pm to see The Crawford Collection. There are still a few places available so if you are interested in seeing this amazing collection of Astronomy related books and artefacts then phone the office on the number above. Places are limited and will be allocated on a first come, first served basis.

We will be running a series of First Aid for Carers information sessions in the evenings over the next few months, please see enclosed flyer for details. Each session will focus on different aspects of First Aid such as; handling a fall, bleeding, burns, choking and cardiac emergencies.

Caring and Coping with Loss in Dementia courses, are you feeling overwhelmed or struggle with feelings of guilt, anger or feel that you are on a rollercoaster? Then this course may be for you. The course looks at the emotional aspects of caring for a person with Dementia and helps you to think about coping strategies and issues around living bereavement. Contact the office for more information on course dates and to sign up.

Ruth MacLennan

Dates for your Diaries:***Carer Meetings:*****Evening Support & Information Meeting** (open to all carers)

Meetings will take place on the Thursday the 7th of September and the 5th of October (this meeting will focus on First Aid for Carers) at Link Up, St Margaret's House, 151 London Road, Room G3 (beside the main front door on the ground floor next door to the Swap Shop) from 7-9pm.

Support Group and Drop In at Portobello Library (open to all carers)

Tuesday the 29th of August and the 26th of September at Portobello Library from 12 -1.30pm.

Family & Friends Support Group (open to carers of a person with a mental health illness, not including Dementia) Thursday the 17th of August and the 21st of September at Davidson Mains Parish Church South Hall from 2-4pm. (this is the long hall on the right hand side of the church office opposite the car park, enter through door furthest from main road)

GP Contact Points

St Triduana's Medical Practice usually on the first Tuesday of the month. The next session will take place on Tuesday the 5th of September from 11.30am to 1pm. Phone to make an appointment with Jane on 0131 661 2077.

Leithmount Surgery on the third Thursday of the month from 11.30am to 1pm. The next date will be Thursday the 17th of August and the 21st of September.

Therapy Appointments

Alison Hughes has times available for one to one Aromatherapy or Reflexology appointments (1 hour). Please contact us on 0131 661 2077 to arrange a date and time. The appointments will take place at St Margaret's House. There is a contribution of £20 (paid to the therapist) for this service.

Great Breaks for Carers Service from LifeCare.

Do you live in Post Code EH6 or EH7? Are you over 50?

Need a sitter to come and stay with the person you care for while you are out?

Or perhaps another pair of hands to help on a trip out together?

The service is free and can offer a range of hours depending on what you need.

Contact Margaret Stewart at LifeCare on 0131 343 0943 or email scdargie@lifecare-edinburgh.org.uk for more information on the service and how to book.

Coffee & Craft Sessions at St Margaret's House.

The next Coffee & Craft session will take place on Tuesday the 5th of September in The Drawing Room at St Margaret's House. Come along and try something new, informal and fun. Carers welcome to bring along their own craft work to share.

The session will run from 10am to 12noon.

Contact Jane or Dipa to find out more on 0131 661 2077.

Sleep Scotland – Telephone Support Line for Parents.

If you are a parent caring for a child with special needs or disabilities that affect their sleep this new telephone helpline could be of help.

The phone line is manned by trained sleep counsellors who can give you support and information to help with sleep related issues.

The helpline runs Monday to Thursday from 10am to 4pm and the number is 0800 138 6565.

You can find out more about Sleep Scotland on their website: www.sleepscotland.org and you can follow them on facebook: /sleepscotland

Carer Learning Opportunities

Classes from the CA(i)RE Programme.

Drop In **Yoga** classes will be running on a Monday from 10.30am to 12.30pm from:

7th of August to the 26th of September
23rd of October to the 11th of December

Drop In **Relaxation and Qigong** will be running on

Tuesdays from 10.30-12.30pm from:

1st of August to the 19th of September
17th of October to the 5th of December

All sessions will be held at the Eric Liddell Centre, 15 Morningside Road, EH10 4DP. To find out more or to book a place contact The CA(i)RE Project on 0131 447 4520

Workshops from the Vocal Programme

Scams Awareness – Friday the 15th of September 10am-12pm at Vocal Carers Centre

Learn about the many forms of scams, what to look for and how to report them.

Supporting Someone with M.S. – Tuesday the 19th of September from 10am to 12pm at Vocal Carers Centre.

Find out about treatment, moving and handling and complementary therapies.

Planning financially for the future – Friday the 22nd of September from 10am to 12.30pm at Vocal Carers Centre.

Explore the key areas for consideration as a carer for now and the future.

You can view the whole programme or book online at www.carerevents.co.uk, by email: centre@vocal.org.uk or by calling 0131 622 6666

Care Inspectorate Volunteers.

The Care Inspectorate is looking for Inspection Volunteers from members of the public including unpaid carers.

Inspection Volunteers go out with the Inspectors and speak to people using services to gather information on how the service is performing. All volunteers are fully trained and supported.

The team are looking for people who have had personal experience of using a care service or have cared for a person who has used a care service.

Typically volunteers would attend at least 6 inspections a year, travel expenses will be paid but the role is voluntary.

If this is something you are interested in please contact Elaine Cranston at the Care Inspectorate on 01382 207116 or mobile 07810637643 or email:

elaine.cranston@careinspectorate.com