



# Care for Carers

## Newsletter

August 2019

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House, Room 4.25, 151 London  
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Hello Everyone,

Following on from our great day out at Our Dynamic Earth in March we have a day learning event for carers organised for the 21<sup>st</sup> of August. This event will take a look at ecosystems, climate change issues and new research and discoveries, lunch is included as is a tour of the galleries at the end of the day. Full details are on the enclosed flyer, just email, phone or return the form to let us know you are coming.

**Carer Representative on Edinburgh Integrated Joint Board**

Interested in strategic issues, decision making and planning, then this might be for you. Edinburgh Integrated Joint Board (EIJB) are currently looking for carers who would be interested in taking one of two carer representative seats on the EIJB. If you would like to know more or get a Carer Recruitment pack for full information please contact Angela Ritchie on 0131 529 4050 or email [angela.ritchie@edinburgh.gov.uk](mailto:angela.ritchie@edinburgh.gov.uk)

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

The next support meeting will take place on Thursday the 1<sup>st</sup> of August and 5<sup>th</sup> of September. The meetings take place from 6.30pm to 8pm in Room G3, Link Up, St Margaret's House, 151 London Road, (beside the main front door on the ground floor).

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

Tuesday the 27<sup>th</sup> of August and the 24<sup>th</sup> of September in 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 15<sup>th</sup> of August and the 19<sup>th</sup> 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 3<sup>rd</sup> 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 15<sup>th</sup> of August and the 19<sup>th</sup> of September.

**Therapy Appointments**

Alison Hughes has times available for one to one Aromatherapy or Reflexology appointments in St Margaret's House Counselling Room (1 hour). Please contact us on 0131 661 2077 to arrange a date and time. There is a sliding scale from £15 to £25 (paid to the therapist) for this service.

### **Beat Eating Disorders – Supporting young people with eating disorders.**

Beat have teamed up with NHS Lothian to run a project called SharED. The focus of the project is to pair young people with a befriender who has experienced and recovered from an eating disorder. If you are aged between 12-25 and living with an eating disorder you can access support through this service.

For full details and to find out more contact;

Helpline: 0808 801 0677

Youthline: 0808 801 0711

Email:

[help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

Twitter: @beatEDSupport or check out the website at

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

### **Stress Control**

Do you recognise these signs in yourself or someone close to you? Worry, Poor Sleep, Panic Attacks, Feeling worthless or on edge....

Then why not go along to the next Stress Control course which runs over 6 sessions.

The next course will be held at Game Changer Wellbeing Centre, North Stand, Easter Road Stadium (Hibs Football Stadium) EH7 5QG and will run from Tuesday the 27<sup>th</sup> of August to the 1<sup>st</sup> of October from 10.30am to 12noon.

The course explains what stress is and how to deal with challenging thoughts, panic and improve your sleep patterns.

To find out more or to book a place contact Health in Mind on 0131 225 8508 or email: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

### **Indian Face Massage – Taster Sessions**

Ros Hughes will be offering some Indian Face Massage taster sessions to carers. The sessions will take place on **Monday the 26<sup>th</sup> of August in St Margaret's House.** Booking is on a first come, first served basis. **Please book by contacting Ros directly on 07748 702455 or by email to [rrrbrowning@yahoo.co.uk](mailto:rrrbrowning@yahoo.co.uk)**

Indian Face Massage is a deeply relaxing massage which gives a natural facelift, increasing skin elasticity and promoting blood flow. It can also ease physical symptoms such as tension headaches, sinusitis and can improve sleep quality.

There is no set charge for these tasters but a suggested donation of £5 to £10 to the therapist on the day would be greatly appreciated. This is completely optional.

### **Mindfulness and Relaxation Group for Carers**

Following on from the recent Mindfulness course Ros Hughes will be offering a new monthly relaxation group for carers to come together and practice tools for relaxation.

The group will offer an exploration of simple relaxation techniques to promote feelings of being calm, present and release tension. Including Mindfulness, muscular relaxation and meditation practices to take home.

The first group meeting will take place on **Monday the 19<sup>th</sup> of August from 12.30 -2.30pm in room G5 at St Margaret's House.**

**This will be a donation based group with a suggested donation of £5-£10. If you would like to attend this group but need help with the donation please let us know. To book a place contact Ros on 07748 702455 or email [rrrbrowning@yahoo.co.uk](mailto:rrrbrowning@yahoo.co.uk)**

### **LGBT+ Health & Wellbeing Research**

Do you live in Greater Glasgow, Clyde or Lothian? Aged 16 or over and identify as LGBT+? Then why not take part in this NHS research project. The project is being independently conducted by Traci Leven. A number of group and one to one discussions will take place with a £20 voucher if you take part in one of the group chats.

To find out more or sign up go to <https://lgbt.limequery.com/221981> or email [traci@levenresearch.co.uk](mailto:traci@levenresearch.co.uk) or Twitter: @TraciLeven