



# Care for Carers



## Newsletter

February 2018

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House, Room 4.25, 151 London  
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Hello Everyone,

Please find enclosed with this mail-out our Short Day Breaks & Activities programme; there is a variety of events and outings on offer this year. We have enclosed sign-up sheets for the events coming up in February and March so do get them back to us ASAP and let us know about any other activities you are interested in. We do send out reminders about all the events through this newsletter so we will remind you of what is happening as the year moves on.

Also enclosed with this mail-out is information and a registration form for Carefreebreaks. If you are interested in getting away for a short break with a friend or family member but without the person you care for then you may be interested in this service. All the information is on the enclosed information sheet but just give us a ring if you need to talk through the service and how it works.

The Walking Group flyer is also enclosed, if you would like a detailed programme on the walks then please give the office a ring or email us at the contact details above.

Ruth MacLennan  
Care for Carers

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

This meeting will be a catch up and support meeting and will take place on the Thursday the 1<sup>st</sup> of March and the 5<sup>th</sup> of April 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 next door to the Swap Shop).

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

Tuesday the 27<sup>th</sup> of February and the 27<sup>th</sup> of March 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 February and the 15<sup>th</sup> of March 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 6<sup>th</sup> of March and the 3<sup>rd</sup> of April 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 February and the 15<sup>th</sup> of March.

**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. There is a contribution of £20 (paid to the therapist) for this service.

### **Care & Repair Edinburgh**

Need help with small jobs such as;

- Fitting draught excluders
- Fitting locks
- Replacing sash cords
- Fixing window sills or small repairs around the house

If you are an older person then you will be eligible for the service.

Contact the team on 0131 337 1111 to find out more. There may be a small cost for materials.

### **Need help and advice with paying for heating and coping with cold weather.**

Shelter Scotland can offer you advice and information on issues such as;

- Winter Fuel Allowance
- Saving on bills
- Cold Weather Payments
- Help from the Social Fund

If you need any advice on buying essential household goods such as heaters, bottled gas or having your gas or electricity reconnected then give them a ring on 0808 800 444.

### **Dance Ihayami – Dance Classes**

Dance Ihayami are an Edinburgh based Classical Indian Dance Company. They are running a series of free Indian Dance classes until the end of March.

The classes will run at the LifeCare Centre on Cheyne Street from 10.30am until 12noon every Friday.

The class is free, fun and you don't have to have any experience, just dress comfortably and give it a shot. All carers are welcome to attend.

If you would like to find out more just give us a ring on 0131 661 2077 or phone Karen at Dance Ihayami direct on 07722071256

### **Liddell Lions Lunches!**

This is a new service for carers who are looking after a person with Dementia. It is an exercise based lunch club which is open to the carer and the cared for person to come along together.

The programme starts on Wednesday the 21<sup>st</sup> of February from 11am to 2pm, the exercise session will run from 11.30 to 12.30pm followed by a Soup and a Sandwich lunch. The programme is free.

The gentle exercise programme will be led by specially trained fitness coaches from the Celtic FC Foundation. The aim is to be social as well as fit. If you would like to find more please contact Martha Pollard on 0131 446 3301 or email [pollardm@ericliddell.org](mailto:pollardm@ericliddell.org)

### **Edinburgh Leisure – Fit for Health**

Fit for Health is a physical activity programme run by Edinburgh Leisure.

It is a no cost 12 week physical activity referral programme. It is delivered by Edinburgh Leisure in partnership with NHS Lothian for those aged 16+ who have a long term health condition.

Referral can be made through your GP or Health and Social Care professional.

For more information contact the Fit for Health Co-ordinator on 0131 458 2100 or email: [Lothian.Fitforhealth@nhs.net](mailto:Lothian.Fitforhealth@nhs.net)

### **Caring Connections – Supporting Carers who look after a person in Forensic Mental Health Services**

Caring for a person who has a mental health illness that has resulted in them being involved with offending behaviours and/or periods in prison or the state hospital is extremely challenging and complex.

It can be difficult to share your feelings and talk about the experiences you have had.

The Caring Connections project from Support In Mind Scotland is working to raise awareness of Carers of people with Forensic Mental Health issues. They are working to connect services and providers and to listen and talk to carers who are in this situation. For more information please contact Lorraine on 07951066234 or email:

[lorraine@supportinmindscotland.org.uk](mailto:lorraine@supportinmindscotland.org.uk)