



# Care for Carers

## Newsletter

January 2019

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House, Room 4.25, 151 London  
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Hello Everyone,

Happy new year to everyone. We have launched our Short Breaks programme for 2019 this month so please find enclosed with this mail-out a copy of the Stepping Out residential programme and the Still Caring Day/Evening Breaks programme. We hope you are as excited as we are about the programmes and look forward to hearing from you. Remember places are limited so please get your applications in asap.

Also enclosed is a flyer for a meeting on Out of Hours and Urgent Care, what is your experience as a carer? These services are being reviewed by NHS Lothian and carer input into how they can improve is really important. Just phone or email to let us know if you can make the meeting on the 12<sup>th</sup> of February.

Ruth MacLennan  
Care for Carers

### Dates for your Diaries, Carers Meetings:

#### **Evening Support & Information Meeting** (open to all carers)

The next support meeting will take place on Thursday the 7<sup>th</sup> of February and 7<sup>th</sup> of March. 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 26<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 21<sup>st</sup> of February and 21<sup>st</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 5<sup>th</sup> of March 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 21<sup>st</sup> of February and the 21<sup>st</sup> of March.

#### **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.

### **Carer Befriending – Eric Liddell Centre**

Sometimes you need some support for yourself as a carer and this might be the service to help you.

The service matches you with a befriender who has similar interests and who can give you the opportunity to participate in activities of your choice.

This is a free service.

To find out more about using the service or becoming a volunteer befriender please call Sally on 0131 357 1270 or email:

[sorries@ericliddell.org](mailto:sorries@ericliddell.org) or visit the website [www.ericliddell.org](http://www.ericliddell.org) to find out more.

### **Telephone Befriending from the Stroke Association.**

If you care for someone who has had a stroke and feel that being able to talk to someone about it would be helpful then this service might be very useful for you.

If you are interested you just need to get in touch with the project co-ordinator and they will match you with a befriender, someone with kindred interests.

The befriender will then contact you and you can take it from there.

For more information on using the service or becoming a becoming a volunteer befriender please contact Caitlin Longman on 0131 555 7253 or 07702976613 or email:

[Caitlin.longman@stroke.org.uk](mailto:Caitlin.longman@stroke.org.uk)

For more information have a look at the website [www.stroke.org.uk](http://www.stroke.org.uk)

### **Food Banks – Vouchers from Care for Carers**

The Edinburgh Food Project is part of the Trussell Trust network of foodbanks, providing emergency food parcels to people struggling to keep everyone fed in their households.

Care for Carers is now a member and that means you can contact us directly if you feel you are in a crisis or needing help to put food on the table. Once you contact us and get your voucher you can take it to one of 8 foodbank centres. At the centres they will exchange your voucher for a supply of food items (enough for 3 days for everyone in the family), including toiletries, household cleaning items, baby toiletries and pet food.

The foodbanks are friendly and run by volunteers who always have the kettle on and time for a cup of tea and a biscuit. Some of the centres can also offer benefits or debt advice too.

If this is a worry for you please give us a call, it takes 5 minutes to sort out and can lift a lot of stress off your shoulders. Please call us on 0131 661 2077 if you need this service.

### **Mental Welfare Commission – Best Practice Guide – Carers and Confidentiality.**

If you care for a person with a mental health illness then being able to talk to the professionals involved with their case may be vital for you. This new guide gives clear guidance on how carers, families and practitioners should be offered support to understand consent, confidentiality and the sharing of information.

The guidance is clear that while patient confidentiality is key, carers should be able to speak to practitioners about their concerns.

If you would like to find out more or to get a copy of the guide please contact:

The Mental Welfare Commission for Scotland on 0800 389 6809 or email them at [enquiries@mwscot.org.uk](mailto:enquiries@mwscot.org.uk) or have a look at the website on [www.mwscot.org.uk/carers](http://www.mwscot.org.uk/carers)

*Did you know Care for Carers are on Facebook and Twitter? Please like us on Facebook and follow us on Twitter.*