



Care for Carers

Newsletter

July 2018

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Hello Everyone,

In this mail-out we have a number of enclosures as usual. Can I draw your attention to the New Opportunities for Carers Survey? I know that the last 2 years have been relentless in you being surveyed and sent questionnaires as a carer; this is partly because there have been changes to Carers Legislation and that means that all councils and NHS boards have to implement new services in response to the new law.

This survey is for Edinburgh carers to tell the council implementation team what you need, what works, what you want more of and how you would like to see the funding for carers in the city spent, so this survey is really important. Thank you in advance, your responses are much appreciated.

There are some event flyers enclosed, so if you would like to attend any of these just let us know as soon as possible.

Dates for your Diaries, Carers 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 2nd of August. The 6th of September meeting will be a Legal Advice session (please see enclosed flyer for full details) 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 next door to the Swap Shop).

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

Tuesday the 31st of July and the 28th of August 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 19th of July and 16th of August 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 3rd of July and the 7th of August 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 19th of July and the 16th of August.

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 contribution of £20 (paid to the therapist) for this service.

Caledonia Cremation – Social Enterprise for affordable funerals.

For many people and families the cost of a funeral is becoming impossible to meet. Leaving people in great distress.

Caledonia Cremation is a new Social Enterprise set up to offer cremation services for an all-inclusive price of £995, about a third of the price of a standard funeral company. They aim to provide a flexible, affordable option for bereaved families across Scotland.

They offer future plans as well as dealing with current situations. To contact them please phone on: 03000 113 311 or have a look at their website on www.caledoniacremation.org.uk

Online Support for Eating Disorders in Scotland.

This project provides support to young people (14-25 years of age) with an eating disorder and their parents and carers across Scotland.

The service offers one to one email support, a listening ear and signposting through befrienders. There is also a selection of online resources (videos, tutorials, help and advice). Many of these are targeted at supporting family and carers to help support your loved one through their treatment and recovery.

You can find out more at: teced@beateatingdisorders.org.uk

Or for more support now contact: Helpline: 08088010677 or email: help@beateatingdisorders.org.uk

Or Youthline: 08088010711 or email: fyp@beateatingdisorders.org.uk

If you would like to have a look at the website you will find information at: www.caredscotland.co.uk

Shop on Amazon? Want to support Care for Carers?

Amazon have set up Smile Amazon which allows you to shop as normal on your Amazon account but means that they will donate around 0.5% of your spend to the charity of your choice.

How does it work?

Everything remains the same, it is the same Amazon site, your own account as it is now but you have to enter the site through smile.amazon.co.uk (not through Amazon direct). When you sign in through smile.amazon.co.uk for the first time you will see the charities options on the right hand side. There are lots of charities registered. If you want to support Care for Carers just type our name into the 'choose your own charity bar' and it will find us and tell you on your account page that you are now supporting Care for Carers.

Every bit of funding helps and all the funds raised will go straight back into services for carers. Please give Ruth at Care for Carers a ring on 0131 661 6192 if you have any questions about this or would like to find out more.

Did you know we are on Facebook and Twitter? Please like us on Facebook and follow us on Twitter.

Occupational Therapy TechHub – Digital Drop In

Do you care for someone who has difficulty holding a device/tablet/phone or difficulty operating buttons, utilising touch screen gestures or care for someone who has a physical or memory problem that prevents them from accessing a smart phone or tablet?

The Digital Drop In can offer practical advice, recommend solutions and refer you for a more detailed assistive technology occupational therapy assessment if needed.

The Digital Drop In takes place at the Edinburgh Community Rehabilitation and Support Service at 62 Longstone Street, Edinburgh, EH14 2DA. It takes place on the first Tuesday of every month **by appointment only**. To arrange an appointment or to ask for more information, please call 0131 443 3837.

Visit Tim Peake's Spacecraft

You can see the Spacecraft for free at the National Museum of Scotland until the 4th of August from 10am to 5pm. There is a £5 fee for the Space Descent VR experience.

See the Soyuz Spacecraft used for European Space Agency Astronaut Tim Peake's Principal Mission to the International Space Station and accompanying virtual reality adventure.