



# Care for Carers

## Newsletter

March 2019

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Hello Everyone,

In this Newsletter mail out you find a number of enclosures.

A flyer for our Carers Open Day at Our Dynamic Earth, this is always a great day out and a chance to take part in some fascinating workshops, a great lunch and the option of a tour round the galleries and exhibitions. Please see the attached leaflet for details and let us know if you are able to come along.

We have been offered a Mindfulness Based Living course from the Mindfulness Association, this will be an 8 week course so do get your application for a place in quick as this is likely to fill up fast!

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 4<sup>th</sup> of April and the 2<sup>nd</sup> of May. 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)

Takes place on Tuesday the 26<sup>th</sup> of March and Tuesday the 30<sup>th</sup> of April 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 March and the 18<sup>th</sup> of April 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 2<sup>nd</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 21<sup>st</sup> of March and the 18<sup>th</sup> of April.

#### **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.

### **Purple Alert – App to help search for lost people with Dementia.**

Purple Alert is a new App developed with Alzheimer Scotland and supported by Police Scotland.

If you download the app to your phone or tablet it will alert you if a person with Dementia goes missing or gets lost near to where you are. The app gives a photo and name of the lost person and a contact for the carer.

The idea is that if you get an alert you can then have a look for the person and contact the carer directly to say you have found them. Police Scotland will have been alerted by the carer in the first instance so they will also be searching.

To download the app go to [PurpleAlert.org.uk](http://PurpleAlert.org.uk) and follow the instructions. If you can, encourage family and friends to sign up for the app. The team are keen to have as many people as possible signed up so that the chance of finding a lost person with Dementia fast is greatly improved.

### **Planning Care for the Future**

Lauder Lodge Care Home are holding a free event on Tuesday the 12<sup>th</sup> of March from 2-4pm in Lauder Lodge, 2 Wakefield Avenue.

Independent specialists from Lift Advice and Blackadders will be there to offer information on subjects such as Power of Attorney and Making your Savings go Further and costs of long term care.

Refreshments will be available and a tour of Lauder Lodge as well.

Places are limited so please contact David Holbrook on 0131 516 3735 or email: [david.holbrook@careuk.com](mailto:david.holbrook@careuk.com) to book a place.

### **Home Instead – Information event on Nutrition and Hydration.**

Keeping older people eating and drinking enough fluids every day is one of the main concerns of family carers. This event will be held at Home Instead, Castlebrae Business Centre, Peffer Place, EH16 4BB on Friday the 15<sup>th</sup> of March from 11am to 2pm.

The event will have information stalls and exhibits from:

- Care UK Residential Care Service
- Eat Well Age Well
- Edinburgh Community Food
- Meal Makers
- Outside the Box –Food Buddies
- Tap into IT – Online shopping

There will be a number of projects bringing food to taste and samples of healthy options as well as tips for getting the most out of meals for frail, ill or older people.

To find out more about the event please contact Andrew Senew at Home Instead on 0131 300 0598 or check out their website at [www.homeinstead.co.uk/edinburgh](http://www.homeinstead.co.uk/edinburgh)

### **Living Made Easy – Help and advice with equipment needs for everyday living.**

Living Made Easy is an impartial, independent information service which has online tools to help you find what you need. [www.livingmadeeasy.org.uk](http://www.livingmadeeasy.org.uk) has lots of information on equipment to help with daily living needs. The website has over 40 categories of equipment, compare and review products, have access to expert advice from occupational therapists and can help you find the most affordable or nearest suppliers.

There is also an online tool called AskSara and you can find it at [asksara.org.uk](http://asksara.org.uk). Once on the website you choose a topic, answer some questions and then get some advice and feedback in response.

For more information or to talk to someone about your equipment needs you can phone DLF on their helpline number which is 0300 999 0004 or email: [info@dlf.org.uk](mailto:info@dlf.org.uk)

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