



Care for Carers



Newsletter *May 2017*

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House, Room 4.25, 151 London
Road, Edinburgh, EH7 6AE**

Hello Everyone,

With this mail-out you will receive our Carers Survey, I know you have been asked to fill in a number of surveys recently but I am hoping you will bear with us on this one! This survey is specifically for Care for Carers, our services, what is missing, what works well for you, we really need to know. A Freepost envelope is enclosed for returning the survey to us. We will use the feedback in planning and developing services but also to report to funders on how our services are being received. I am sorry to be sending you another request but it will really help us if you can complete the survey for us. Any questions at all, please give us a ring on the number above and we will do our best to help.

June brings our Carers Week Open Day, lots of fun workshops, lunch and catching up with friends. This year we have teamed up with Support In Mind Scotland and they have kindly given us the use of The Stafford Centre on Broughton Street for the day. For carers who have known us for a while, it is a wee bit like being back in Lochend House but without the parking! Application form enclosed, I look forward to seeing you there.

Ruth MacLennan
Care for Carers

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

Support meetings will take place on the Thursday the 1st of June and the 6th of July at Link Up, St Margaret's House, 151 London Road, Room G3 (beside the main front door on the ground floor next door to the Swap Shop) from 7-9pm.

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

Tuesday the 30th of May and the 27th of June at Portobello Library from 11.30 – 1pm.

Family & Friends Support Group (open to carers of a person with a mental health illness, not including Dementia) Thursday the 15th of June and the 20th of July 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 6th of June 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 15th of June and the 20th of July.

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. The appointments will take place at St Margaret's House. There is a contribution of £20 (paid to the therapist) for this service.

Great Breaks for Carers Service from LifeCare.

Do you live in Post Code EH6 or EH7? Are you over 50?

Need a sitter to come and stay with the person you care for while you are out?

Or perhaps another pair of hands to help on a trip out together?

The service is free and can offer a range of hours depending on what you need.

Contact Margaret Stewart at LifeCare on 0131 343 0943 or email scdargie@lifecare-edinburgh.org.uk for more information on the service and how to book.

Edinburgh Garden Partners

This is a new charity which has been set up to match people who need assistance with their gardens with gardening volunteers.

Most of the garden owners at the moment are older people, disabled people or carers. Most of the garden volunteers are young people who want to grow vegetables and fruit.

The idea is that the garden volunteer gets a bit of space to grow some crops in exchange for some routine garden maintenance.

For more information please contact Sue or Lyaah to find out more on 0131 347 0529 or email tidyups@edinburghgardenpartners.org.uk Have a look at their website www.edinburghgardenpartners.org.uk to see what they have been working on so far and read some feedback.

Leith Community Cinema

Some films will be coming up which are dementia friendly events, carers and the person they care for will be welcome to book. To find out more check out

<http://www.leithcommunitycinema.com>

Laurel and Hardy films have been shown this month; let them know if this is something you would like to see again.

Carer Learning Opportunities

Manual Handling for Carers

Monday the 5th and 12th of June 10am -1pm at Training for Care. This session will show you how to safely support someone with transfers and reduce the risk of injury to the cared for person and the carer. Contact Vocal on 0131 622 6666 or email: centre@vocal.org.uk to book a place.

Computers for Beginners

This course will run over 5 weeks starting on Wednesday the 7th of June to the 5th of July from 2-5pm. The course is all about first steps into the digital world, using computers and online services safely. This course will be held at Carrickvale Community Centre. Contact Vocal on 0131 622 6666 or email: centre@vocal.org.uk to book a place.

Relaxation/Qigong and Yoga Courses from the Ca(i)re Programme.

Current courses are under way and may have some spaces available but there is a rolling programme of these courses taking place throughout the year. To find out more or to book a place contact Anna on 0131 447 4520 or email: reida@ericliddell.org All of the courses will take place in the Myreside Suite at the Eric Liddell Centre, tea and coffee included and all classes are free.

LOOPS Local Opportunities for Older People in Edinburgh.

If you are over 65 and live in Edinburgh there is a lot going on. Sign up to LOOPS and get some information on activities and events going on in your area.

LOOPS have a phone line project which is run by trained, friendly advisors. They can help look for a particular activity and search for activities that may suit your individual requirements.

The telephone number is 0131 603 8311 or you can email: loops@volunteeredinburgh.org.uk You can find them on Facebook at [edinburghloops](https://www.facebook.com/edinburghloops) or on Twitter at @EdinburghLOOPS

Volunteer carers needed for help with research exploring the benefits of singing to those affected by cancer.

This is collaboration with the Royal Marsden Hospital and Royal College of Music. They are seeking help from carers who are looking after a person with cancer. They need a selection of carers who **don't** sing at the moment to complete some questionnaires. The results will help to tell us what benefits singing might have. If you would like to know more or to take part contact Katey on 07399528611 or email:

katey.warran@rcm.ac.uk or visit the survey online at <https://www.surveymonkey.co.uk/r/singwithus>