



Care for Carers

Newsletter *May 2019*

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House, Room 4.25, 151 London
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Hello Everyone,

In this mail-out we have a number of enclosures as usual. Can I draw your attention to our Carers Open Day at the Stafford Centre on Friday the 7th of June, kicking off the Carers Week activities for this year. A flyer is enclosed with full details of the event, it is always a great day with fun workshops, lunch together and a chance to catch up with old friends and new.

If you look after a person with dementia you might be interested in the Hearts & Minds workshop on the 25th of June. This workshop is all about using music and laughter with a person with dementia. Please let us know asap if you are interested in either of these workshops.

Ruth MacLennan

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

The next support meeting will take place on Thursday the 6th of June and the 4th of July. 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 28th of May and the 25th of June 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 16th of May and the 20th of June 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 4th 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 16th of May and the 20th of June.

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.

Scottish Parliament Health & Sport Committee – 2 year inquiry into the future of Primary Health Care in Scotland.

This committee of the Scottish Parliament want to hear from individuals about the future of primary health care delivery. The group are keen to hear from carers about what their needs are in relation to Primary Health Care which will include what your GP Practice can do for you.

There is an online survey which you can find at

<https://www.smartsurvey.co.uk/s/parliamentscotprimary-nhs-care-survey/>

Or you can get a hard copy of the survey with a prepaid envelope to return or more information by contacting David Cullm, Clerk, Health & Sport Committee on 0131 348 5210 or healthandSport@parliament.scot

Working Carers – Research on Working Carers looking after a person with Dementia.

This research is being lead by Alice Spann Bsc, MPH. Alice is looking into developing a Working Carers Technology Toolkit but needs to speak to working carers who look after a person with dementia at home to inform her research.

The conversations with carers are about finding out what working carers need to help sustain both their work and their caring roles.

The research has been ethically approved and is part of the Sustainable Care Research Programme.

If you would like to take part in this research please contact Alice directly by email on aspann1@sheffield.ac.uk or telephone her on 07479 032945

Indian Face Massage – Taster Sessions

Ros Hughes (one of our staff team) will be offering some Indian Face Massage taster sessions to carers in June. The sessions will take place on Wednesday the 12th of June and Thursday the 20th of June in St Margaret's House.

Booking is on a first come, first served basis. **Please book by contacting Ros directly on 07748 702455 or by email to rrrbrowning@yahoo.co.uk**

Indian Face Massage is a deeply relaxing massage which gives a natural facelift, increasing skin elasticity and promoting blood flow. It can also ease physical symptoms such as tension headaches, sinusitis and can improve sleep quality.

There is no set charge for these tasters but a suggested donation of £5 to £10 to the therapist on the day would be greatly appreciated. This is completely optional.

Phonelink Edinburgh

This service offers a home telephone call check for people aged over 65. The calls can take place every morning and every evening and can include;

- Medication prompts
- Welfare checks
- A short chat to reduce loneliness
- Signposting on to other services that might be helpful to the person
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This service has operated for over 20 years in the Craigmillar area and has now been funded to cover the whole city. It is a vital service for carers as well as the older person. If you would like to find out more or to join the service please contact Phonelink on 0131 510 6930 or email them at: info@caringinraigmillar.org or to find out more on line have a look at their website on www.caringinraigmillar.co.uk

Once you have made contact the service can start within 24 hours and it runs 7 days a week and 365 days a year. The service is free.

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