



Care for Carers

Newsletter

November 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 our Carers Christmas Open Day which will be held on the 5th of December in St Margaret's House, this is a great day to come along, try some fun workshops and catch up with some old and new friends. We will have a tombola stall this year, all donations warmly received; just drop them in to the office.

Our AGM will take place this month on Monday the 26th of November from 11.30am, please come and support us, lunch will be included and we would love to see you there.

There are a number of extra events and outings on offer this month, places are limited so do get in touch as soon as possible to get a ticket.

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 December and the 7th of February. 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 27th of November and the 29th of January 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 15th of November and 20th of December 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 4th of December 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 November and the 20th of December.

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.

Edinburgh Community Food – Free course for Carers of Adults with Learning Disabilities.

This course is an Elementary Food & Health Course covering;

- General nutrition
- Supporting people with learning disabilities to eat more healthily
- Understanding carbohydrates, fats, fibre, vitamins etc.
- Make sense of food labelling

The course is an REHIS course which is a recognised, certificated course. It will be led by trained staff but informal, informative and fun. It will take place on the 12th and 19th of November.

For more information or to book a place please contact Edinburgh Community Food at

admin@edinburghcommunityfood.org.uk

Parent & Carer Support & Information Sessions on Young People's Emotional Wellbeing and Mental Health Issues

These monthly support and information sessions are run by the councils East Neighbourhood Office. Each session has a different topic and there is an opportunity for parents and carers to meet other carers and professionals in a safe, relaxed environment.

Parents and carers of young people aged between 11 and 18 years of age from in and around Edinburgh are welcome to book and attend any of the sessions.

The meetings usually take place at the end of the month but for full details of dates, times and topics please contact Jillian Hart, Development Officer, East Neighbourhood Office on 07860736129 or email:

jillian.hart@edinburgh.gov.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.

Get ready for winter.

Heating costs are always high for carers and are a concern as winter approaches. Below is some simple advice from Changeworks, just some reminders!

- Keeping the thermostat at 22 degrees is much better than occasionally pushing it up to 30. It costs much more to run your heating at a higher temperature so just keep it at a constant temperature.
- Try to use the timer so you don't use it all the time
- Check your home is fully insulated (you can contact Home Energy Scotland for support with this on 0808 808 2282)
- Make sure you get the Warm Home Discount if you are eligible for it. This discount is a government scheme that credits £140 to vulnerable customers (often people receiving benefits or on a low income or who have health problems or children or vulnerable people in the house). To find out if you are eligible contact your electricity or gas supplier directly. Move fast to avoid missing out as suppliers have limited funding for this discount.

Struggling with your bills, need advice and support then please contact Home Energy Scotland on 0808 808 2282 or Warmworks Scotland on 0808 156 9568 or email:

enquiries@warmworks.co.uk