



Care for Carers



Newsletter ***October 2017***

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House, Room 4.25, 151 London
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Hello Everyone,

It's that time of year again! Enclosed with this mail out is the Christmas Open Day application form. Just call, email or return the form to book your place. It is always fun and informal and a good way to catch up before Christmas.

There are a couple of flyers enclosed with this mail-out for evening information sessions on First Aid and Local Pharmacy Services. Let us know if you plan to come along.

Our AGM is coming up, please come along and support us at this year's meeting, light lunch will be provided. It will take place in St Margaret's House on Thursday the 2nd of November in The Drawing Room on the 3rd floor. Flyer with full details is enclosed with this mail-out.

Ruth MacLennan
Care for Carers

Dates for your Diaries:

Carer Meetings:

Evening Support & Information Meeting (open to all carers)

Meetings will take place on the Thursday the 2nd of November (this meeting will focus on First Aid for Carers) and the 7th of December (this meeting will focus on Local Pharmacy services) 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 31st of October and the 28th of November at 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 October and the 16th of November 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 7th of November 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 October and the 16th of November.

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.

Self Directed Support – Legal Rights Project for people with Dementia.

You might need the free help of this project if;

- You are having difficulties with the review or complaints process
- You feel you were not fully included in the assessment and support planning process
- You were not given information on Self Directed Support options
- A review has resulted in a reduction to your budget despite an increase in the needs of the person you care for.

This project is delivered by Mecopp but open to all carers in Edinburgh who are caring for a person with Dementia.

The project can offer you support, taken on casework on your behalf and provide information and advice on your legal rights.

To find out more contact Mecopp on 0131 467 2994 or Email: info@mecopp.org.uk

Stress Control

Stress can have a big impact on how you feel from being worried to down and tearful.

Stress Control is a free 6 week programme which covers;

- What is stress and how to recognise it
- Challenging stressful thoughts
- Managing stress
- Controlling panic
- Controlling sleep

Don't struggle on, the next Stress Control course will run in the David Hume Tower from Tuesday the 24th of October to the 28th of November from 6.30pm to 8pm.

To book a place on this course or the next one please contact Health In Mind on 0131 225 8508 or Email: contactus@health-in-mind.org.uk

Astronomy Consultation and Reunion Event Tuesday the 14th of November from 10.30am to 1.30pm at Our Dynamic Earth.

Have you taken part in any of the Astronomy events, activities and Dark Sky residential breaks this year? Not managed along but interested in the subject?

Then we would love to see you at Dynamic Earth in November. The day will be fun with some activities organised and a Q&A session with a Royal Astronomical Society Fellow. So this could be the time to put your burning questions about space and the universe forward.

We also need to know what you have enjoyed doing this year and what you would like to do more of so we can use this event to plan next year's programme. Lunch will be included as well so there will plenty time to catch up with other carers.

Give us a ring or email if you would like to come along.

AstroFest 2017

This will be held over the weekend of the 18th of November this year at the Museum of Flight in East Fortune. The theme is Space Flight, Star Gazing and Telescopes.

We are planning to organise a minibus trip on Saturday the 18th to visit the site, the Museum of Flight will also be open. There will be star gazing options later in the evening for those of you who want to make your own way there but this is weather dependent as usual in Scotland!

If you would be interested in this trip please call the office or email us at the contacts overleaf.

Edinburgh Palette, St Margaret's House, Artist Open Days and Market Event.

Looking for unusual Christmas presents? Or just curious to see what is behind all the doors in St Margaret's House?

Come along over the weekend of the 21st and 22nd of October from 10 -6pm and you can have a look at lots of art, craft, pottery and much more for sale in on the 3rd floor galleries.

Take a wander around the building to meet Artists who have opened up their studios for the weekend so you can see them at work, have a chat and find out more about all the amazing work that goes on in this building.

All welcome.