



Care for Carers

Newsletter

September 2018

Contact us:

Telephone: 0131 661 2077

E-mail: admin@care4carers.org.uk

Web Site: www.care4carers.org.uk

Address to:

**Care for Carers, St Margaret's
House, Room 4.25, 151 London
Road, Edinburgh, EH7 6AE**

Hello Everyone,

In this mail-out we have a number of enclosures as usual. Can I draw your attention to the Information Session on Changes to GP Practice care, which is an area of great importance to all carers. David White is the Strategic Lead Manager for Primary Care and Public Health in Edinburgh and he will be coming along on Thursday the 4th of October to talk about the new Edinburgh Primary Care Improvement Plan. The changes will be important for carers to know about. Full details are on the attached flyer but just email or phone the office to book a place.

In a previous newsletter we gave information on the Astrofest event which was due to be held at the Museum of Flight in November, unfortunately the Museum has had to postpone this event so it will not be happening this year. Hopefully it will make a return in 2019.

Ruth MacLennan

Dates for your Diaries, Carers Meetings:

Evening Support & Information Meeting (open to all carers)

There will not be a meeting in October. The next support meeting will take place on Thursday the 1st of November. 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 next door to the Swap Shop).

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

Tuesday the 25th of September and the 30th of October 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 20th of September and 18th of October 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 2nd of October 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 18th of October (no session in September).

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 contribution of £20 (paid to the therapist) for this service.

Food for Life Better Care – Care to Cook

This is a free cooking and training course for unpaid carers of older people. The aim of the training is to support you to adapt your cooking to meet the needs of the person you care for and yourself.

It is also a great opportunity to meet other carers, cook together and share a meal at the end of it.

There will be 3 sessions on Wednesday afternoons starting on Wednesday the 7th of November. The course will take place at The Cyrenians 'Flavour and Haver' Cook School, 66-68 Jane Street, EH6 5HG. To book a place or to find out more please contact Joe Hind on 0131 666 2474 or email: jhind@soilassociation.org

Yoga for Women from Black and Minority Ethnic backgrounds.

Alison Hughes will be running Yoga for All Abilities classes every Tuesday from 10.45 to 1.45 at the Lauriston Mosque (Dar Al-Arqam Mosque). These classes are for women only.

Yoga can help reduce stress and ease aches and pains as well as being a fun way to meet other people and improve your fitness at the same time. Alison (Yoga Instructor) will be available 30 minutes before the class starts in case anyone has any questions before joining in.

To find out more or to book a place please contact Alison Hughes on 07753352191 or by email: Alisonhughes.hughes@gmail.com

or you can talk to Nahla Awad at Health For You on 07941619246
Email: nahlooli47@yahoo.co.uk

Carers Allowance Supplement

The Scottish Government has just announced the launch of the Carers Allowance Supplement.

This will mean that carers who are eligible and in receipt of Carers Allowance from April 2018 will automatically receive a supplementary payment of £221. This payment should be made twice a year at 6 monthly intervals.

There is no need to apply for this payment, it will be paid into the same account into which you currently receive your Carers Allowance payments.

Am I eligible?

Carers who have an 'underlying entitlement' will not be paid the extra supplement. An 'underlying entitlement' applies to carers who do not receive Carers Allowance because they get another income replacement benefit, such as the Full State Pension.

If you would like a copy of the leaflet please give us a ring on 0131 661 2077 and we can send one out to you or you can look it up on https://youtu.be/Or3s_ELCURw
Or look up questions arising on <https://youtu.be/jF1woPiLPCQ>

New short film from The Mental Welfare Commission.

The Mental Welfare Commission visits over 100 wards and units a year for people with mental ill health, learning disability and dementia. A quarter of these visits are unannounced.

The visits check that patients are receiving appropriate care and treatment in a suitable environment. A report of each visit is sent to the service with recommendations for change when the Commission believes this is necessary. The voice of patients and carers is vital in this process.

The Commission hopes the film will be useful for patients, families and carers as well as staff. It lets people know what to expect when a Commission visitor arrives on a ward/unit and how to make sure a patient or carer gets the chance to speak to them.

The film is available on the Commissions website; <https://www.mwscot.org.uk/about-us/who-we-are-and-what-we-do/visiting-people/>

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