



# Care for Carers



## Newsletter

April 2018

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**Address to:**

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

Hello Everyone,

Please find enclosed with this mail-out an application form for our Carers Week Open Day in June. We will be holding the open day in partnership with the Stafford Centre again this year as carers really enjoyed the venue last year. Workshops on Mindfulness, Tai Chi and Art will be available on the day.

Also enclosed with this mail-out is information and a registration form for **Carefreebreaks**. If you are interested in getting away for a short break with a friend or family member but without the person you care for then you may be interested in this service. They have amended their criteria so do check the form again. All the information is on the enclosed information sheet but just give us a ring if you need to talk through the service and how it works.

St Margaret's House is holding Open Studios day on Saturday the 21<sup>st</sup> of April, come along, there are more details overleaf.

Ruth MacLennan  
Care for Carers

### Dates for your Diaries:

#### **Carer Meetings:**

#### **Evening Support & Information Meeting** (open to all carers)

This meeting will be a catch up and support meeting and will take place on the Thursday the 3<sup>rd</sup> of May and Thursday the 7<sup>th</sup> of June 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 24<sup>th</sup> of April and the 29<sup>th</sup> of May 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 19<sup>th</sup> of April and the 17<sup>th</sup> of May 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 1<sup>st</sup> of May and the 5<sup>th</sup> 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 19<sup>th</sup> of April and the 17<sup>th</sup> of May.

#### **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. There is a contribution of £20 (paid to the therapist) for this service.

### **Adults with Incapacity Act – consultation on reform of the Act.**

The Scottish Government are consulting on proposed changes to the Adults with Incapacity Act. If you care for a person with Dementia or a person with a severe and enduring Mental Health Illness then this consultation is important for you to take part in.

The reforms could include changes to Powers of Attorney, Guardianships and supported decision making costs.

You can find the consultation documents on the Scottish Governments consultation hub at <https://consult.scotland.gov.uk>

If you would like more information you can contact the Adults with Incapacity Team at the Scottish Government on 0131 244 4891 or email [peter.quigley@gov.scot](mailto:peter.quigley@gov.scot)

### **Seagrove Centre –North Edinburgh Dementia Care. Early onset dementia services.**

The Seagrove Centre now provides day care activities for people who have a diagnosis of early onset dementia.

You can use self directed support payments to pay for your place or you can pay from your own income. Costs can be discussed on application. All transport, meals, company and support are included and the day care service is a minimum of 4 hours.

This is a great opportunity to make friends, get out and about and get some support for you and the person you care for.

To find out more contact the Seagrove Centre on 0131 553 7147 or email: [enquiries@nedc.org.uk](mailto:enquiries@nedc.org.uk) You can also check out their services on their website [www.nedc.org.uk](http://www.nedc.org.uk)

### **‘Hidden’ An exhibition of work created by individuals who have caring responsibilities.**

This exhibition will be held in St Margaret’s House from the 7<sup>th</sup> to the 22<sup>nd</sup> of April in Gallery 2. The exhibition will be open to the public from 12noon to 6pm each day and all are welcome to come along and have a look at the exhibition.

An information stall from Care for Carers will also be available in the gallery for carers. If you need to talk to us just pop up to our office on the 4<sup>th</sup> floor, room 4.25 and you will find us there.

A postcard for the event is also enclosed with this mail out.

### **St Margaret’s House Open Studios Day.**

Come along on Saturday the 21<sup>st</sup> of April from 11am to 6pm. A number of artists will be opening up their studios so you can meet the artist and see a wide range of work. Teas and coffees will be available in the Library space and a number of activities will take place on the day throughout the building.

Care for Carers staff will be around in Gallery 2 if you need to pick up some information or talk to a member of staff.

### **The Carers Act Scotland**

From April 2018 this act comes into force, the act means that carers have the right to an adult carer support plan or young carer statement including an Emergency Plan and Information on support and advice. Copies of leaflets and information on this will be available at the above event in St Margaret’s House. Contact Care for Carers on [admin@care4carers.org.uk](mailto:admin@care4carers.org.uk) or telephone 0131 661 2077 if you would like the information to be sent out or emailed to you.

### **Stroke Awareness – Lauder Lodge Care Home**

Lauder Lodge and Chest, Heart and Stroke Scotland will be holding an information event on Tuesday the 15<sup>th</sup> of May from 6-7.30pm in Lauder Lodge Care Home, 2 Wakefield Avenue, EH7 6TJ.

The session will cover;

- What is a stroke?
- Recognising the signs of a stroke or mini stroke
- The different stages of recovery

The event is free, refreshments will be served. Places are limited so please book your place by calling 0131 516 3735 or email: [david.holbrook@careuk.com](mailto:david.holbrook@careuk.com) You are welcome to come along and meet the team and have a tour of Lauder Lodge.