



## Covid Tests for Carers

Testing for Covid in Scotland is changing from Monday 18<sup>th</sup> April.

From this date, the general public will no longer need to test if they are well and don't have coronavirus symptoms.

However, unpaid carers will still have access to free lateral flow tests. From Monday 18<sup>th</sup> April carers will be able to order test kits in the usual way from the website:

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests?fbclid=IwAR1bZngJUFNb-dJIsP4jsVVIe5dEEhBoMOyqyo-aFheVWFH-FScF8jPs3-U>

Or, if they cannot order online, by phoning **119**. Carers just need to tell the staff on 119 that they are an unpaid carer living in Scotland.

Please do let us know if you experience any problems with this.

## PPE

Free PPE supplies will continue to be provided to unpaid carers who are carrying out personal care by the SMART centre until September.

If you carry out personal care for the person you care for you can order PPE by calling the SMART centre on **07976 840353**.

We still have some supplies of cloth face masks and hand sanitiser, if you are not carrying out personal care and need some supplies of these then please get in touch with this and we can arrange to get some sent out to you.

## Scottish Carers' Assistance

For many years Carer's Allowance was the lowest income replacement benefit in the UK and was only recently raised to the same level as Job Seeker's Allowance through an additional supplement financed by the Scottish Government. It is still one of the most complex social security benefits, with unfair eligibility criteria which exclude many unpaid carers from claiming it.

Unpaid carers and carer organisations have been campaigning for many years for the reform of Carer's Allowance, including changes to eligibility and an increase in payments.

The Scottish Government have now set out their plans for a new benefit – Scottish Carer's Assistance – to replace Carer's Allowance.

You can read the full consultation from the Scottish Government by clicking on the link below:

<https://www.gov.scot/publications/scottish-carers-assistance-consultation/>

To assist carers in responding to the consultation, the National Carer Organisations which includes Carers Scotland, have developed two briefings along with a short survey to gather carers' views.

The Coalition of Carers will also be undertaking polling on Facebook on behalf of the National Carer Organisations. You can read the briefing papers here:

<https://www.carersuk.org/scotland/policy/legislation-strategy/sca>

## Care Inspectorate Inquiry into Unpaid Carers

The Care inspectorate will be undertaking an inquiry into carer experience of social work and social care service delivery.

This will include a national survey for unpaid carers which will launch on 18th April and close on 3rd June. Your feedback is really important as it will help inform the direction of future services.

You can take part in the survey by clicking on the link below:

[https://www.smartsurvey.co.uk/s/Carer\\_Survey/](https://www.smartsurvey.co.uk/s/Carer_Survey/)

If you need the survey in another language please email [strategic.team@careinspectorate.gov.scot](mailto:strategic.team@careinspectorate.gov.scot)

## Mental health sessions For unpaid carers

Join our drop-ins to enhance your wellbeing!

### Meeting with yourself ONLINE

2 hours of guided self-reflection to explore your needs, values and goals

**When: Wednesday 20 April 3-5pm**

### Emotional regulation ONLINE

Join us if you want to know more about regulating your feelings

**When: Wednesday 27 April 10-12 noon**

### Thinking styles ONLINE

Join us to explore unhelpful thinking styles and to find out how to challenge them

**When: Wednesday 18 May 2-4pm**

### Boundaries ONLINE

Come along to explore how to set healthier boundaries in relationships

**When: Friday 3 June 10-12 noon**

For more information and to register please email or phone Paulina Szach:  
e: paulina.szach@health-in-mind.org.uk  
p: 07435274586



## Wellbeing Workshops for carers



Would you like to explore ways to improve your wellbeing in a safe, supportive space with other carers?

Join us to learn tools that can help you take care of your mental health and wellbeing!

**When: start on Thursday 7 April, 10-12 noon**  
**Where: ONLINE**

7 April - Breathing  
28 April - Mindfulness and self-care  
5 May - Healthy Relationships  
12 May - Thinking styles  
19 May - Resilience

You can sign up for every workshop or attend a single session.

For more information and to register please email or phone Paulina Szach:  
paulina.szach@health-in-mind.org.uk  
07435274586

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)



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Partnership**



[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)



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\*Health in Mind is a charity registered in Scotland SC004128 and a company limited by guarantee, registered in Scotland SC124090. The registered office is at 40 Shandwick Place, Edinburgh EH2 4RT

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## CARERS TRUST SCOTLAND

### Review of Mental Health and Incapacity Legislation in Scotland

We are carrying out a consultation as part of Scottish Mental Health Law Review, with people across Scotland around making some changes to mental health and incapacity law and services. We'd love to hear from unpaid carers and parent/carers who care for someone experiencing mental illness, learning disability, dementia, or autism.

To do this we have set up some zoom meetings and you can choose to come along to anyone of these and give your views. You don't need to stay for the full 2 hours; you can come along and have your say and leave or stay and listen to others. We have produced brief notes on important issues which could affect unpaid carers. Please contact Karen (details at the bottom) to request these.

The dates are:

- 27th April 6.30pm - 8.30pm
- 3rd May 1.30pm – 3.30pm

Join any of the above Zoom meetings on this link

<https://carers-org.zoom.us/j/86854650271?pwd=L1F2WmI3NjZNMENWMjgvTWZ0U0gwUT09>

Meeting ID: 868 5465 0271

For more information, please contact Karen Martin, Carers Trust on [kmartin@carers.org](mailto:kmartin@carers.org)



# Over 50s DRAMA

10am to 12pm  
Tuesdays

Chat...

Stories...

Games...

... and a cuppa.

with tragic carpet theatre company

**Prentice Centre**  
1 Granton Mains Ave  
EH4 4GA

**0131 552 0485**  
All welcome, no booking necessary

## Groups available in Craigmillar

Connecting Craigmillar are running lots of weekly groups and sessions for people living in the area:

Family support group for friends and family and friends of anyone affected by addiction  
Mondays – 12.30 – 2.30pm

“Stitch in Time” tapestry workshop  
Tuesdays - Drop in 10am – 12.30pm  
Group session 1.30 – 4pm

Art club  
Fridays 2 – 4pm

They have lots more information on the calendar website:

<https://connectingcraigmillar.org/>

You can also contact them on:  
07909257415  
connectingcraigmillar@gmail.com



## 2022 Election Asks

The national carer organisations have set out 5 priority areas they are asking candidates and local parties in the elections on 5 May 2022 to commit to pursuing.

These are taken from their manifesto, and ongoing issues raised by carers and young carers since then.

3 in 5 of us will become carers at some point in our lives.

Local councils have a key role to play in ensuring that carers are supported effectively and that taking on a caring role does not cause long term poverty, loss of employment, and damage to education, life choices and health and wellbeing of carers and young carers.

If you would like to read a copy of the National Carer Organisations manifesto for carers and young carers you can download it from the website below, or contact us and we will send you a copy.

<https://www.carersuk.org/scotland/policy/elections#sec0>



National Carer  
Organisations

### 2022 ELECTION ASKS

Ask your candidates to support the five key asks for carers and young carers in Scotland.



#### FULL RE-OPENING OF SERVICES FOR CARERS AND SUPPORTED PEOPLE

Urgently prioritise full reopening of services that give carers a break.



#### REDUCE POVERTY AMONGST CARERS

Local councils should use every power available to them to reduce poverty amongst carers.



#### RINGFENCE CARERS ACT FUNDING

Every penny of the Carers Act funding should be ringfenced to support carers and local carers services.



#### A YOUNG CARER CHAMPION IN EVERY SCHOOL

Local councils should commit to introducing a Young Carer Champion in every school.



#### SUPPORT CARERS INTO EMPLOYMENT

Take action to include carers and young carers in local employability programmes.