



Care for Carers

Newsletter ***April 2023***

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Included with this newsletter is our brand new 'Big Days Out' programme running until the end of this year.

From wildlife days out to golfing tours we have something for everyone! Please do take your time to have a look through the programme.

Our first event is coming up soon on **Wednesday 19th April:**

Dr Who 'Worlds of Wonder' & Planetarium Show

10.45am – 3pm at National Museums of Scotland (open to carer & cared for person to come together).

We will explore the Dr Who – Worlds of Wonder exhibition, have lunch at the museum and then a planetarium show in the afternoon with Astronomer Steven Gray. With this event coming up in a couple of weeks please get in touch as soon as possible to avoid disappointment.

If there is anything in the programme that you would like to sign up for or would like more information about then please email

bigdaysout@care4carers.org.uk or call 0131 661 2077.

Theatre offer – don't miss our offer of theatre tickets for *Kidnapped* on page 3 of this newsletter!

Health in Mind – Workshops & Courses

Health in mind have a couple of courses coming up at various locations around the city:

Wellbeing Toolkit

The Wellbeing Toolkit is a 6-week wellbeing course suitable for people who experience anxiety, low mood or depression. It also includes broader topics related to general mental wellbeing. The main focus of the course is to learn and practise self-management tools and to reflect on their impact on one's wellbeing. Registration is required. The next courses are as follows:

Craigmillar

Tuesday afternoons from 12.30 – 2pm (starting 4th April)
Sandy's Community Centre, 76 Craigmillar
Castle Ave, EH16 4DW

Pilton

Thursday afternoons from 12.30 – 2pm (starting 6th April)
Pilton Community Health Project, 73 Boswall
Parkway, EH5 2PW

Shandwick Place

Thursday afternoons from 2-3:30pm (starting 20th April)
Training Room, Health in Mind, 40 Shandwick
Place, EH2 4RT

Keep yourself Well

Join other people who are looking to manage their mental health better for a 7-week course. Create your own wellness plan to help you manage your bad days and thrive on your better days!

Where: Health in Mind (40 Shandwick Place, EH2 4RT)

When: Tuesday afternoons from 2 - 4pm starting on Tuesday 23rd May 2023 (for 7 weeks)

Find out more and register online:

<https://www.health-in-mind.org.uk/enquiry/d257/>

Or call 0131 225 8508

Beacon Club Day Service

Offering day care to older people in general and those with mild cognitive impairment to mild/moderate dementia.

The service aims to improve the quality of life for people who may be socially isolated and support them to live in their own homes for as long as possible.

Small groups join each day with refreshments offered on arrival and choice of hot meals at lunchtime.

A blend of activities and outings are organised according to each group's preferences, abilities and needs.

Transport is provided with a trained escort, to and from the club. Members make a small contribution to the weekly running costs of the service.

Monday – Thursday Tron Kirk Gilmerton
6 Ravenscroft Street, Gilmerton EH17

For more information contact:

Nancy Bryson or Karen Guthrie

Space & Broomhouse Hub

07715 208 477 / nancy@spacescot.org

07749 494 009 / karen@spacescot.org

Eric Liddell Spring Fair

15 April, 2023 10:30 pm - 3:30 pm

Come along to Eric Liddell's Annual Spring Fair, which will be hosted in their Community Hub!

They will have Art & Craft Stalls, Pimm's and Mocktail Stand, Produce & Cake Table and Raffle.

They will also have a range of activities for kids, including:

- Face Painting
- Cake Decorating
- Treasure Hunt

For further information, please contact Zsafia at molnarz@ericliddell.org



Care for Carers
Supporting those who care for others

[NATIONAL
THEATRE
OF SCOTLAND]



KIDNAPPED

Thursday 20th April

With pre-show snacks, teas and coffees. 6.30pm - 10pm
Lyceum Theatre, Edinburgh

Open to carer & cared for person to come together

This musical is a riotous re-telling of Robert Louis Stevenson's adventure novella is jam-packed with 20th century pop music and 18th century romance. Performed by a dynamic ensemble of actor-musicians, Kidnapped is a colourful coming-of-age story - shot-through with Stevenson's trademark blend of poetry, humour and heart.

Recommended ages 12+. Contains some strong language.

**If you are interested in attending, please call or email us:
stillcaring@care4carers.org.uk**

0131 661 2077

Carers Exhibition – Get involved!

Here at St Margaret's House we have the large gallery booked out and will be hosting an exhibition from Thursday 15th – Sunday 18th June.

We are really looking forward to being able to exhibit some of the amazing artwork that you have all made as part of workshops with Care 4 Carers.

If you have made a piece of art as part of one of the workshops we have run and are interested in having it displayed, or if you would just like to be involved in the planning process then we would love to hear from you!

We will also be contacting carers who have taken part in recent workshops to talk about this further.

We will be holding a planning meeting on Wednesday 26th April at 11am. We are planning to make this a hybrid meeting so you can either join in person or online – whichever works best for you.

If you are interested and would like to join on this day, please contact stillcaring@care4carers.org.uk or call the office on 0131 661 2077.

Please note that this exhibition will be open to the public, so if you are interested in having some work displayed then please note that we cannot take any responsibility for any loss or damage to the artworks. You can choose to display your work under your own name or anonymously.



Carers Active April



Carers can now sign up for Carers Active April 2023, a Carers UK campaign month supporting unpaid carers to be physically active!

Participating carers will be supported and encouraged to take part in any physical activity that works for them, whether that's walking, jogging, yoga or simple exercises around the home and garden.

By signing up to Carers Active April, you will receive:

A Carers Active April kickstarter pack (quantities are limited, so sign up soon so you don't miss out!)

The opportunity to take part in the Move Into Spring movement challenge, running throughout April.

An invitation to a free virtual Healthathon event on 29 April.

Weekly online physical activity sessions throughout April.

Helpful ideas, tips and links during the month.

#CarersActiveApril is all about supporting carers to find ways to get active that work for them. Find out more and sign up here:

<https://www.carersuk.org/carersactiveapril>