

Edition #2

Care 4 Carers
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February 2024

Email Us:

Short Breaks Enquiries:
stillcaring@care4carers.org.uk

Stepping Out:
steppingout@care4carers.org.uk

General:
office@care4carers.org.uk

YOUR CARE 4 CARERS NEWSLETTER

Supporting those who care for others



PHOTO OF THE MONTH - ONE OF LAST YEAR'S CARER WALKS, PORTOBELLO PROM

CARE 4 CARERS SERVICE UPDATES

STILL CARING NEW SPRING PROGRAMME

➤➤➤ READ MORE

Our Still Caring Spring Programme is out now! This programme covers February to May and includes a range of day/evening breaks for carers as well as courses and workshops.

If there's something you'd like to come along to, please contact us to register your interest - email stillcaring@care4carers.org.uk or call the office on **0131 661 2077**.

READ MORE <<<

The last Thursday of the month sees the resumption of our Carer Walks programme.

You can view the full programme on our website - www.care4carers.org.uk. If you want us to post out a paper copy please get in touch to request this. Details about the February walk can be found on the last page of this newsletter.

If you are interested in joining the walks, or would like more information, please contact us to register your interest - email walks@care4carers.org.uk or call the office.

CARER WALKS 2024 PROGRAMME

ONLINE SESSIONS WITH ROYAL COLLECTION TRUST

FREE, INFORMAL TALKS ON ZOOM

A programme of Zoom talks for people who cannot easily visit the Official Residences of The King.

Talks take place on the first Wednesday of every month, from 2pm.

Join the Royal Collection Trust staff to hear about the different works in the Royal Collection and the history of the Monarchy. Talks are free and informal, and you can participate camera on or off.



Upcoming topics include:

- Hans Holbein at the Tudor Court - Wednesday 6th March
- Queen Mary's Dolls' House - Wednesday 3rd April
- Queen Elizabeth II's Life at Windsor Castle - Wednesday 1st May
- The Royal Collection and LGBTQ+ - Wednesday 5th June
- Royal Photographs - Wednesday 3rd July
- Buckingham Palace - Wednesday 7th August
- Paintings at Hampton Court Palace - Wednesday 4th September



Join Zoom Meeting – camera on or off:

<https://us02web.zoom.us/j/4407732986>

Meeting ID: 440 773 2986

FREE COMMUNITY EVENTS FROM EDINBURGH & LOTHIAN GREENSPACE

FREE 

HOLYROOD JOGGING GROUP

MONDAYS 10AM

STARTING 5TH FEBRUARY

MEET OUTSIDE DYNAMIC EARTH 

ALL WELCOME - FROM BEGINNERS TO IMPROVERS. COUCH TO 5K METHOD CAN BE FOLLOWED BY BEGINNERS.

ENJOY THE BENEFITS OF EXERCISE AND SOCIALISING IN THE BEAUTIFUL HOLYROOD PARK.

SUPPORT AVAILABLE TOWARDS THE COST OF EQUIPMENT, INCLUDING SHOES AND CLOTHING.

FOR MORE INFORMATION OR TO JOIN CONTACT BETH: BETH@ELGT.ORG.UK - 07840854411

Beginner friendly!

GOODTREES GET TOGETHERS 

New Year Programme 2024

Wednesdays at 2 - 4pm (times can vary)

- 10 Jan - Cooking Leak & Potato Soup
- 17 Jan - Expressing Our Appreciation of Others
- 24 Jan - Burns Celebration-Haggis, Neeps & Tatties
- 31 Jan - Cooking - Quick & Easy Pizzas
- 07 Feb - Line Dancing for Beginners
- 14 Feb - Appreciating Ourselves on Valentines Day!
- 21 Feb - Our Wellbeing -exercise, breathing & stretch
- 28 Feb - Our Wellbeing -exercise, breathing & stretch
- 06 Mar - Cooking - Mexican Afternoon
- 13 Mar - Line Dancing for Beginners
- 20 Mar - Cooking Curry Afternoon
- 27 Mar - Cooking - Get Together for Brunch

Free activities for everyone to enjoy!

Locations and times will vary

CONTACT RUTH: 07510928779

OR RUTH@ELGT.ORG.UK



**ARE YOU A WELFARE
AND/OR FINANCIAL
GUARDIAN?
DO YOU HAVE WELFARE
AND/OR CONTINUING
(FINANCIAL) POWER OF
ATTORNEY?
WOULD YOU LIKE TO
KNOW MORE ABOUT
POWER OF ATTORNEY OR
GUARDIANSHIP ORDERS?**

FREE WEBINAR

The Mental Welfare Commission for Scotland and NHS Education for Scotland are working together to develop educational resources to improve knowledge and understanding of the Adults with Incapacity (Scotland) Act 2000 (the AWI Act) across Scotland.

They are delighted to offer a FREE webinar in partnership with the Office of the Public Guardian (Scotland) to explore the AWI Act and answer your questions.

Tuesday 20 February 2024

6pm – 7.30pm

via MS Teams, [Click Here](#) to register, or go to <https://rb.gy/k4kh4v>

For further information and enquiries, please contact nes.adults.awi@nhs.scot

ADVOCACY SUPPORT FOR CARERS >>>

VoiceAbility provide advocate support for unpaid carers in Edinburgh.

If you are an unpaid carer in Edinburgh or you care for someone who lives in the City of Edinburgh then you are entitled to free support to understand your rights and have your voice heard.

An advocate can help you to:

- listen to what you think about your situation
- help you say what you want and don't want
- help you understand information about your situation
- explain your options
- plan with you about what to do next

To find out more about advocacy support or to ask for an advocate, the VoiceAbility website has lots of information. You can also call or email:

Freephone: 0300 303 1660

Email: helpline.scotland@voiceability.org

Website: voiceability.org

VoiceAbility

Funded by
Edinburgh Health and
Social Care Partnership

**Advocacy for Unpaid
Adult Carers in Edinburgh**

If you are an unpaid adult carer caring for someone in Edinburgh and want support to understand your rights and have your voices heard, we're here to help



How are we doing?

To anonymously share your thoughts about our organisation and services, [click here](#) or scan the QR code (right). If you'd like us to send you a paper copy, please call the office to request this. Feel free to do this at any time, there is no closing date for submissions.



NEW MONTHLY CARER SUPPORT GROUP



Facilitated by our Carer Support Worker, Jackie

READ MORE >>>

We will be running a monthly Carer Support Group, here at St Margaret's House (room 1.10).

The support group will run on the last Thursday of every month, from 1.30pm - 3pm.

Carers from all caring situations are invited. The sessions will have a different focus every month, with visiting professionals from different organisations providing information and talks. There will also be time to chat and share experiences with other carers.

Teas and coffees will be provided.

Please note that this group is not a drop in and you must register your interest with us beforehand.

Call us on **0131 661 2077** or email office@care4carers.org.uk

<<< READ MORE

For this first walk of the year we will be taking a guided tour of the New Town, gathering outside the National Portrait Gallery in Queen Street before setting off westwards. Along the way we will take in the sights and stories of the grand houses and stunning gardens that punctuate the area, concluding our tour in the West End where we will stop at a cafe for coffee and conversation. Please get in touch with us if you would like to join us on the walk.

FEBRUARY CARER WALK DETAILS

CARERS CORNER... >>>

This month we wanted to share this lovely sketch and wee poem, done by a carer who came on a Stepping Out break last year to Cray House.

*"Stressed? Depressed?
Let the White House of Cray
and the wee red bus
drive the blues away."*

Do you have something you'd like to share in our newsletter? If you do, please email us at stillcaring@care4carers.org.uk



If you no longer wish to receive our newsletter, please scan the QR code (right) to unsubscribe. Alternatively, please call 0131 661 2077 Or email office@care4carers.org.uk

