

Mental health sessions for unpaid carers

Join our drop-ins to enhance your wellbeing!



Meeting with yourself ONLINE

When: Monday 17 January
Time: 2-4pm

Making positive changes ONLINE

When: Monday 24 January
Time: 2-4pm

Emotional regulation ONLINE

When: Friday 11 February
Time: 10-12pm

Crisis Skills ONLINE

When: Friday 25 February
Time: 10-12pm

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



www.health-in-mind.org.uk



We're part of the
**Carewell Health
& Wellbeing
Partnership**



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

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 Monday 21 February, 12-2pm

Where: Eric Liddell Centre

21 February - Breathing
7 March - Mindfulness and self-care
21 March - Healthy Relationships
4 April - Thinking styles
18 April - 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



We're part of the
**Carewell Health
& Wellbeing
Partnership**



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

Edinburgh Smart Home is open for information & advice (Essential visits only: Monday and Thursdays)

They can aid with:
Smart home technology that supports safe and independent living

- voice-assisted home controls
- computer access
- digital devices (mobile phones, tablets)
- personal digital assistants
- video conferencing
- telecare and community alarms
- Home Safety

How to get in touch:

Please contact Annie Seath, Senior Care & Support Worker for Digital Technologies:

Email: COTRS@edinburgh.gov.uk
or anne-marie.seath@edinburgh.gov.uk

Tel: 0131 443 3837 or 07761330031



Carers Trust would like to hear from carers from Ethnic Minorities

In July 2020 Carers Trust published research about the impact of Covid19 on unpaid carers in Scotland.

However, unpaid carers from ethnic minority communities were underrepresented in the responses. Reflecting this, and the new stage we are at in the pandemic, they would like to invite carers from ethnic minorities to take a few minutes to complete the survey below. More information and the report can be found here:

<https://carers.org/resources/all-resources/127-covid-19-in-scotland>

Survey

English:

<https://carerstrust.surveymonkey.com/r/7FCSVCF>

Urdu:

<https://carerstrust.surveymonkey.com/r/ZJF6B9T>

Punjabi:

<https://carerstrust.surveymonkey.com/r/5GSGW29>

Arabic:

<https://carerstrust.surveymonkey.com/r/8NKPYY2>

Alan's Sweet Potato Soup Recipe

Ingredients

- 500g sweet potatoes, unpeeled and roughly chopped
- 1 onion, chopped
- 2 vegetable stock cubes
- vegetable oil
- a handful of coriander, roughly chopped
- half a tablespoon of brown sugar
- spices: salt, pepper, cinnamon, mild curry powder, cumin
- half a tin of coconut milk

Method

1. Put your chopped up sweet potatoes in a roasting tin. Drizzle vegetable oil over the top and sprinkle salt, pepper, cinnamon and mild curry powder. Let them roast at 200°C (gas mark 6) until slightly soft.
2. In a lidded pan, fry up in vegetable oil your onion until soft. While frying, add salt, pepper and brown sugar.
3. Add your roasted sweet potatoes to the pan, 1L of boiling water and stock cubes. Bring to the boil, cover and simmer for 20-30 minutes.
4. Add half a tin of coconut milk and leave on low heat for 5-10 minutes.
5. Blitz it all up with a hand blender until it is lovely and smooth.
6. Serve up with leftover coconut milk drizzled over the top and some chopped coriander.

This recipe is taken from *Coorie in for Winter* booklet produced in partnership by Health in Mind and Thrive Edinburgh. You can download a pdf copy of the booklet using the link below. If you would like us to send out a hard copy in the post then please get in touch and we will arrange this.

<https://ithriveedinburgh.org.uk/coorie-in-for-winter-2021/>

Men's Group – Bethany Christian Trust

A safe space to gather, share & connect.
Thursdays 10.30am – 12pm

South Leith Baptist Church, Casselbank Street,
Leith EH6 5AH

E: annmonaghan@bethanychristiantrust.com
T: 07990 078377

The Bethany Men's Group is open to any man over the age of 18. It provides a safe and welcoming space to gather, meet friends, build connections, share ideas, try new things and learn from one another. Light refreshments are provided.

- Coffee & chat
- Games & quizzes
- Films & shows
- Walks & excursions
- Discussions & debate
- Support & advice
- Guest speakers

Learn how to make a personal playlist for a loved one

Wednesday 19th January 11:00am
Provided by Playlist for Life

This short webinar is for family members and friends who would like to know how personal music could help a loved one who is living with dementia.

This webinar is for family members and friends of people living with dementia. There are only 10 places on each of these webinars so please only book a place if you fall in to this category.

Book your place here:

<https://www.playlistforlife.org.uk/event/family-friends-webinar-19-01-22/>



Clear your Head – online support and advice

The coronavirus pandemic has been going on for a while now. Daily life has changed for all of us in Scotland and it can feel worrying, lonely and uncertain. It's natural to not feel yourself. Clear your Head have some great tips to help you clear your head and connect with others.

The information includes positive tips on things like feeling less stressed, keeping active, creating routine and feeling calmer.

All the information and more can be found here:
<https://clearyourhead.scot/>

Opportunities for families with one or more child under 5 years old:



Mondays

9.30 Walk This Way

Health walks for parents while little ones are in crèche

12.30 Active Mums

7 week fitness programme with Edinburgh Leisure for mums while their little ones are in crèche

1.00 PEEP

Supporting parents in making the most of everyday learning opportunities – suitable for babies and toddlers (online)

Tuesdays

10.00 Dual Language Bookbug

Song and story time in English and Punjabi (outdoors)

11.00 Family Drop In

Parents meet over a cuppa to chat. Groups may be invited to come along to discuss their services or support offered (online)

1.00 Buggy Walk

Parents meet to walk round local parks and paths in Leith (suitable for babies under 1)

Wednesdays

10.00 Cooking with Narinder

Learn traditional Punjabi cuisine with Narinder (online)

10.30 Story Time

Come join us for story time, a new story each week (online)

11.00 Baby Massage

Supports parents in bonding and relaxing with their baby (online)

1.00 Active Bairns

Fun movement session for parents and their little ones (not suitable for under 1s - outdoors)

Thursdays

9.30 Mindfulness Dip

Mental health and wellbeing cold water dip or swimming group. No previous swimming experience required

1pm Into the Woods

Nature play for under 5's. A group for parents and their little ones (not suitable for under 1s)

Fridays

10.00 Bookbug

Songs, rhymes and story time (online)

1.00 Sensory Play

Exploring a variety of sensory & messy play activities. A group for parents and their little ones (not suitable for under 6 months) (online)

To book contact us info@dbfc.org.uk
0131 553 0100

Our mission is to support families living in Leith with at least one child under the age of five.



Here is another wonderful poem from our member (and resident poet) Peter.

We always love to read or see your creative works. If there's something you would like to share please do email us -
erica@care4carers.org.uk

Don't Be Afraid"

Don't be afraid to Laugh,
And don't be afraid to Cry.
Don't be afraid to live
and don't be afraid to die.
Don't be afraid to remember, all
those who pass you by.
Don't be afraid to ask for help, before
it makes you cry.
When you care for another, you will
always get a complaint
Don't be afraid to pass it by, as you
are not a Saint.
When caring, you do give your all
and life is twenty four seven,
Don't be afraid to say a prayer and
ask for help from heaven.
You can only do your best and things
they will go wrong,
so don't be afraid to think of a tune
and sing your favorite song.
Don't be afraid to be afraid and
remember who you are
A wonderful person who cares for
another, so award yourself a "Star"
Husband, Wife, Sister or Brother.
Don't ever be afraid to feel that you
may fail
As each and every one of us is free to
tell our tale.
Don't be afraid of anger, just write
down what you feel
it is always so much better, to be
open and not conceal.
Don't be afraid to express your
feelings whether "Good or Bad"
Like each and every one of us there's
"Happy and there's Sad"

Peter Charleton.