



# Care for Carers

## ***Newsletter***     ***January 2023***

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Happy new year everybody! We hope you had a restful festive period and we look forward to catching up with you in 2023.

**Stepping Out® Programme**

Included with this newsletter is our new Stepping Out® residential breaks programme and application form for Spring and Summer 2023!

We have more residential offers than ever before planned for the year with a fantastic range of 2 to 4-night breaks on offer, including city breaks, rural retreats and some new destinations as well as old favourites. Take your time to have a read through the programme and please fill out the enclosed application form if you are interested in coming on a break.

There will be an Autumn and Winter Stepping Out® programme coming out later in the year so keep an eye open for that.

Please return your completed application form via Freepost:

**Freepost Plus RTXB-UUCY-EHBU Care for Carers, 151 London Road, Edinburgh EH7 6AE**

Or by email:

**[steppingout@care4carers.org.uk](mailto:steppingout@care4carers.org.uk)**

### **Brake the Cycle – FREE refurbished bikes**

Edinburgh Council have a scheme that provides refurbished bikes FREE to unpaid carers. You can apply yourself by downloading the application form via the link below:

<https://www.edinburgh.gov.uk/downloads/download/14165/brake-the-cycle-application-form>

Or you can email [hsc.brakethecycle@edinburgh.gov.uk](mailto:hsc.brakethecycle@edinburgh.gov.uk) for more info.

### **Food & Health Course**

Edinburgh Community Food have some places still available on their REHIS Food and Health course on **Tuesday 15th** and **Thursday 17th March 1-4:30pm**.

This is a FREE introductory course to nutrition and healthy eating

Are you interested in food and healthy living? Do you feel confused by health and nutrition advice? Would you like to know more?

Whether your interest is professional or personal this course is for you!

Elementary Food & Health is a nationally recognised seven hour course which provides training in the principles of good nutrition and getting a healthy, balanced diet. The highly qualified team of friendly and approachable Association for Nutrition-registered Nutritionists have wide experience of delivering REHIS training to people from different backgrounds and all levels of experience.

Book your place and find more information attached and on the website:

<https://www.edinburghcommunityfood.org.uk/rehis-food-health>

Or call 0131 467 7326

### **Friday CAP Club Restart**

The Friday CAP Club that is run by Mustard Seed Edinburgh will be restarting on Friday 4th February at 11.30am. There will be sessions from the CAP Life Skills programme helping people on low incomes to look after their money better, to shop wisely and to put together a basic budget to live by. There will also be Job Club sessions for anyone looking to get back to work that cover motivation and confidence, CV writing and interview skills.

The sessions will be followed by a light lunch and people can also come along to the Soul Food breakfast beforehand. Breakfast is from 10-11am, with the Life Skills and Job Club sessions starting at 11.30am. The address is St Margaret's Church, 170 Easter Road, EH7 5QE.

Mustard Seed's Cook Club is also restarting shortly. In addition to practical cooking skills and tips, sections of the CAP Life Skills programme on meal planning, nutrition and avoiding the supermarket traps are also covered. These sessions run 2-4pm every Tuesday at the same location.

All of these programmes are free of charge and open to anyone.

For more information please contact Mark Harris on 07519 268800 / [markharris@capuk.org](mailto:markharris@capuk.org) or David Strang on 07735 513536 / [davidstrang@capuk.org](mailto:davidstrang@capuk.org)

### **Playlist for Life**

A playlist of personally meaningful music can help people living with dementia.

Playlist for Life helps guide you through setting up a personalised playlist for the person you care for and has lots of resources and tips.

Find out more here:

<https://www.playlistforlife.org.uk/get-started/>

## Online Photography Sessions

We are working with Create to run a 6-week programme of photography workshops, take a look at the flyer below and please get in touch if you would like to join.



**Care for Carers**  
*Supporting those who care for others*

**CREATE**  
ARTS.ORG.UK

## Online Photography Course

26 January, 2, 9, 16, 23 February, 2 March 2023

10.30am - 12.45pm on Zoom



A chance to explore your creativity with a professional photographer over six sessions and learn about photography in a fun and supportive environment. We'll be looking at how to get the best out of your phone's camera and how to see the world around us with new eyes.

Whether you're a complete newbie or an experienced snapper, there will be time to develop your interests, ask loads of questions and spend time with like-minded people.

To sign up, please email [stillcaring@care4carers.org.uk](mailto:stillcaring@care4carers.org.uk)  
or call **0131 661 2077**

### Priority Services Register

The winter months can be challenging, bringing severe weather, which can in turn lead to disruption to your energy supply.

Most households with a disabled, ill, or vulnerable person will be eligible to sign up for the Priority Services Register with their energy provider or network, but may not be aware that this service exists.

Are you eligible for the Priority Services Register?

You are eligible if you:

- have reached your state pension age
- are disabled or have a long-term medical condition
- are recovering from an injury
- have a hearing or sight condition
- have a mental health condition
- are pregnant or have young children
- have extra communication needs (such as if you don't speak or read English well)
- need to use medical equipment that requires a power supply
- have poor or no sense of smell
- would struggle to answer the door or get help in an emergency.

You might still be able to register for other reasons if your situation isn't listed. For example, if you need short-term support after a stay in hospital.

Find out more here: <https://www.carersnet.org/carers-urged-to-sign-up-to-the-priority-services-register/>

## WOMEN living with INFERTILITY Join our FREE SUPPORT GROUP!

The  
Health  
Agency

You are  
not Alone

In a safe, confidential and compassionate environment, you will be supported in addressing and sharing the overwhelming issues often associated with infertility: sadness, guilt, shame, self-esteem, depression...

During our meetings we will help you in finding strategies which will be beneficial for your mental and physical wellbeing whilst going through the emotional rollercoaster of infertility.

**LOCATION** Wester Hailes Healthy Living Centre, 30 Harvester way, Edinburgh EH14 3JF

**DATES** Every Thursday from 26 January to 23 February 2023

**TIME** 6.00 PM - 8.00 PM

The group is limited to 12 participants and runs weekly for 5 weeks, Come and join us!

For further details and to book your space contact us at

[FrontDesk@thehealthagency.org.uk](mailto:FrontDesk@thehealthagency.org.uk)

