



Care for Carers

Newsletter

July 2023

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Office landline number is 0131 661 2077

August Festival Tickets

Don't miss this offer – details on the other side of this page!! We have limited tickets available so please get in touch soon to let us know if you are interested.

We have got tickets for two events as part of the Edinburgh Fringe Festival and Edinburgh International Festival. These events are open to carer & cared for person, if you would like to sign up, please email stillcaring@care4carers.org.uk or call 0131 661 2077.

Care 4 Carers AGM

Please find enclosed with this newsletter a flyer for our upcoming Annual General Meeting on Wednesday 9th August.

This meeting will be hybrid, so let us know if you would prefer to join in person or online. Please email enquiries@care4carers.org.uk to sign up.

**Leith Comedy Festival Presents... The Edinburgh Fringe Edition!
Thursday 10th August 8pm – 9.45pm, The Biscuit Factory Leith**

One night only! Leith Comedy Festival showcases the funniest comedians on the Fringe at The Biscuit Factory in Leith. It's your golden ticket to a great night out. A chance to experience all the fun of the Fringe knowing that we choose the best comedians for you. A night to remember!

Acts to be announced. Previous acts include Larry Dean and Josie Long.

'You can guarantee the night will host a fantastic mix of top-class comedians' STV Sell out shows in 2021 and 2022.

Age 16+ due to venue licensing and swearing. Contains strong language.

Contains strobe lighting.

'Thrown'

Friday 25th August 11am – 2pm, Traverse Theatre

(Includes light lunch afterwards across the road at the Lyceum Theatre)

Sweat. Opposition. Negotiation. Hold on tight.

Five wildly different women gather in the muddy fields of the Highland Games circuit to compete in the obscure art of backhold wrestling. The pearls are off, influencer videos posted, imitation Gucci bag from the Barras market set aside as the bold beginners attempt to become a team and win the championship. But nothing will prepare them for the competition that could stop them taking home the trophy – each other. Will their differences throw Imogen, Chantelle, Jo, Pamela and Helen's chances of success in the mud?

Poignant and dynamic, Thrown gets to grips with belonging and identity in Scotland. It will be funny, it will be loud, it will be brutal.

Age recommendation 14+ Contains strobe lighting, strong language, simulated use of hypodermic needles and adult themes.

Benefits advice and support for Parent & Kinship Carers

We are pleased to inform everyone that we are working with a Welfare Rights Advisor from The Parents Carewell advice project within The Action Group. We have arranged for her to attend our office in St Margaret's House every Thursday, where she can answer questions and offer benefit advice to our parent and kinship carers.

The advisor will be able to give initial advice and guidance on any benefits issue (including checking that you are getting all the information and advice you are entitled to). The adviser will be able to connect you to ongoing support if this is needed.

If you are interested in booking in a free consultation, please call the office on 0131 661 2077 or email admin@care4carers.org.uk

State of Caring Survey

In 2022, unpaid carers' responses to Carers Scotland State of Caring survey helped secure a right to carer's leave in and campaign for improvements to carers' benefits. But more needs to be done.

Take this year's survey and tell us what you need:

<https://www.surveymonkey.co.uk/r/LLLFSJD>



Dementia Friendly activities at Eric Liddell Centre

Wednesday 26th July:

10am – 11am Easy Dancing

12pm – 1pm Liddell Lions Lunch

1pm – 2pm Seated exercise with Michael

2pm – 3pm Tea & chat

Friday 28th July:

11am – 12pm Liddell Lyrics

1.30pm – 3.30pm Memories & Stories

All activities are open to people living with dementia and their carers. For more information or to sign up, please contact:

Malin Wollberg

Service Coordinator

0131 357 1277

07549 193298

wollbergm@ericliddell.org

The Wellbeing Toolkit – Leith, July 2023 (Health in Mind)

Who is this for?

Edinburgh wide, for anyone aged 18 years old and over who is interested in self-management techniques for their mental health.

Description

Join us for a series of 6 weekly workshops to learn and practise tools for managing anxiety, depression, stress and isolation and to create helpful habits and build resilience.

These sessions offer a space for people to learn and practise tools and strategies for staying well, with elements of peer support. Health in Mind encourages active participation so that the attendees get the most out of these sessions.

For more information and to register please contact Beth MacLean by emailing edinburgh@health-in-mind.org.uk or calling 0131 225 8508 (ask for Beth).

Location information

Leith Community & Education Centre, 12A Newkirkgate, Leith, Edinburgh EH6 6AD

Opening times

Tuesday afternoons from 1-2:30pm:

Tuesday 25th July

Tuesday 1st August

Tuesday 15th August

Tuesday 22nd August

Tuesday 29th August

Tuesday 5th September

NB: No session on Tuesday 8th August

Volunteer service for carers

Volunteers for Carers gives carers flexible and direct support from Edinburgh Council's fully checked, trained and supervised volunteers while giving you choice and control. They have different types of support which we can deliver in a variety of ways to suit your needs. You choose what support you need, how often you need it and who delivers it.

Volunteers can support either the carer or the cared-for person, or both together to support activities. Support can be at home or external.

Example activities:

Going to the cinema

Visiting charity shops and flea markets

Short walks

Playing music

Painting classes

Going to cafes

Visiting galleries

Support with small gardening tasks, however there should be befriending during the activity rather than being seen as a gardening service.

Support arrangements can either be regular with the same volunteer, or flexible using an online bank of volunteers. Those who do not have online access can ask the project to book for them.

Referral can be made by contacting Social Care Direct - 0131 200 2324

Both the carer and cared for person must be adults and must be living in Edinburgh.



Carer Poem

"The Power of Hope"

Our Lives are full of turmoil,
Our Lives are full of stress,
We pray for a little joy, wrapped up in happiness.

The world around us changes,
So much from day to day,
We Pray for better days ahead,
And hope they're here to stay.

Our strength, it grows from day to day,
Our love will never cease,
We strive to make things better,
And we hope this will increase.

We try to keep a happy face,
So, bringing better days,
To each and everyone of us
Within this human Race.

Peter Charleton. 26/06/23.

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Alternatively, please call 0131 661 2077
Or email enquiries@care4carers.org.uk

