



# Care for Carers

## Newsletter

May 2023

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**Office landline number is 0131 661 2077**

**Still Caring Summer Programme**

Included with this newsletter is our Still Caring Summer Programme for day and evening activities. We've got lots coming up over the summer months so if there is anything you are interested in please get in touch to register your interest.

Email: [stillcaring@care4carers.org.uk](mailto:stillcaring@care4carers.org.uk)

Call: 0131 661 2077

**Coming up this week...**

**Micro-Art Workshop**

**Friday 19<sup>th</sup> May 2pm – 3.30pm at St Margaret's House**

Join biologists and use different types of microscopes to look at samples from biological research and nature. Then, express your observations through art – no experience necessary! Find out about the amazing life of Burying beetles and look for hidden details on a variety of samples from flies to seeds and bread mould; have a closer look and draw!

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

## Carer peer support groups

Change Mental Health are running support groups for carers every six weeks at the Stafford Centre.

Meet other carers in similar situations in a welcoming and safe environment.

The next meeting will be Tuesday 6<sup>th</sup> June  
4.30pm – 6.30pm.

Please contact Ana for more info:  
[ana.eales@changemh.org](mailto:ana.eales@changemh.org)



The poem below was written by a carer who recently took part in one of our Upholstery workshops. We think it is fantastic! Thank you to the carer for sharing this with us. If you would like to share any of your writing with us please just email us at [stillcaring@care4carers.org.uk](mailto:stillcaring@care4carers.org.uk)

### **The Upholsterer and the Carer** *(Based on the Walrus and the Carpenter by Lewis Carroll)*

“The time has come,” the Upholsterer said,  
“To speak of many things:  
Of tips —and tacks —and — wavy  
webbings,  
Of calico—and sumptuous springs—  
And is the fabric 'boiling hot'—  
And whether the stapler sings.”

[Continued right...]

The Upholsterer and the Carer  
Were talking close at hand;  
They pondered about the Foot Stool  
And of being a merry band.  
“Once we get the Stool complete”  
They said, “It'll —be ever so grand!”

The Stool was shining in the sun,  
Shining with all its might;  
It did its very best to make  
The buttons smooth and bright—  
And this was very odd, because it was  
The middle of the night.

“If seven Carers with seven hands  
Could care for half a year,  
Do you suppose,” the Carer said,  
“The Foot Stool would simply purr ?”  
“I doubt it,” said the Upholsterer,  
And everyone did concur.

The Upholsterer and the Carer  
Walked on a mile or so,  
And then they rested on the Stool  
Conveniently low—  
For everyone was happy,  
Even the Stool had a gallant glow.

The Stool set off for adventures new  
Its shiney buttons were the cue,  
And then would sit and ponder its view.  
One day it might grow and become a pew.  
Alas its legs would never grow  
So it chuckled and knew, it would never  
be blue.

The Upholsterer, Carer and Stool combine  
Makes up a team so supportive and fine  
And Care 4 Carers have been the key  
For this journey is good for all to see  
A break from my routine is great for me  
So thanks again... I'm as happy as a Bee.



JOIN US TO CELEBRATE  
CARERS WEEK  
**C4C EXHIBITION  
PREVIEW EVENING**

THURSDAY 15TH JUNE  
4PM - 7PM

Exhibits of carers' work  
Nibbles & Drinks will be served  
To book please email  
[stillcaring@care4carers.org.uk](mailto:stillcaring@care4carers.org.uk)

### **Exhibition Preview Night**

We are very excited to announce that we will be hosting a Care 4 Carers exhibition here in the gallery at St Margaret's House.

The exhibition will display artworks that carers have made over the years and will be an opportunity to celebrate carers and raise awareness about the work we do.

We would like to invite members of Care 4 Carers along with your family and friends to the preview event where you will be able to view the work, chat to other carers and staff.

Drinks and nibbles will be provided. When signing up please let us know how many places you would like to reserve.

The exhibition will continue to be open to the public until Sunday 18<sup>th</sup> June.

If you would like to be involved with the exhibition – either to display some of your work you have made with Care 4 Carers or to help on the day please email or call Erica –

[erica@care4carers.org.uk](mailto:erica@care4carers.org.uk)

07936 362 868



## Hibernian Men's Mental health drop-in

**SUPPORTING OUR SUPPORTERS**

Behind his cheery disposition, lifelong Hibee Paul was struggling, reaching a point where he made plans to end his life. Fortunately, his family and the Hibs community rallied round.

Supporting our Supporters is a monthly drop-in, running on the last Monday of every month, in the North Stand community hub, 6 pm - 7.30 pm.

This is aimed at men who feel they might benefit from friendly, confidential, and free support for any mental health issues they are experiencing. All are welcome to join us in a safe space.

Email - [hibssos@hiberniancf.org](mailto:hibssos@hiberniancf.org) for more details

## FREE haircuts at home

Available to anyone living with dementia who is over 50 and living in EH4, EH5 or EH12 as well as unpaid carers that they live with.

This specially designed service ensures people living with dementia can continue to experience the joys and benefits of professional hair care, helping them to feel like themselves, boosting their self-esteem and improving their overall wellbeing.

More info online here:

<https://www.lifecare-edinburgh.org.uk/services/home-salon/>

Or call: 0131 343 0940

## Dementia Friendly events at Capital Theatres

Tea and Jam

Monday 29th May at 11am-12.30pm

Join our celebration of music-making on the last Friday of the month. Bring along your favourite instrument. Whether it be your flute, guitar, drumsticks, or kazoo, we want to make music with you! Professional musician, Gus Harrower, will kick off the jam session but then it's very much over to you. We provide the refreshments, you create the music and together we enjoy friendship, a good sing-a-long and a dance or two!

Brew and Blether

Wednesday 31st May at 2pm-3.30pm

Grab a cuppa and have a chat with us and our lovely dementia-friendly community on the last Wednesday of the month. Brew & Blether is a great opportunity to connect, share stories and meet some friendly faces. Over refreshments, we'll see where the conversation takes us as well as offering a wee 20 minutes of dementia-friendly entertainment, be it music, spoken word, storytelling... Brew & Blether is also an ideal time to hear about our other dementia-friendly activities and find out how you can get involved yourself if you like the sound of it.

Tickets are free but must be booked. Tickets can be booked on the Capital Theatres website:

<https://www.capitaltheatres.com/take-part/dementia-friendly-work>

or by calling box office on 0131 529 6000.