



Care for Carers

Newsletter ***November 2022***

Contact us:**Telephone: 0131 661 2077****E-mail: enquiries@care4carers.org.uk****Web Site: www.care4carers.org.uk****Address to:****Care for Carers, St Margaret's
House, Room 4.25, 151 London
Road, Edinburgh, EH7 6AE****Staff contact details for services;****Short Breaks from Caring**

07394 418 088 – Jacqui Mackay

07394 418 086 – Jacqueline Small

07936 362 868 – Erica Whittaker Wallis

jacqui@care4carers.org.ukjacqueline.small@care4carers.org.ukerica@care4carers.org.uk**Carers Support Team**

07936 362 867 – Jackie Phillips

07597 573 073 – Lesley Harrison

07597 573 078 – Alex Smith

07522 567 854 – Iona Mackenzie

jackie@care4carers.org.uklesley@care4carers.org.ukalex@care4carers.org.ukiona.mackenzie@care4carers.org.uk**Office landline number is 0131 661 2077****Winter Programme**

Included with this newsletter is our Winter programme for Still Caring day and evening events.

Do take your time to read through the programme and if there is anything you would like to sign up for, or would like further information please contact us:

Email: stillcaring@care4carers.org.uk**Call: 0131 661 2077****Tell us what you'd like to do more of**

We are looking at organising some Zoom workshops in the new year and would like to know what people would prefer from the following options. Please contact Erica if this is something you would be interested in to let her know your preference:

erica@care4carers.org.uk 07936 362 868.

- Option 1 – **Radio Play** (Explore characters and what makes a good story. Write and perform your own radio play incorporating music & sound effects. You will get a digital copy at the end)
- Option 2 – **Visual Art** (The workshops could range from illustration to collage, printing or painting with a specialised tutor. All materials will be provided)
- Option 3 – **Photography** (Using your own phone, tablet or camera you'll be encouraged to take photographs, supported by a professional tutor. Learn to see your home environment with new eyes)

“Nights are fair draw in” information booklets

We have some copies available of this information booklet which contains advice and information about services that can help you over the winter.

If you would like a copy of the booklet then please get in contact with us and we can post one out to you.

Winter Wellbeing event

The winter months can take a toll on our mental health. That’s why iThrive are hosting a winter wellbeing session that can equip you with new tools and knowledge to boost your wellbeing.

Join the winter wellbeing session on Wednesday 30th November 2022, from 12 pm – 1 pm! Attendees will receive an amazing wellbeing pack full of treats and tools designed to keep you well over the winter months.

Location: Zoom

Booking link:

<https://www.tickettailor.com/events/healthinmind/785307>

Independent Living Skills

LinkLiving are delighted to be running their next series of Independent Living Skills workshops for 16–24-year-olds living in Edinburgh.

The workshops will start on Thursday 17th November and will run every Thursday (12pm - 2:30pm) for seven weeks.

The workshops are interactive and give young people the opportunity to learn practical tips and techniques to enable them to feel better prepared to move into their own home and live more independently.

If there is someone you know who would be interested please contact us and we can make a referral.

Food Train – Services Available

Shopping Assistance – a volunteer to shop for you and deliver groceries on a regular basis

- £5 service charge after each shopping trip

Meal Makers – a volunteer to share a portion of home cooked food on a regular basis

- £24 annually

Befriending – a volunteer to pop round on a regular basis for a chat and a cup of tea

- £24 annually

Shopping Companion – a volunteer who will take the member out to do some shopping in person

- £5 service charge after each shopping trip

Phone Friends – a friendly call from one of our volunteers on a regular basis

- Free of charge

There is a £1 annual membership which allows access to any/all of the services above. Once a referral form is received, one of the Connects team would be in touch to set up the Direct Debit and collect the £1 membership, we will then start the process of finding a suitable volunteer/s for the services requested.

Please use the below link to sign up to any of the above services – just tick which ones you are interested in.

<https://form.jotform.com/222546683303354>





Are you a mother...

- from a minority ethnic background ?
- with a child of mixed heritage ?
- who is new to Scotland ?

Why not visit our Connect Group
Thursdays 10:00 - 11:30
2 York Place, EH1 3EP

free bus passes!



For more info message us,
email opfsedinburgh@opfs.org.uk,
or call 0131 556 3899

Access to free food, equipment and fuel support for Carers

Do you provide any practical or emotional support to a family member, friend or neighbour?
Do they have additional support needs or a disability? Do you reside in the Edinburgh area?
If so, please take a few minutes to complete the support for carers form here:

<https://forms.office.com/r/yPPytPW4PU>

This is a referral/self-referral form to access free food, equipment and fuel support for those who offer care to someone with a disability or additional support needs. This project is funded by VOCAL <https://www.vocal.org.uk/>

Please note that food and equipment deliveries will commence on the 10th of January 2023.
Bank transfers for fuel support will be made earlier.

Please contact VOCAL to discuss your eligibility – if you have already received funding from VOCAL as part of the Carers Hardship Fund, you may not be eligible.

Call VOCAL on 0808 196 6666.

Warmer Homes Scotland

The Scottish Government's national fuel poverty programme, Warmer Homes Scotland, offers energy saving home improvements worth on average £5,000.

The improvements offered will depend on a survey of the home. Assessors will come to your home to survey it and will recommend improvements suitable for the home, which could include a range of insulation and heating.

Warmer Homes Scotland is for homeowners and private sector tenants struggling to heat their homes and who meet the eligibility requirements which are detailed on the website link below.

You must also be 75 or over and have no working heating system OR 16 or over (working age) and be in receipt of a passport benefit or income-related benefit.

Call Home Energy Scotland on 0808 808 2282 to apply, more information can be found here:

https://www.homeenergyscotland.org/find-funding-grants-and-loans/warmer-homes-scotland/?utm_campaign=2240552_HES_PartnershipUpdate_November22_SJ&utm_medium=email&utm_source=Energy%20Saving%20Trust%20Scot&dm_i=2PT0,1C0TK,7OTINB,57PFO,1

Christmas Meal at Hibs

After two years of being cancelled due to covid-19, Hibs are this year offering 500 people in the local community the offer of a 3 course meal at Easter Road Stadium or a drop off at home.

We know this year's Christmas will be a very challenging time with increased costs and isolation for lots of people.

If you are interested, please email or call our office and we can pass on your details.

Forget-me-not garden

The Edinburgh Forget Me Not Garden Trust would like to invite you to see the garden at the Lodge House at the entrance to the Lauriston Castle estate. This is a memory and activity garden for people living with dementia, their carers, and their families. It is not only aimed at providing reminiscence and activity, but also to give a relaxing, safe garden to sit in and walk around.

It is our hope that, on seeing and learning about the garden, you will wish to bring members of your dementia community and their carers and families to visit us in the near future.

To arrange a date for your visit, please contact:

Patricia Eason
Tel. 0131 629 6450
patricia.eason@virgin.net

