



Care for Carers

Newsletter

November 2023

Contact us:

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E-mail: enquiries@care4carers.org.uk

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Staff contact details for services:

Short Breaks from Caring

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Winter Programme

Included with this newsletter is our Still Caring Winter Programme with both exciting day and evening events for you with the opportunity to embrace the magic of the season.



Please take your time to read through the programme and contact us to register your interest by:
Calling the office on 0131 661 2077 or emailing: stillcaring@care4carers.org.uk

Scottish Covid-19 Inquiry – Let's Be Heard

We need to hear your experience of Covid-19, as a current or past carer to inform how things could be handled better for future health emergencies, please join us to feed in your experience.

Friday 17th November 10.30am – 12.30pm – St Margaret's House, Room G5.

Light lunch and refreshments will be provided.

Please call: 0131 661 2077 to let us know if you can come along.

People Know How

Can help with using devices, finding jobs online, navigating the web, social media, improving financial health, paying bills online and much more! Join one of their digital groups which are held:

Mondays 1pm – 3pm at Craigmillar Library, 101 Niddrie Mains Road, Edinburgh EH16 4DS

Wednesdays 10.30am-12.30pm at Hibernian Community Foundation, North Stand, Easter Road Stadium, 12 Albion Place, Edinburgh EH7 5QG

Thursdays 2pm-4pm at The Ripple, 198 Restalrig Road South, Edinburgh EH7 6DZ

Learn more at peopleknowhow.org/reconnect or call the digital support helpline on 0800 0 590 690

Edinburgh & Lothian Regional Equality Council

This November, for the third year, ELREC is delighted to celebrate Book Week Scotland with another fun and engaging event.

We all enjoy reading a good book, especially one that might take us back to when we were young, or younger for some! This year, our collaborating writer, Martin Black, has chosen "Kes" - A Kestrel for a Knave, which is a novel by Barry Hines. The book became so popular when it was adapted into the film Kes in 1969; Hines wrote the screenplay with Ken Loach. The film adaptation has since become regarded as one of the greatest of British films. Today, the novel is often used in Key Stage 4 assessment as part of GCSE English courses. The novel's title is taken from a poem found in the Book of Saint Albans. In medieval England, the only bird a knave (male servant, or man of low class) was legally allowed to keep was a kestrel.

Edinburgh & Lothians Regional Equality Council
Free Event
Celebrate
Book Week Scotland
with Kes

WHEN WE WERE YOUNG

WHEN: Saturday, 18 November, 11:00-13:00
WHERE: ELREC, 14 Forth Street, EH1 3LH

- Read Kes before the event
- Write a reflection/choose your favourite passage in the book (Optional)
- Come along to the event and join the discussion on the book
- Receive a voucher to buy books
- Have some lovely food and drinks, and enjoy the day!

Register by 10/11/23 via Eventbrite
Need more information?
email: mroostam@elrec.org.uk

So, sign up for the event via this link: <https://www.eventbrite.co.uk/e/when-we-were-young-kes-tickets-737106995867?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>

Bethany Christian Trust

Offer free community activities available during Autumn / Winter 2023 within various venues Monday – Friday including The Learning Centre, The Wee Hub, Capital City Church, Citadel Court, Ebenezer United Free Church, St James Episcopal Church and Leith Mount Surgery.



**Bethany
Christian
Trust**

Find more information at:

info@bethanychristiantrust.com

www.bethanychristiantrust.com

The Heart of Newhaven Community

Based in the former Victoria Primary School, the building is now being used by the community for a range of events and activities.



Please visit their website for further information about current groups, events, and activities.

<https://heartofnewhaven.co.uk/What's-On.php>

Sandys Community cook club

Something to eat, Someone to eat with.



Learn cookery skills by helping to prepare the meal, or just come along for the food and blether with others!

EVERYONE is welcome and its only £1

Creche facilities, limited spaces £1

SANDYS COMMUNITY CENTRE

76 Craigmillar castle avenue, EH16
4DW

Every Thursday 11am-1.30pm

Bookings contact Donna:

sandyscommunitycentre@gmail.com

07504627853



Online Anxiety Management Courses

A series of 5 weekly workshops to learn about what Anxiety is and practise tools to manage symptoms!

Saturday mornings from 10am – 12pm

Dates: 11, 18, 25 November, 2, 9 December

Wednesday Evenings from 6 - 8pm

Dates: 8, 15, 22, 29 November, 6 December

Zoom (link provided after sign-up)

Open to Edinburgh residents aged 18+

Contact us for more information and to book a place:

Make an enquiry: <https://www.health-in-mind.org.uk>

Call: 0131 225 8508

www.health-in-mind.org.uk   

Thrive Connect Partnership

Working together to provide you with the right support at the right time.



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 4ET

North east Edinburgh Counselling Service

NEECS is a local charity which provides free and donation-based counselling for people in the North East of Edinburgh.



They exist to make sure that everyone can access counselling when they need it and to reduce the stigma around mental health issues.

Visit their website or contact them to find out more: <https://neecscounselling.org.uk>

Email: mail@neecscounselling.org.uk

The Herbert Protocol

The Herbert Protocol is a nationally recognised scheme focused on people living with dementia who may be at risk of going missing. The main aim is for the Herbert Protocol form to be completed in advance so that significant information is recorded and readily available for police in the event of someone going missing. It helps police officers quickly obtain information about a vulnerable missing person who has dementia, saving vital time in the early stages of an investigation. The Herbert Protocol form is on the Police Scotland website [here](#).

You can also watch the [Herbert Protocol video](#) on YouTube.

The form can be used together with [Alzheimer Scotland Purple Alert](#), a free app designed to help finding missing people with dementia. If someone is missing, users will get notified via the app so they can help with local searches.

Carers Trust Smart Card

As a member of Care For Carers you are entitled to take up the offers available via the Carers Trust Smartcard. Carers may be able to access discounts and savings through the Carers Trust Smart Card: “Our free CarerSmart discount club offers cash back, reductions, discounts and benefits on insurance, travel and high street shops and much more.”

Further information can be reached here: <https://carers.org/grants-and-discounts/carersmart>

If you no longer wish to receive our newsletter, please scan the QR code (right) to unsubscribe.

Alternatively, please call 0131 661 2077

Or email enquiries@care4carers.org.uk

