

Edition #6

Care 4 Carers  
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Aug-September 2024

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## YOUR CARE 4 CARERS NEWSLETTER

*Supporting those who care for others*



PHOTO OF THE MONTH - STILL CARING - FORAGING WALK - JULY 2024

## CARE 4 CARERS SERVICE UPDATES

**STILL CARING  
AUTUMN  
PROGRAMME  
2024**

### ◀◀◀ READ MORE

The Still Caring Autumn Programme is included with this newsletter which offers day and evening breaks and activities. Do take some time to have a look through the programme. If there is anything you would like to sign up for, please email us at [stillcaring@care4carers.org.uk](mailto:stillcaring@care4carers.org.uk) or you can call the office on **0131 661 2077**. If you have any questions, please don't hesitate to get in touch.

### READ MORE ▶▶▶

#### **Mortgage and Personal Protection Information Clinic**

We have some 1:1 appointments available with Liam from Trusted Mortgage advice to provide information about the following:

- Mortgage info (Moving home, affordability calculations, product end, re-mortgage)
- All personal protection (Life cover, Critical Illness Cover, Income Protection, Private medical Insurance)

If you are interested in a 30 minute appointment please contact us: **0131 661 2077**. Please note Liam cannot advise on debt management / behind on mortgage payments / unaffordable payments as it is best to speak directly to your lender.

Please note: The content of this newsletter is for general information purposes. Care for Carers does not provide representations or recommendations about the organisations or services we share within this newsletter.

## EDINBURGH LOW EMISSION ZONE

### OTHER NEWS...

The Low Emission Zone in Edinburgh started on the 1st June which has resulted in penalty notices being issued. The LEZ operates continuously, 24 hours a day, 365 days a year. It applies to all vehicles except those that are entitled to an exemption. Motorcycles and mopeds are also exempt. Automatic number plate recognition is used and the zone is sign posted at entry and exit points. If you have been issued with a fine you may be entitled to support from the Energy Saving Trust. The criteria and information about this can be found using this link:

<https://transportloans.est.org.uk/Downloads/LowEmissionZoneSupportFundConsumerEligibility.pdf>

The application form can be found here:

<https://transportloans.est.org.uk/LEZDomesticSelfReferral>

### PEER SUPPORT GROUPS >>>

The Edinburgh Carers Council currently facilitate 2 general groups for carers who are supporting someone with a mental illness, learning disability, autism, dementia or acquired brain injury.

**Leith Carers Peer Support Group** - Great Michael House, 14 Links Place, EH6 7EZ - Usually on the 2nd Tuesday of the month, 11am-12.30pm. Next dates are: 13th August and 10th September.



**Redhall Carers Peer Support Group** - The walled garden is currently closed so the group is currently being delivered at the Water of Leith Visitor Centre (24 Lanark Road), not far from Redhall Garden. Usually on the last Friday of the month, 2pm-3.30pm. The next dates are 30th August and 27th September.

Edinburgh Carers Council also run a group for carers of Children and Young People who are accessing CAMHS at the Royal Edinburgh Hospital on the 2nd Friday of the month.

Further information can be found on their website using this link:

<https://edinburghcarerscouncil.co.uk/services/services-peer-support>



#### Fundraising

If you would be interested in joining a Care for Carers team for the Kiltwalk on 15th September this year please get in touch with us to note your interest.

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 [office@care4carers.org.uk](mailto:office@care4carers.org.uk) or use our FREEPOST address: FREEPOST Plus RTXB-UUCY-EHBU Care for Carers 151 London Road, Edinburgh EH7 6AE

