

Edition #1

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YOUR CARE 4 CARERS NEWSLETTER

Supporting those who care for others



PHOTO OF THE MONTH - CHRISTMAS OPEN DAY DECEMBER 2023

CARE 4 CARERS SERVICE UPDATES

Happy New Year to everybody. We hope you have all had a restful time over the festive period and that you like our refreshed newsletter!

We've got lots of new updates along with carers' news. Please don't hesitate to contact us if you have questions about any of the information in this newsletter, we would love to hear from you.

STEPPING OUT® 2024 NEW PROGRAMME

READ MORE

We have a fantastic range of 2 to 5-night breaks on offer throughout the year. Take your time to have a read through the programme and please fill out the enclosed application form if you are interested in coming on a break. Alternatively, [click here](#) to apply online. (Please complete one application per carer).

READ MORE

We had a very busy December with trips to Castle of Light, Christmas at the Botanics and the Panto! Our Winter Programme continues into February.

We have spaces available on a couple of events coming up in January/February.

Read about this in more detail on the next page of the newsletter.

STILL CARING EVENTS IN JANUARY

OTHER NEWS...

1-1 BENEFITS ADVICE SESSIONS AVAILABLE FOR CARERS AT ST MARGARET'S HOUSE IN JANUARY

»»» ARE YOU A PARENT OR KINSHIP CARER?

We continue to encourage parent & kinship carers to contact us if you are needing advice or support around any financial concerns.

We are working with a Welfare Rights Adviser from The Parents Carewell advice project within The Action Group.

The adviser 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.

The clinic runs every Thursday at St Margaret's House, if you would like to book an appointment please call the office on 0131 661 2077 or email office@care4carers.org.uk

STILL CARING EVENTS »»»

We still have spaces available on the following events. If you would like to register your interest, please email stillcaring@care4carers.org.uk or call 0131 661 2077.

ST CECILIA'S "MUSICAL INSTRUMENTS OF THE WORLD" ST CECILIA'S HALL, UNIVERSITY OF EDINBURGH

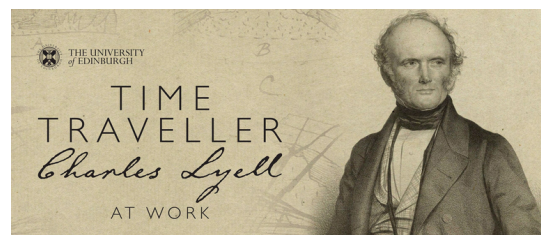
Thursday
18th January
2pm -
3.30pm



St Cecilia's Hall is the oldest purpose-built concert hall in Scotland. Today it is owned by The University of Edinburgh, which bought the building in 1959 to accommodate its expanding Music Faculty and to display the Raymond Russell Collection of Early Keyboard Instruments.

This tour will last around an hour, with a focus on musical instruments from around the world. There will be time for discussion over tea and coffee afterwards.

"TIME TRAVELLER: CHARLES LYELL AT WORK" UNIVERSITY OF EDINBURGH MAIN LIBRARY



Wednesday
14th
February
2pm -
3.30pm

How do we comprehend forces that operate on global scales and deep in the past, beyond the capacities of human observation? How do we think about the relation between humans and animals? Can we establish a science that transcends cultural and political divides?

This exhibition explores these questions through the work of a key figure in establishing this planetary vision, the geologist and science writer Charles Lyell (1797–1875).

The tour will last for around an hour and will be followed by discussion over tea and coffee.

NEW PODCAST SERIES

Keeping Edinburgh – a new podcast series from Edinburgh Health and social care - More good days in Scotland's capital

It's an opportunity to explore the free-to-access places and spaces, helping folk across the Capital have more good days.

Hosted by Edinburgh-born singer-songwriter and community musician Gus Harrower, this immersive listen will introduce listeners to the amazing people in Edinburgh's communities, as well as provide information on how to access a wide range of wellbeing-boosting support and activities out there.

Episodes 1 and 2 are out now:

Listen now: www.podfollow.com/keepingedinburgh

Find out more: www.edinburghhsc.scot/moregooddays



Keeping Edinburgh

A new podcast for Scotland's capital

Edinburgh Health and Social Care Partnership's new podcast series.

A brand-new 'what's on guide' with a difference. Explore the free-to-access places and spaces, helping folk across the Capital have more good days.

Edinburgh Health and Social Care Partnership

Listen now:
www.podfollow.com/keepingedinburgh



Find out more:
www.edinburghhsc.scot/moregooddays

Episode #1 Keeping Edinburgh Connected (Out Now!)

Our host, singer-songwriter Gus Harrower, explores ways people are keeping up social links across the capital - from city-wide volunteer projects to organisations that provide spaces and activities to bring people together. Including: **Volunteer Edinburgh's** Community Taskforce (call 0131 225 0630) **The Eric Liddell Community's** Community Living Room (call 0131 447 4520 or email: frontdesk@ericliddell.org) and Capital Theatres' 'Tea and Jam' music sessions - booking and dates for 'Tea and Jam' sessions [at this link](#), or contact Capital Theatres on 0131 662 1112.

A brand-new 'what's on guide' with a difference. Explore the free-to-access places and spaces, helping folk across the Capital have more good days.

1 Out now

Keeping Edinburgh Connected

Exploring all sorts of ways to keep people connected - checking out spaces and activities that bring folks together.

2 Out now

Keeping Edinburgh Active

Demonstrating that when it comes to getting active, there really is something out there for everyone.



Listen now:
www.podfollow.com/keepingedinburgh

Find out more:
www.edinburghhsc.scot/moregooddays

Edinburgh Health and Social Care Partnership

Episode #2 Keeping Edinburgh Active (Out Now!)

It's no secret that exercise keeps us physically fit - but did you know it can also improve our mental health, quality of life, and overall wellbeing? Host Gus Harrower meets groups and organisations in Edinburgh that are working to make exercise more accessible and inclusive for everyone, including those facing personal challenges. By the end of the episode, you'll realise when it comes to getting active, there is something out there for everybody.

Featured in this episode:

Edinburgh and Lothians Greenspace Trust (Call 0131 445 4025), **Streetfit Scotland** (call 07845831868) and **Edinburgh Leisure**.

More episodes to follow...

COORIE IN FOR WINTER BOOKLETS >>>

This booklet has been produced in partnership by Thrive Edinburgh and Health in Mind and contains lots of tips and advice on a range of support and helpful contacts, across the city. They have also invited friends and colleagues to share warming winter recipes - cooking and sharing food together is a great way to Coorie in.

We have some hard copies of the booklets in the office, if you would like us to post you one then please call us on 0131 661 2077 or email office@care4carers.org.uk Alternatively, you can download a PDF copy - [click here](#) for this or visit <https://ithriveedinburgh.org.uk/coorie-in-for-winter-2023-24/>



ONLINE MEDITATION SESSIONS WITH BUDDHIST MONK

JOIN VIA ZOOM

READ MORE >>>

We will be offering Meditation for Mental Health and Wellbeing from January, running 11am - 12pm on Tuesdays. Each week we will begin with a relaxing guided meditation to de-stress and rediscover our inner peace and calm. This will be followed by a short teaching on different topics, such as how to use meditation in daily life to create inner space, build mental resilience, solve problems and improve relationships.

The session will conclude with a second meditation on the topic and tips on how to put it into practice during the week.

To register your interest, please email stillcaring@care4carers.org.uk or call 0131 661 2077

CARERS CORNER... >>>

We want to hear from you!

This space in our newsletter has been created for carers to share their top tips, stories, poems, recipes or pictures.

If you have something that you would like to share with other carers then please do send us an email - office@care4carers.org.uk



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

