

Edition #9

Care 4 Carers
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January - Feb 2025

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Short Breaks Enquiries:
stillcaring@care4carers.org.uk


Stepping Out:
steppingout@care4carers.org.uk

General:
office@care4carers.org.uk

YOUR CARE 4 CARERS NEWSLETTER

Supporting people who care for others

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STEPPING OUT - PITLOCHRY BREAK NOVEMBER 2024

CARE 4 CARERS SERVICE UPDATES

Happy New Year to all and welcome to 2025! We hope you have all had a restful time over the festive period and are looking forward to the year ahead.

We have some service updates to share along with information we hope you will find useful within our regular newsletter.

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. We continue to encourage your participation so if you have something you would like to share within the Carers Corner of the newsletter please get in touch.

READ MORE 

**NEW
STEPPING
OUT
PROGRAMME
2025**

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).

TRANSPORT FOR PEOPLE WITH MOBILITY CHALLENGES

HCL TRANSPORT



HCL Transport is a registered charity and provide supported accessible transport for people with mobility challenges in Edinburgh and the Lothians. Services support people of any age who have mobility challenges. This includes older people; people with disabilities, additional support needs, health issues (long term or short term) affecting mobility; and geographic remoteness.

HCL offers two services – Dial-A-Ride and Dial-A-Bus which both help people to get out more, feel less isolated and retain their independence. Information about routes and costs in your area can be found on their website using this link: <https://www.hcltransport.org.uk>

COMMUNITY ZOOM TALKS >>>

The Royal Collection Trust have developed a programme of inclusive online talks which aim to make the official residences of the King and Royal Collection as accessible as possible. These take place on the first Wednesday of the month at 2pm. Join us to hear about the different works in the Royal Collection and the history of the monarchy.



Talk Dates and Topics for 2025 are as follows (Wednesdays)-

- 5th March - International Women's Day: Royal Women
- 2 April - Photographs in the Royal Collection
- 7th May - The Edwardians
- 4th June - Garter Day at Windsor Castle
- 2nd July - Portraits of Queen Elizabeth II
- 6th August - St George's Chapel
- 3rd September - Royal Writers: Letters and diaries in the Royal Collection
- 1st October - The Gardens at the Palace of Holyroodhouse
- 5th November - The Royal Mews
- 3rd December - Royal Christmas Traditions

(All talks are free of charge, informal and you can have your camera on or off)

To join a talk please use the following Zoom link:

<https://us02web.zoom.us/j/4407732986>

Meeting ID: 440 773 2986



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PARENT CARER SUPPORT >>>

Are you a parent carer experiencing financial difficulties or struggling with the current cost of living? Support is available to provide information and to ensure that you are receiving the money you may be entitled to.

Please contact us in confidence to discuss the support we can offer in partnership with The Action Group. To register for support please call: **0131 661 2077** or email: **office@care4carers.org.uk**



MOBILE PHOTOGRAPHY WORKSHOP

<<< WORKSHOP

We are offering a mobile photography workshop on Wednesday 12th February. The session will take place at St Margaret's House 1.30pm-3.30pm.

In this session, you will learn how to master your mobile camera, including techniques for framing, using natural lighting, and working with your camera's flash. Additionally, we will cover photo editing using a mobile app that you can easily download. To register your interest please call: **0131 661 2077** or email: **stillcaring@care4carers.org.uk**

THE RIPPLE PROJECT >>>

The Ripple Project hub is based at Lochend and Restalrig offering a range of activities and services for the local community. The project supports Wellbeing, Older People, Food access, Children, Young People and Families.

The community cafe is open daily Monday - Friday.

For more information about current programmes of support and activities please check their website:

<https://www.rippleproject.co.uk>



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MORE SERVICE UPDATES & SUPPORT AVAILABLE

DATES FOR THE DIARY

- **Carers Craft Group**
(Room 1.10)
11am-1pm
Last Wednesday of every month

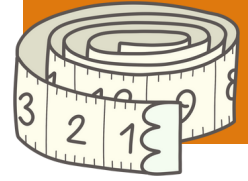


- **Monthly Carer Support Group**
(Room 1.10)
1.30pm-3pm
Last Thursday of every month

CARERS CRAFT



Our monthly Carers Craft group will restart on Wednesday 29th January 11am-1pm. Carers are welcome to bring along a project or use some of the craft materials we have. Sessions are informal and we will have a cuppa and chat while we create. Please register your interest in coming along by calling: **0131 661 2077** or email: stillcaring@care4carers.org.uk



THE EDINBURGH KILTWALK

2025 CHALLENGE!!

This year Care for Carers are entering a team in the Edinburgh Kiltwalk. The walk will take place on Sunday 14th September. If you would like more information and would like to join the team please call us on: **0131 661 2077** or email: stillcaring@care4carers.org.uk We would like to arrange some training sessions to get us in shape for the day so would love to have your support to help us fundraise.

CARERS CORNER...



We want to hear from you!

This space in our newsletter has been created for carers to share information.

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



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