

Edition #10

Care 4 Carers  
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March - April 2025

Email Us:


Short Breaks Enquiries:  
stillcaring@care4carers.org.uk


Stepping Out:  
steppingout@care4carers.org.uk

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## YOUR CARE 4 CARERS NEWSLETTER

*Supporting people who care for others*

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STILL CARING - TROSSACHS NATIONAL PARK

# CARE 4 CARERS SERVICE UPDATES

Due to funding cuts to Edinburgh services we have had to review how we communicate with carers. We will continue to provide regular e-newsletters but hard copies will only be sent with specific event programmes. If you require hard copies of the newsletter please get in touch to let us know. If you have previously requested hard copy only we will continue to honour that as we appreciate some carers may not be digitally connected.

**READ MORE** >>>

The new **Still Caring** programme for spring is included with this newsletter. The programme contains both day and evening activities. Please take some time to review the workshops and events. If you are interested in attending any of the events or would like further information please contact us by emailing: [stillcaring@care4carers.org.uk](mailto:stillcaring@care4carers.org.uk) or call the office on: 0131 661 2077 to register your interest.

**STILL  
CARING  
SPRING  
PROGRAMME**

**READ MORE** <<<

**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](mailto:office@care4carers.org.uk)

## RESOURCES FOR CARERS

Alzheimer Scotland provides a range of information to support carers caring for someone with dementia.

A 24-hour helpline is available to provide information, signposting to local help and emotional support: 0808 808 3000.

To access the resources for carers please use this link:

<https://www.alzscot.org/living-with-dementia/caring-for-someone-with-dementia/resources-for-carers>



**Alzheimer  
Scotland**  
Action on Dementia

## ◀◀ FURTHER SUPPORT

### DEMENTIA UK

Dementia UK are a specialised nursing charity. Admiral Nurses offer free expert advice, understanding and support to anyone affected by dementia. To access support or for more information about how an Admiral Nurse can help you please use this link: <https://www.dementiauk.org/information-and-support/how-we-can-support-you/what-is-an-admiral-nurse/>

## SPORTING MEMORIES ▶▶▶

Sporting Memories is a charity and social enterprise that helps older people to reminisce, replay and reconnect through the power of sport and physical activity. Sporting Memories supports a wide range of people aged 50-plus, including those living with dementia, living with depression or facing isolation and loneliness to improve their mental and physical wellbeing through their regular club sessions. To access a club in your area please visit their website and add your Postcode to find your nearest group: <https://www.sportingmemories.uk/clubs/>



There are currently three clubs in Edinburgh with a fourth starting 27th February at Liberton which we have listed below but if you live outwith the Edinburgh Area, groups are located throughout Scotland.

- **Spartans, Weekly on Tuesday 1pm-2.30pm** - Ainslie Park Stadium, 94 Pilton Drive, EH5 2HF
- **Edinburgh Southside, Weekly on Thursday 11am-12.30pm** - Priestfield Church, 2 Marchmont Place, EH16 5HW
- **Corstorphine Community Centre, Weekly on Thursday 10.30am-12pm** - 191 St John's Road, EH12 7SL
- **Liberton Northfield Church, Weekly on Thursday 10.30am-12pm** - 280a Gilmerton Road, EH16 5UR

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## ◀◀◀ BENEFITS INFORMATION



**Social Security  
Scotland**  
Tèarainteachd Shòisealta Alba

To find out more about the help that may be available to you and how to apply Social Security Scotland offer information on their website: <https://socialsecurity.gov.scot/benefits>

The benefits which they deliver include Five Family Payments, Disability benefits, Carer Benefits, Heating Benefits and others to support Funeral and Job start payments.

## ▶▶▶ TRANSITION SUPPORT

Parents and carers of young people with additional support needs say the transition to adulthood is often the most stressful time of all for everyone involved. Compass is designed to help. It's a completely free digital tool that gives young people and everyone around them accurate, individually tailored information that is specific to Scotland, at the right time for them, from age 14 to 25. Further information is available on the website: <https://compasslaunch.scot>

COMPASS

**Parenting a young  
person aged 14-25  
with additional  
support needs?**

**Baffled by everything out there?**

**Knowledge is power –  
let COMPASS guide you.**

A free, online tool with tailored info, a timeline specific to your young person and always up-to-date.

Brought to you by the  
lived-experience experts



COMPASS

- ▶ Accurate
- ▶ Free
- ▶ Trusted
- ▶ Tailored to you
- ▶ Saves you time
- ▶ Up-to-date



Young people and professionals have  
their own versions of COMPASS



COMPASS for  
young people



COMPASS for  
professionals

[compass.arcscotland.org.uk](https://compass.arcscotland.org.uk)

Scottish Charity No.SCO39129  
Registered in England Company No. 01658354  
Registered Charity No. 285575

Brought to you by the  
lived-experience experts



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## MORE SERVICE UPDATES & SUPPORT AVAILABLE >>>

### COMPLEMENTARY THERAPY

Alison Hughes is a skilled and compassionate Complementary Therapist offering Indian Head Massage, Swedish Massage, Eastern Facial Massage, Reflexology, Oncology Reflexology and Reiki. Caring for a loved one can be physically and emotionally demanding, leaving little time for self-care. These sessions offer carers an opportunity to unwind, recharge and prioritise wellbeing. Sessions are payable on a sliding scale to carers. To contact Alison please call: **07716 075 045**.



## MENTAL WELFARE COMMISSION ONLINE CARER EVENTS <<<

The Mental Welfare Commission for Scotland is holding a series of three Zoom calls for family members and carers, of all ages, across Scotland. These 60-minute virtual events would like to hear about the key issues for people who provide care and support for individuals who have a mental illness, learning disability, autism, dementia or related conditions. The dates of these sessions are 6th March pm, 12th March 6pm-7pm and 25th March 7pm-8pm. If you would like to join these sessions please contact us on **0131 661 2077** or email: [enquiries@care4carers.org.uk](mailto:enquiries@care4carers.org.uk) and we can send you the Zoom link.

### DATES FOR THE DIARY

#### WEEKLY EVENTS

Monday - Gentle Yoga 12.30pm

Tuesday - Creative Writing 11am-1pm and Online Meditation 11am

Wednesday - Online Relaxation 7pm

#### MONTHLY EVENTS

Wednesday 26th March Carers Craft Group 11am-1pm

Thursday 27th March Carers Walking Group 10am Meet

Thursday 27th March Carers Support Group 1.30pm-3pm

#### MARCH SPRING CARING EVENTS

Tuesday 18th March Spray Paint Art 2pm

Thursday 27th March Wanderwoman Archerfield 9am-4pm

### THE EDINBURGH KILT WALK

Thank you to those who have been in touch to join the Care for Carers Kilt Walk team! It's not too late if you are interested in joining staff, carers and supporters on Sunday 14th September please get in touch we would love to have your support to raise funds. We will be in touch with everyone soon with further information and to meet for some training walks!

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