

Edition #11

Care 4 Carers  
St Margaret's House  
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April 2025

Email Us:


## YOUR CARE 4 CARERS NEWSLETTER

Short Breaks Enquiries:  
stillcaring@care4carers.org.uk

 facebook.com/care4carersedinburgh

*Supporting people who care for others*

Stepping Out:  
steppingout@care4carers.org.uk

 care4carersedin



## CARE 4 CARERS SERVICE UPDATES

Welcome to our April e-newsletter. With the days getting longer and a little more sunshine peeking through, we hope you're finding moments to pause and enjoy the Spring colour popping up. This month's newsletter brings you information, wellbeing resources and opportunities to connect and help you to navigate your caring situation.

### UPCOMING EVENTS APRIL

### ◀◀◀ DATES FOR THE DIARY

#### APRIL SPRING CARING EVENTS

Thursday 3rd April Kombucha Class 11am-12.15pm

Tuesday 15th April Botanic Cooking 1.30pm-3.30pm

Thursday 17th April Science Festival 10am-12pm

Wednesday 23rd April Cinema Screening 1.30pm-4.30pm

Monday 28th April Beaded Jewellery 1pm-3pm

#### WEEKLY EVENTS

Monday - Gentle Yoga 12.30pm

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

Wednesday - Online Relaxation 7pm

#### MONTHLY EVENTS

Wednesday 30th April Carers Craft Group 11am-1pm

Thursday 24th April Carers Walking Group 10am Meet

Thursday 24th April Carers Support Group 1.30pm-3pm

## COMMUNITY FOOD PANTRIES >>>

A food pantry gives community members access to healthy, low-cost food, including fresh fruit and veg, frozen and chilled food, meat and dairy products, and long-life tinned and packaged food.

You don't need to be referred to become a member of a food pantry. Instead, members pay a small subscription fee of a few pounds a week, and in return can choose groceries worth many times more.

Community pantries aim to support those in financial hardship, food vulnerability and in need of community support but there are no criteria that must be met and there is no referral system. Anyone can access their local community pantry. To find a community pantry in your area please visit:

<https://www.edinburgh.gov.uk/cost-living/food-bank-information?documentId=13330&categoryId=20325>



COMMUNITY  
**FOOD**  
PANTRY

## CARER SUPPORT PAYMENT >>>

There are around 800,000 unpaid carers in Scotland, according to Carers Trust Scotland. This includes 30,000 carers under the age of 18.

Social Security Scotland's Carer Support Payment replaces Carer's Allowance for people in Scotland. If you already get Carer's Allowance, you don't need to apply as your award will transfer automatically. In Scotland 38,000 carers are receiving financial help through Carer Support Payment, but many more may be eligible. The Carer Support payment is a payment of £81.90 per week. Carers need to be 16 or over and provide unpaid care for 35 hours or more a week to someone who receives a qualifying disability benefit. The carer also needs to earn less than £151 per week after tax, National Insurance and expenses.

To find out if you may be eligible visit: <https://www.mygov.scot/carers-support-payment>



**Carer Support Payment**  
Financial support for  
unpaid carers

 Social Security  
Scotland

## <<< SCOTTISH WOMENS AUTISTIC NETWORK



SWAN is an autistic-led Charity delivering services, information and support for and by autistic women, girls and non-binary people across Scotland. SWAN runs a range of events and activities, both in person and online, including local meet-up groups, online peer support, pre- and post-diagnosis groups, and wellbeing webinars. Further information on upcoming services and events can be found here:

<https://swanscotland.org/services-and-events>

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



## DISABILITY BENEFIT REFORMS



**What you need to know about...**

### **Disability Related Expenditure**

**Local authorities should be taking into account Disability Related Expenditure when deciding what people can afford to pay towards their social care support.**

**To learn more about Disability Related Expenditure come along to our online session on Zoom:  
Tuesday 29 April  
11am-12pm**



The government have announced reforms to health and disability benefits. Coalition of Carers in Scotland work to promote the voice of carers in the development of services, policy and legislation. Their aim is to improve carers' rights and recognition in Scotland. To learn more use the QR Code to join the online session on Zoom. For further information about their work and carers rights visit:

<https://www.carersnet.org/carers-rights/>



## KINDRED ADVOCACY

Kindred exists to support parents of children with complex needs. The Edinburgh Disability and Neurodiversity Hub (EDAN) was launched in October last year. The Hub is a space where families can access support from a team of over 40 professionals across 7 services, building an understanding community with play spaces, guidance, and information to help children, young people, and their families feel they truly belong. For further information please visit this link:

<https://kindred-scotland.org>



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## MORE SERVICE UPDATES & SUPPORT AVAILABLE >>>

**'Are you Struggling with Debt?'** We understand that caring for others can sometimes lead to financial strain, making it difficult to manage your money. When financial challenges become overwhelming, seeking support can help you to regain control and find a way forward. Find help and information by attending a presentation about debt in person at St Margaret's House on Wednesday 14th May at 1pm. Please call us on 0131 661 2077 to reserve a space.

### <<< HOME ENERGY SCOTLAND



HOME  
ENERGY  
SCOTLAND

As energy costs increase in April you may need support. Warmer Homes Scotland is a Scottish Government funded programme designed to help people in Scotland make their homes warmer and more comfortable. The programme covers a wide range of energy efficient improvements like wall and loft insulation, draught-proofing, central heating and renewables. For further information please visit the website: <https://www.homeenergyscotland.org/funding/warmer-homes-scotland/> or call 0808 808 2282. If you would like Care for Carers to make a referral on your behalf please call us on: **0131 661 2077**.

### 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 discuss this support please call: **0131 661 2077**.



THE  
*Action*  
GROUP

### <<< EDINBURGH COMMUNITY FOOD PROJECT

Edinburgh Community Food Project have announced that their warehouse will be open to shoppers EVERY Thursday from 9am - 1pm, selling fresh, local, nourishing produce. Everyone is welcome.

Teaming up with local growers, such as Jock Tamson's Gairden and Pillars of Hercules Farm, to 'Bridge the Gap' between climate and nature-friendly food, aiming to make food that is good for people and the planet more accessible and affordable for all 🙌🌍

Stop by to shop and enjoy a free hot drink:

22 Tennant Street, Leith, Edinburgh, EH6 5ND

If you'd like to order a box for home delivery or collection, call Karen on 0131 467 7326 or email [KMiller@edinburghcommunityfood.org.uk](mailto:KMiller@edinburghcommunityfood.org.uk).

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