

Edition #3

Care 4 Carers
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YOUR CARE 4 CARERS NEWSLETTER

Supporting those who care for others



PHOTO OF THE MONTH WANDERWOMAN WALK - FEBRUARY 2024

CARE 4 CARERS SERVICE UPDATES

7 WONDERS OF THE UNIVERSE TALK

◀◀◀ READ MORE

Join the team from Cosmos on an epic and fun voyage of discovery as we discuss our seven wonders of the universe. The session is full of amazing space facts, fun cosmic coincidences and stories of discovery. The session will include some stargazing with robotic telescopes if the sky is clear as well as refreshments. The session will take place on Thursday 21st March 6pm-8pm at St Margaret's House. To register your interest please email: stillcaring@care4carers.org.uk or call the office on **0131 661 2077**.

READ MORE >>>

Help us improve our services by telling us how we are doing in this survey. Because we care about what you think, and how best we can support you, we want to hear from you. To complete the survey online [click here](https://carerstrust.surveymonkey.com/r/care4carersWeCare), scan the QR code (right) or follow this link:

<https://carerstrust.surveymonkey.com/r/care4carersWeCare>. If you'd like us to send you a paper copy, please call the office to request this.

Your feedback will help us to report to funders and raise more funding for carer services. **Feel free to do this at any time, there is no closing date for submissions.**

WE CARE FEEDBACK SURVEY



OTHER NEWS... >>>



Luminate have updated their online creative resources. Many of the resources are designed to be Dementia-Friendly. This is a link to enable you to download these resources:

<https://luminatescotland.org/resource/online-creative-resources-for-carers/>

**ONLINE
CREATIVE
RESOURCES FOR
CARERS**

<<< COMMUNITY ACTIVITIES WITH LIFECARE



LifeCare have a weekly activity programme in their fully accessible community hub at 2 Cheyne Street, Edinburgh. This is a link to their programme: <https://www.lifecare-edinburgh.org.uk/wp-content/uploads/2024/01/Community-Activities-Programme-Winter-2324.pdf>

EDINBURGH SCIENCE FESTIVAL >>>

This year the Edinburgh Science Festival runs from 30th March - 14th April and has a variety of events, workshops, shows and talks for all ages. The link for further information is here: <https://www.edinburghscience.co.uk/about-festival-2024/>

The theme for 2024 is 'Shaping the Future'

This link offers you a copy of the full programme of events:
<https://e2meog9gqym.exactdn.com/wp-content/uploads/2024/02/ESF-2024-Programme-DIGITAL.pdf>

**SHAPING THE
FUTURE**



<<< INFORMATION



Unfading care provide Live in Care in your own home on a one to one basis. Services include: Assisted Living, Personal Care, Home Care, Companionship, Light Housework, Meal Preparation, Walking and Feeding Pets

Further information on their services is available by calling:
0131 235 2698

Or by emailing: info@unfadingcare.co.uk

Unpaid carers needed for a voluntary study on support into employment. The University of Strathclyde and Carers Scotland are carrying out research into the challenges faced by unpaid carers accessing employment. The link to the survey is here:

https://strathsci.qualtrics.com/jfe/form/sv_afloor4dvdompne

➤➤➤ CARERS SURVEYS



PUBLIC CONSULTATION - BUILDING A FAIRER SCOTLAND

The Scottish Government are seeking views on proposals to better protect, respect and champion the rights of people with learning disabilities, autistic and neuro-divergent people.

The Learning Disabilities, Autism and Neurodivergence Bill consultation includes proposals that would provide benefits in many areas of life, including more inclusive communications and mandatory training in the public sector to address the stigma and barriers people often face. The consultation can be found online at: <https://consult.gov.scot/mental-health-unit/learning-disabilities-autism-neurodivergence-bill/>

The consultation will close on 21 April 2024.

SOLICITORS FOR OLDER PEOPLE IN SCOTLAND

In partnership with Age Scotland a Winter E-Bulletin is available via this link: <https://mailchi.mp/clientcommunications/sops-eneews-winter-2024-members?e=92f8956503>



◀◀◀ PODCAST WORKSHOP

The Creative Writing group will be joined by Dave from Bespoken Media Scotland for a podcast workshop on Tuesday 2nd April at St Margaret's House, Room 1.10.

Creative Writing group runs weekly each Tuesday from 11am-1pm. To register your interest please call: 0131 661 2077 or email: stillcaring@care4carers.org.uk



READ MORE >>>

UPCOMING CARERS GROUPS / CLINICS

We have some groups and clinics which you are welcome to attend at St Margaret's House for support.

Please note that these groups / clinics are not a drop in and you must register your interest with us beforehand.

Call us on **0131 661 2077** or email office@care4carers.org.uk



DATES FOR THE DIARY

- Monthly Carer Support Group (Room 1.10) 1.30pm-3pm - 29th February
- Weekly Welfare Rights Clinic for Parent Carers 10am-4pm each Thursday (Room 4.01)
- Changeworks Energy Advice Clinic Monday 19th March Room 4.01 11am-2pm

<<< WOODLAND RETREAT

A 10-Week programme of woodland activities beginning Tuesday 16th April, every Tuesday 12pm – 3pm in Holyrood Park. Activities will include foraging, sun printing, fire lighting, willow weaving, learning about wildlife, butterfly surveys, practical conservation tasks, Qigong and much more. Each week, the group will spend three hours together which will include lunch as a group and numerous activities.

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

CARERS CORNER... >>>

We would like to share a poem shared by Gary Staerck this month who describes caring for children with autism and lack of support.

Carer Acceptance

I know you don't get it,
you say you do to save your face,
but would admitting you're wrong be such a disgrace?

I know you think it's made up,
But really it's not,
We really do put up with a hell of a lot.

We are not looking for sympathy, empathy maybe.
Support would be good, before we go crazy,
Every day is a struggle, every moment is planned, but
this is just how life is, chin up,
It'll all be grand.

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

