



# Care for Carers

## Newsletter

August 2023

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**Staff contact details for services:**

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**Office landline number is 0131 661 2077**

**Still Caring – Autumn Programme**

Included with this newsletter is our Still Caring Autumn Programme of day and evening breaks and activities.

Included in this programme is a range of courses, one-off events and activities for carers and their cared for person to attend together.

Do take some time to have a look through the programme. If there is anything you would like to sign up for, please email us at [stillcaring@care4carers.org.uk](mailto:stillcaring@care4carers.org.uk) or you can call the office on 0131 661 2077.

If you have any questions, please don't hesitate to get in touch.

## Share your views

Have you cared for or supported someone at the end of their life at home?

Marie Curie is asking people with experience of caring for or supporting someone with end-of-life care needs at home to complete this short survey. It doesn't matter if you've ever used Marie Curie services or not. They want to understand what was helpful for you in your circumstances and what wasn't. The information you share will help Marie Curie in Scotland shape services for the future.

Link to the survey -

<https://forms.office.com/e/UMEdsUTBnN>

If you have any questions about the survey or the results of this research, please contact [helen.macgregor@mariecurie.org.uk](mailto:helen.macgregor@mariecurie.org.uk)



## Day club

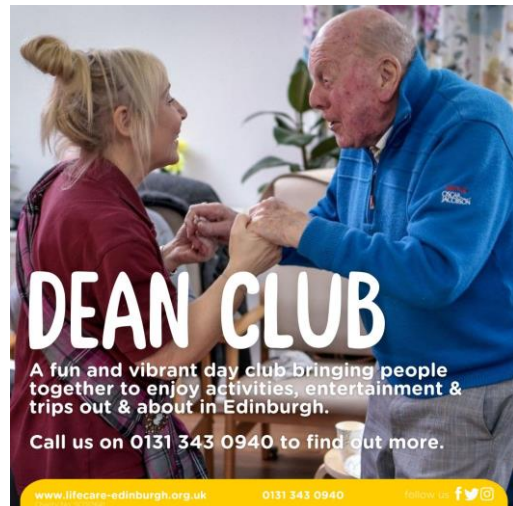
Do you or a loved one want to become a member of Dean Club?

Located at the LifeCare Centre in Stockbridge, Dean Club has been welcoming clients since the 1970s for days filled with fun and friendships.

Transport available to and from home in areas including Stockbridge, Inverleith, Newhaven, Trinity and Leith.

To find out more or arrange a taster day call us on 0131 343 0940 or visit

<https://www.lifecare-edinburgh.org.uk/services/day-clubs/>



## Factsheet – Supporting someone with mental health difficulties

When supporting someone with a mental health difficulty it can be hard to know how to talk to them or how to best be there for them – even with the people closest to us.

On iThrive, you can find factsheets, tips and information and services available in Edinburgh on what mental health difficulties are, how to recognise when someone isn't doing well and how to talk to and support them:

<https://ithriveedinburgh.org.uk/.../supporting-someone-else/>

This factsheet from the Mental Health Foundation can help you understand what it is like to have mental health difficulties and how to recognise them in the people around you.

## Neurodynamics for Parkinson's

Sasha Baggaley, who delivers Pilates classes for Parkinson's UK is also a neurophysiotherapist, and has developed a Neurodynamic Exercise programme for the Edinburgh Branch of Parkinson's UK based on her experience with Pilates, Neurophysiotherapy, and the philosophy, principles and research of [PD Warrior](#), [LSVT BIG](#) and [PWR moves](#).

These are programmes which address both physical and cognitive activity at higher levels of intensity and are suitable for people in the earlier stages of Parkinson's (mild to moderate symptoms). The exercises can be adapted to suit individuals based on their Parkinson's symptoms and any other pathologies.

The 10-week programme involves pre- and post-assessments, and there is the opportunity to join an ongoing 'continuation class' at the end of the programme.

The next programme starts on Wednesday 23<sup>rd</sup> August from 1-2pm at The Fisherrow Centre, South St, Musselburgh EH21 6AT.

Cost will be £60 for the programme with an additional cost of £25 for equipment to be retained by the attendee. Payment can be made via the Branch

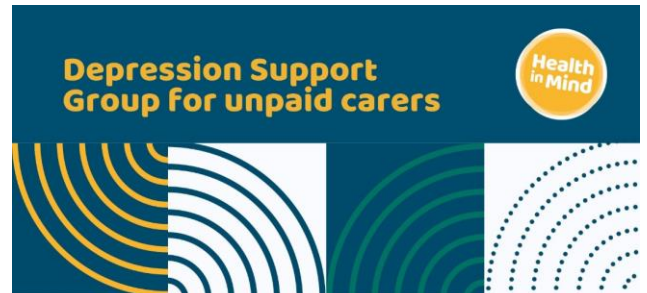
shop <https://www.edinburghparkinsons.org/shop/>

Email:

[sbaggaley@edinburghparkinsons.org](mailto:sbaggaley@edinburghparkinsons.org) for more info and how to join the class.

## Depression support group for carers – Stafford Centre

It will be held on the last Monday of the month, 6-7pm, at the Stafford Centre.



### Join us to:

- talk about how you are feeling
- get peer support from other carers
- share and listen

**When:** Last Monday of every month

**Where:** Change Mental Health - Stafford Centre  
103 Broughton Street EH1 3RZ

**Start:** 31 July

**Time:** 6-7pm

### Contact us for more information and to book a place:

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

0131 225 8508



We're part of the  
**Carewell Health  
& Wellbeing  
Partnership**



[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

Health in Mind is a charity registered in Scotland, number SC004128, and a company limited by guarantee, registered in Scotland, number SC124090. The registered office is at 40 Shandwick Place, Edinburgh EH2 4RT

## Dementia Friendly singing groups

Luminate have created a map where you can find Dementia Friendly singing groups in Scotland.

The Singing Network includes groups that are open to all but are designed to be dementia inclusive, as well as those that have been specifically created for people living with dementia and their carers.

Take a look here:

<https://singing.luminatescotland.org/find-a-choir-or-singing-group/>

## Financial Wellbeing Webinar: Cost of Living Crisis

Delivered by Money Advice Scotland.

This webinar aims to shed light on the current challenges we face in managing our finances amidst the rising cost of living.

During this session, we will delve into recent updates regarding the ongoing crisis and share some practical strategies to help navigate through these uncertain times. We also look towards the winter and hope to shed light on the forecast for our personal finances in the coming months.

This webinar is free and open to everyone.

If you would like to submit a question to us prior to the event or require any additional information, please don't hesitate to contact us at [financialcapability@moneyadvicescotland.org.uk](mailto:financialcapability@moneyadvicescotland.org.uk)

Sign up to the webinar here: <https://www.eventbrite.com/e/financial-wellbeing-webinar-cost-of-living-crisis-tickets-675245285827?aff=ebdsoporgprofile>

**moneyadvicescotland**  
Scotland's Money Charity

## Tech support for unpaid carers – Eric Liddell Centre

'Tap Into IT' are providing monthly drop-in tech support sessions for unpaid carers at the Eric Liddell Centre, as part of their Carers Programme.

They assist people who might be struggling to use their devices, or who require some guidance finding features, apps and websites which could help support their circumstances.

The next two sessions are:  
Wednesday 16th August  
Wednesday 20th September  
10.30am – 12pm

You can view more details here:

<https://ericliddell.org/wp-content/uploads/2023/07/Summer-2023.pdf>

## Free Oral Health Learning

NHS Education for Scotland have been working with Scottish Social Services Council to develop resources to help those who care for others to know more about looking after the mouth and teeth.

These bite sized training resources are completely free to access and complete. The awards will equip you with the knowledge and skills that will enable you to improve oral health, as well as reduce inequalities in the community setting by supporting the people around you:

<https://learn.nes.nhs.scot/58236/open-badges>

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Alternatively, please call 0131 661 2077  
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