



# Care for Carers

## ***Newsletter***      ***February 2023***

**Contact us:****Telephone: 0131 661 2077****E-mail: [enquiries@care4carers.org.uk](mailto:enquiries@care4carers.org.uk)****Web Site: [www.care4carers.org.uk](http://www.care4carers.org.uk)****Address to:****Care for Carers, St Margaret's  
House, Room 4.25, 151 London  
Road, Edinburgh, EH7 6AE****Staff contact details for services:****Short Breaks from Caring**

07394 418 088 – Jacqui Mackay

07394 418 086 – Jacqueline Small

07936 362 868 – Erica Whittaker Wallis

[jacqui@care4carers.org.uk](mailto:jacqui@care4carers.org.uk)[jacqueline.small@care4carers.org.uk](mailto:jacqueline.small@care4carers.org.uk)[erica@care4carers.org.uk](mailto:erica@care4carers.org.uk)**Carers Support Team**

07936 362 867 – Jackie Phillips

07597 573 073 – Lesley Harrison

07597 573 078 – Alex Smith

07522 567 854 – Iona Mackenzie

[jackie@care4carers.org.uk](mailto:jackie@care4carers.org.uk)[lesley@care4carers.org.uk](mailto:lesley@care4carers.org.uk)[alex@care4carers.org.uk](mailto:alex@care4carers.org.uk)[iona.mackenzie@care4carers.org.uk](mailto:iona.mackenzie@care4carers.org.uk)**Office landline number is 0131 661 2077****Still Caring Spring Programme**

Our new *Still Caring* programme for day and evening breaks is included with this newsletter. The programme contains some longer courses as well as one-off workshops and events.

If there is anything you are interested in, or if you have any questions please email [stillcaring@care4carers.org.uk](mailto:stillcaring@care4carers.org.uk) or call the office to register your interest.

**Focus group invitation**

Please see the other side of this page for details about an invitation to attend a focus group at St Margaret's House on Friday 24<sup>th</sup> February. This meeting will be about the upcoming Short Breaks Policy currently being worked on by Edinburgh Health and Social Care Partnership.

It's important that as many carers' voices as possible are heard as part of this, so please do consider attending if you can make the date. Refreshments and light lunch will be provided. Please let us know of any dietary requirements when booking your place.

## Focus Group

If you are interested in taking part in the focus group (details below) please get in touch with us. We will send out the latest version of the Short Breaks Policy to everyone attending before the meeting on the 24<sup>th</sup> Feb.



# Invitation for Carers to consult on Edinburgh Health and Social Care Partnership Short Break Policy

*Friday 24th February 9.30am – 1pm*  
*(Refreshments and light lunch will be provided)*

The Edinburgh Health and Social Care Partnership does not have a formal Short Breaks Policy Statement for Adults Carers. The policy should show how carers can be assisted to meet their needs whilst continuing in their caring role.

A draft Policy has been developed through a collaborative process to outline a vision and aim for how Adult Carers could be supported with short breaks and their caring relationships.

Are you interested in finding out more, and contributing to discussions to:

- A shift away from grouping people with service-based responses
- Understanding the 'three conversations' approach
- Working in partnership with adult carers to meet their needs and those of the people they care for
- Informing short breaks policy

The policy lays out the guiding principles which aim to set the direction for the Partnership. Once agreed there would be further work to develop an organisational procedure which will detail specific actions, methods and processes around accessing support to continue within caring roles and access breaks. We are seeking further feedback on this draft policy.

To register your interest, please email [enquiries@care4carers.org.uk](mailto:enquiries@care4carers.org.uk) or call **0131 661 2077**

## Community Consultation Session at Dynamic Earth

**Friday 31<sup>st</sup> March 10.30am – 12pm (followed by optional planetarium tour)**

Our partners at Dynamic Earth have funding from a project called Bold Futures that aims to enable science centres to make step-changes in the way they do things.

For a long time, Dynamic Earth have wanted to turn their unused soft play area into a community workshop space, ensuring protected, intentional space for our community partners.

They do not want to do this without consulting their community partners, so that their (your!) visions and voice are incorporated into the design.

This would be a session probably no longer than 90 minutes, in which we could visit the space together, and discuss the priorities that you want incorporating into the space.

Dynamic Earth will also provide food & refreshments and free access to the planetarium show, if desired!

Free parking in the Dynamic Earth car park will be available.

To register your interest, please email [erica@care4carers.org.uk](mailto:erica@care4carers.org.uk) or call the office on 0131 661 2077



## Fridays in Currie

Cyrenians & Currie Community Centre & Big Hearts would like to invite people who are sixty years of age and older to come along to our Community Meal in Currie Community Centre.

We are particularly interested in connecting people living in Juniper Green, Currie & Balerno, who may be or are at risk of becoming socially isolated. We are offering a warm welcome, some fun activities, and a healthy meal in a welcoming local space.

We get together every Friday from 11am onwards for tea and coffee. Lunch is served from 12 to 1pm and we finish up about 2pm. Activities include dominos, cards, seated dance, invited speakers, and anything and everything people would enjoy or like to suggest. We are also planning to have a tea dance and musical entertainment from 1-2pm on Fridays from February onwards.

The 44 bus stops outside our door. We ask that you get in touch and let us know if you or yours would like to join us so that we don't disappoint. We cannot provide any personal care or support but carers are welcome to come along.

Please contact Cyrenians on 0131 475 2354

## Grants for Parent Carers

Family Fund still have grants available for parents or carers on a low income raising disabled, or seriously ill children, up to the age of 18- to help ease pressures caused by the rise in the cost-of-living this winter.

They want as many families as possible to benefit, by applying for this grant support now, whilst they have funding available.

Family Fund supports families with essential grants ranging from clothing and bedding, white goods, furniture and appliances to sensory and play equipment and digital devices. To find out more and apply visit

<https://www.familyfund.org.uk/grants-apply>

**FREE**  
PRE LAUNCH SIGN UP OPEN

**LifeCare**   
extra years of zest

# FORGET-ME-NOT HOME SALON

SCAN FOR MORE INFO



Hair salons and barber shops can be loud and busy places which can make them overwhelming for people living with dementia. Our new specially designed service will ensure people living with dementia can continue to experience the joys and benefits of professional hair care in the comfort of their own homes, helping them to feel like themselves, boosting their self-esteem and improving their overall wellbeing.

Thanks to funding from Age Scotland's About Dementia Fund we are able to pilot this project and provide the service for free until Autumn 2023.

The service will be launching soon. It will be available to people living with dementia in EH4, EH5 and EH12 as well as unpaid carers that they live with. If you, or someone you know, is interested in signing up to use the service when it launches, please get in touch!

**0131 343 0940**

[www.lifecare-edinburgh.org.uk/services/home-salon](http://www.lifecare-edinburgh.org.uk/services/home-salon)



[www.lifecare-edinburgh.org.uk](http://www.lifecare-edinburgh.org.uk)  
Charity No: SC012641

**0131 343 0940**

follow us   