


Edition #5

Care 4 Carers
St Margaret's House
151 London Road
Edinburgh
EH7 6AE

Tel: 0131 661 2077
www.care4carers.org.uk

 facebook.com/care4carersedinburgh



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Email Us:

Short Breaks Enquiries:
stillcaring@care4carers.org.uk

Stepping Out:
steppingout@care4carers.org.uk

General:
office@care4carers.org.uk

YOUR CARE 4 CARERS NEWSLETTER

Supporting those who care for others



PHOTO OF THE MONTH - SUMMER OPEN DAY DYNAMIC EARTH

CARE 4 CARERS SERVICE UPDATES



◀◀ READ MORE

The Edinburgh Festival is upon us and we have some FREE tickets to share with you. Please see enclosed A5 Flyer for information about the shows. To register your interest please email: stillcaring@care4carers.org.uk or call the office on **0131 661 2077**.

READ MORE >>>

We wanted to provide an update on current Stepping Out availability within our 2024 programme. If you are an unpaid carer who has not applied for a break this year we have spaces on the following breaks - Pitlochry Enchanted Forest 1st-3rd November, Glasgow Aladdin Theatre 28th-30th November and Glasgow Hairspray Break 30th January - 1st February 2025. Applications can be made online using this link: https://www.care4carers.org.uk/apply_steppingout.html or call 0131 661 2077 for further information.

**STEPPING
OUT
CARER
BREAKS
2024**

Please note: The content of this newsletter is for general information purposes. Care for Carers does not provide representations or recommendations about the organisations or services we share within this newsletter.

OTHER NEWS...

The Heart Dementia Meeting Centre is based within the Heart of Newhaven Community. A meeting centre is a social club for people living with mild to moderate dementia, those newly diagnosed or curious about cognitive decline. The Meeting Centre is also for their family and friends to meet and feel supported in their caring role. First month is free then donation of £5 per session which includes a hot drink and snack. You can self-refer or contact us to make a referral on your behalf. Further information can be provided by Jan Brown email: jan.brown@heartofnewhaven.co.uk or call: **0131 259 6838**. Meetings take place every Wednesday from 10.30 - 12.30 in the Anchor Building, Heart of Newhaven, 2-4 Main Street, Newhaven, Edinburgh, EH6 4HY.



THE HEART DEMENTIA MEETING CENTRE



Change Mental Health launched Carer Support in response to the unique challenges of being a carer to a relative, friend or partner of someone living with mental illness. Cara group with Peer Support carers in attendance runs every 4 weeks. Call **0131 557 0718** for more information or email: Ana.Eales@changemh.org

HIBERNIAN COMMUNITY FOUNDATION >>>

Monday Lunch Club

In partnership with Cyrenians and Leith Chooses, we host a Monday Lunch from 12:30pm-2pm in our Community Hub at Easter Road Stadium. It's free to attend and open to all with a variety of meals served, which also include some special menus around times of celebration.

Wednesday Lunch & Social Café

We run a weekly lunch club on a Wednesday afternoon from 12.30pm-2:30pm in the Community Hub space of the Famous Five Stand, Easter Road Stadium. As partners we provide a hot two-course meal and allow you the opportunity to socialise with friends, family and make new friends within our community.

There is a pantry available, operating weekly on Wednesdays, in partnership with Cyrenians Fare Share. You can pay £2 to collect multiple items.

We also offer free hair cuts every two weeks at our Wednesday Community Lunch.

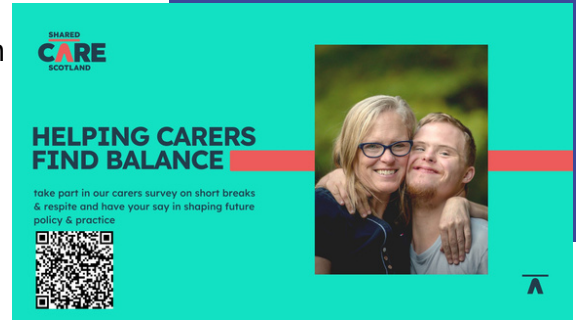


Friday Lunch Club

Members of the community can head to our Community Hub in the Famous Five Stand between 12pm-2pm where they will receive soup and toasties whilst having plenty of fun playing pool, table tennis and table football. Arts & crafts and Playstation games are available too!

SHARED CARE SCOTLAND SURVEY >>>

With a new 'right to a break' in development, it has never been more important to put carers' voices at the heart of decision-making. That's why Shared Care Scotland, the national carer organisation with short breaks and respite at its core, is undertaking a comprehensive survey on unpaid carers' experiences of short breaks and respite services in Scotland.



Chief Executive Don Williamson said: "At Shared Care Scotland all of our work is informed by the voices of carers and those involved in developing and delivering meaningful short breaks. The development of the Right to a Break from caring is a critically important step forward for unpaid carers. It has the chance to fundamentally change carers experiences for the better, but this right will only be met if there is short breaks and respite infrastructure in place to deliver it. Understanding the needs and the experiences of carers is an essential part of this process and we would encourage as many carers as possible to take part in our survey."

Full details of the survey including more detail on how the data will be used, and the link to the survey can be found on the Shared Care Scotland survey page: <https://www.surveymonkey.com/r/carerbreaks24>
The survey closes on 31st July 2024.



CarerSmart is a partner of Carers Trust offering a club to carers, people with care needs and staff from across the Carers Trust network. Joining is easy and free and once you become a member you can benefit from a range of offers. For more information and to register use this link: <https://carers.org/grants-and-discounts/carersmart-discount-club>

WARMER HOMES SCOTLAND >>>

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 support to access this service please contact us at Care for Carers: **0131 661 2077** and we can make a referral on your behalf.



DATES FOR THE DIARY

- **Monthly Carer Support Group (Room 1.10)**
1.30pm-3pm

Last Thursday of every month

- **Monthly Carers Craft Group**
10am - 12 noon

Last Wednesday of every month

Please note that these groups 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**

READ MORE >>>

BEAT EATING DISORDER SERVICES

BEAT eating disorders have confirmed their programme for this year which can be found on their website using this link:

<https://www.beateatingdisorders.org.uk>

BEAT have a Helpline for people with eating disorders and carers, the line is available 3pm-8pm Monday - Friday. The helpline number is: **0808 801**

0432. Support is also available by email and webchat.

Training courses are offered through POD (Peer Support and Online Development). This platform is for those supporting someone with an eating disorder with a space to learn, share experiences and find community. On the platform you'll find a range of workshops, e-learning modules and forums that will help to equip you with the skills you need to support your loved one. Further information can be found here:

<https://www.beateatingdisorders.org.uk/training-events/find-training/training-for-parents-and-carers/>



CARERS CORNER... >>>

Do you have a favourite recipe you would like to share with other carers - maybe it's budget friendly or time saving? We would love to give a new recipe a go - please email: **stillcaring@care4carers.org.uk** if you would like your recipe featured in a future newsletter.



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 or use our FREEPOST address: FREEPOST Plus RTX B-UUCY-EHBU Care for Carers 151 London Road, Edinburgh EH7 6AE

