



Care for Carers

Newsletter July 2022

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Office landline number is 0131 661 2077

New Models for Learning Disability Day Support in Edinburgh

Carers' Day Care Collaboration Questionnaire

Can you spare a few minutes to share your thoughts on how you would like to see day services for the person you care for developed, and what the benefits are for yourself as a carer?

Below is a link to a short survey – we are really keen to hear the views of as many people as possible who care for people accessing day services for people with learning disabilities in Edinburgh.

The survey can be completed by survey monkey – <https://www.surveymonkey.co.uk/r/JRH7GF5> or via the paper copy, which can be completed electronically or by hand and posted. Please let us know if you need us to send this to you by email or post.

Please return the Word version of the survey by the 31st of July to

By post:

Maureen Martin, Edinburgh Development Group, Castlebrae Business Centre, Peffer Place, Edinburgh EH16 4BB

By email; maureenmartin@edg-sco.org

New Stepping Out programme enclosed

We are delighted to be able to present an expanded offer of Stepping Out short residential breaks to carers. Enclosed with this newsletter is the new programme and application form. All welcome to apply!

Contact jacqui@care4carers.org.uk or steppingout@care4carers.org.uk or phone the office on 0131 661 2077 if you need more information.

Safety Stickers for Older People

Since 2019 Able Community Care, a Norfolk-based nationwide Live-in Care Provider, has been offering older people and people with a disability a free door sticker to deter unwanted callers.

It is a fact that older and vulnerable people are targeted by fraudulent traders, workmen and fake 'professional' people such as conmen pretending they are from the Water Board, Gas Board, NHS Covid Dept., etc.

As many people have told us, this sticker on a door does mean they walk back down the path. To date we have given out nearly 80,000 door stickers and if you know of an older person who would like to have one, please email us at info@ablecommunitycare.com telling us how many you would like and the address to send them to.



Do you want to influence the decisions that affect poverty? Then join us and Get Heard



Get Heard Scotland (GHS) helps people affected by poverty get their voices heard on the policies and decisions that most impact their lives. The programme is coordinated by the Poverty Alliance and funded by the Scottish Government as part of its Child Poverty Delivery Plan.

They are currently looking to recruit Get Heard Scotland Participants. These would be people who have experience of poverty who would be willing to feed into their work. This could entail getting involved with discussions about key issues, meeting with policy makers, speaking with researchers or engaging in their work in different ways.

People will be paid for their participation in this work.

If you are interested then you just need to drop Lydia an email on lydia.murphy@povertyalliance.org to get the ball rolling.

Jo's Odd Shoes

Do you wear one odd shoe? Or need two shoes to make a pair? Then Jo's Odd Shoes is the place for you!

Jo's Odd Shoes are a group for people who only wear one odd shoe or two odd shoes to make a pair. This may be because of amputation or illness, such as CRPS where severe allodynia stops anything touching the skin.

You can get in touch if you want to order a shoe or shoes - for minimal cost – by calling or emailing using the details below. You can also find them on Facebook @OddShoesJo

Email: ocallaghanjo@aol.com

Tel: 07812 470970

Therapies/Yoga and Mindfulness

Our colleague Alison Hughes is able to offer the sessions listed below to carers. If you are interested and would like to find out more, please contact us and we can put you in touch with Alison.

Personal online 1 - 2 - 1 mindfulness sessions (on Zoom)

You will be expertly guided in your mindfulness journey, feel motivated & encouraged, and supported on a very personal level.

These sessions can help you explore new, constructive and creative ways of making choices and managing situations.

You can try a 1/1 session to see if it's for you.

Sessions can also be offered in blocks.

The mindfulness online 1/1 session costs £15 for 60 minutes. You can be given recordings to use after each session.

Oncology Reflexology

Reflexology is a complementary therapy sometimes used by people with cancer. It involves applying gentle pressure to the feet.

Summary

- Reflexology works on energy pathways similar to acupuncture.
- It aims to relax you, ease stress and tension and help with general well-being.

Why people with cancer use reflexology

Reflexology is one of the most popular types of complementary therapy in the UK among people with cancer. Some people with cancer say they feel more relaxed and able to cope after a reflexology session.

There is some evidence that reflexology can help you:

- relax and cope with stress and anxiety
- relieve pain
- lift your mood and give a feeling of well being

Reflexology is not a treatment or cure for cancer.

Alison can offer oncology Reflexology for anyone living with cancer or going through treatment.

Alison uses a therapy room at St Margaret's House, London Road.

Oncology Reflexology is priced at the following sliding scale

£15 30 minutes

£20 45 mins

£25 60 mins

Gentle Yoga

Whether you have done yoga before or it's something you've always wanted to try, our weekly online yoga sessions are relaxed and welcoming. Alison will guide you through the gentle stretches which you can do standing or sitting on a chair. There will be a relaxation element at the end of each session.

The sessions run every Monday on Zoom, from 12.30pm – 1.30pm.

Emotional Wellbeing Evening sessions



3 monthly sessions for unpaid carers to learn about your emotions and ways to manage them



Join us to understand, explore and learn to manage your emotions as well as to meet new people!

Dates: 14 July, 11 August, 22 September

Time: 5-6pm

Where: zoom

For more information on the sessions and to register please email or phone Paulina Szach:
e: paulina.szach@health-in-mind.org.uk
p: 07435274586

www.health-in-mind.org.uk



We're part of the
Carewell Health & Wellbeing Partnership



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

Peer Space for parent carers



Is your child or teenager struggling with their mental health?

Join us to:

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

When: last Friday of the month, 10-11am

Where: Morningside Library

For more information and to register please email Paulina Szach (Health in Mind) or Megan Coopley (VOCAL):

e: paulina.szach@health-in-mind.org.uk

e: mcopley@vocal.org.uk

www.health-in-mind.org.uk



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Mental health summer sessions for unpaid carers



Time: 2-3:30pm

Where: VOCAL Edinburgh Carers' Hub, 60 Leith Walk

Boundaries Thursday 7 July

Meeting with yourself Friday 29 July

Finding balance Friday 5 August

Navigating life changes Friday 19 August

Identity beyond caring Friday 2 September

Finding time for self-care Friday 30 September

For more information on the sessions and to register please email or phone Paulina Szach:
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Wellbeing Workshops for carers



Would you like to explore ways to improve your wellbeing in a safe, supportive space with other carers?



Join us to learn tools that can help you take care of your mental health and wellbeing

When: start Wednesday 13 July, 9-11am

Where: zoom

13 July - Breathing

27 July - Mindfulness

10 August - Healthy Relationships

24 August - Thinking styles

7 September - Resilience

You can sign up for every workshop or attend a single session.

For more information and to register please

email or phone Paulina Szach:

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