



# Care for Carers

## Newsletter

June 2023

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**Stepping Out™ Autumn/Winter Programme**

Included with this newsletter is our Autumn/Winter Programme of Stepping Out™ Residential Breaks. You are welcome to apply for a break if you have already been on one this year, however please note that we will prioritise carers who have not yet had a break.

To apply, you can fill out the online application form:

[https://www.care4carers.org.uk/apply\\_steppingout.html](https://www.care4carers.org.uk/apply_steppingout.html). If you have any questions, please don't hesitate to contact the team at [steppingout@care4carers.org.uk](mailto:steppingout@care4carers.org.uk) or call 0131 661 2077.

**Edinburgh Carers Survey 2023 – Now Open!**

This survey is for current and past unpaid carers and will ask questions on your caring role, taking a break from caring and your health and wellbeing. It will also cover the support and services you have accessed from providers across Edinburgh. As a thank you for your time, you can enter a prize draw. It's really important that we hear from as many carers as possible to help shape future services.

Complete the survey before Friday 11 August to have your say by completing the online form:

<https://online1.snapsurveys.com/EdinburghCarersSurvey>

## New community choir in Leith!

Duncan Place Community Hub are looking for folks interested in being part of a brand-new choir/singing group in Leith:

After lots of requests, we're planning a new Duncan Place choir/singing group, and we need your help and input right from the start.

We want to make sure we get it right for as many people as we can.

If you are interested in being involved, please email [events@duncanplace.org](mailto:events@duncanplace.org) by 30th June.

After that date we'll get in touch with everyone who is interested and set a date to meet together (hot drinks and biscuits on us!) and plan, e.g., when practice meetings would be, what would we sing, etc.

The only thing set in stone at the moment, is this will be an inclusive choir for EVERYONE (aged 18+), and you won't have to be a songbird to join. Just bring a love of singing.



## Research with Older Carers (Over 60)

The Advanced Care Research Centre at The University of Edinburgh are looking for older adults who care for someone with multiple long-term conditions to help inform our research on the extra support that carers need.

They are looking to hear about the experiences, key support requirements, and unmet needs of people who are:

- older adults (aged 60+ years old)
- living with one or more long-term conditions
- providing unpaid care to someone with multiple long-term conditions
- living in Central Scotland

Does this sound like you? If so, we invite you to complete a short online survey to help us map the main areas of your unmet needs.

The survey should take no more than 10 minutes to complete. You can access the survey here:

<https://edinburgh.onlinesurveys.ac.uk/supporting-older-caregivers-of-people-with-multiple-long-t>

They are also looking for a few carers to join an online session with us on Monday 26<sup>th</sup> June from 1-2.30pm. During this call we will discuss the responses that we have from the survey and really explore the areas of unmet needs for carers in more depth.

The second workshop will then be an opportunity for people to think up some creative solutions to these needs. This workshop will take place at the Bayes Centre in Edinburgh on Wednesday 12th July from 10 – 12 noon. We will then go for afternoon tea at the Dome at 12.45pm which will give people a chance to socialise.

If you're interested please email [erica@care4carers.org.uk](mailto:erica@care4carers.org.uk)

## Covid-19 Spring Booster Drop-Ins

Letters inviting people to spring booster appointments have been sent out. Drop-ins are now open to people aged 12 and over who are eligible for this year's spring booster. NHS Scotland recommends you have the spring booster if you:

- are aged 75 years or over (by 30 June 2023)
- live in a care home for older adults
- are aged 5 years or over (by 1 April 2023) and have a weakened immune system

If you are eligible and have not already had your booster it is not too late.

For details of your nearest drop-in clinic where you can attend without an appointment please visit NHS Lothian webpage <https://www.nhslothian.scot/covid-19/spring-boosters-2023/>. Or if you would like to book an appointment please call NHS Lothian Inquiries Line on 0800 760 6296 or book or reschedule on the online booking portal: <https://vacs.nhs.scot/csp>

For more information on the spring programme and in other formats (e.g. large print, audio, easy read or other languages) please visit <https://www.nhsinform.scot/springbooster>



## Sandys Community cook club

Something to eat, Someone to eat with.



Learn cookery skills by helping to prepare the meal, or just come along for the food and blether with others!  
**EVERYONE is welcome and its only £1**  
**Creche facilities, limited spaces £1**

SANDYS COMMUNITY CENTRE  
76 Craigmillar castle avenue, EH16  
4DW

**Every Thursday 11am-1.30pm**  
Bookings contact Donna:  
[sandyscommunitycentre@gmail.com](mailto:sandyscommunitycentre@gmail.com)  
07504627853



## Liddell Lyrics

Every Friday, 11am - 12pm

Each week at Liddell Lyrics, different themes and song writing techniques will provide the stimulus to share your stories and ideas within a dementia inclusive group. A fun way to enjoy music and be creative. No previous songwriting experience necessary!

This dementia inclusive activity aim to connect carers and people living with dementia with others in a similar situation to provide a sense of community.

For further information and to know more about the gathering dates, please contact Gus at [harrowerg@ericliddell.org](mailto:harrowerg@ericliddell.org) or call 0131 357 1277.



Scottish Charity SC003147

## Carers Consultation (Eating Disorders)

Are you an unpaid carer or sibling (aged 16+) of a person with an eating disorder?

We at Edinburgh Carers Council would like to hear your views on how you think our new advocacy and peer support services for carers of individuals with eating disorders should develop.

When: Wednesday 21st June, 10:30am-12:30pm

Where: 'The Links' meeting room, Great Michael House, 14 Links Place, EH6 7EZ

The session will cover:

- ☒ Overview of Edinburgh Carers Council (who we are and what we do)
- ☒ What is advocacy and peer support?
- ☒ Your views on how the service and groups should run
- ☒ Opportunities for peer support volunteering
- ☒ Feedback for a new carer workshop being developed

The session will be facilitated by Kathleen Taylor, Engagement & Participation Officer for the Mental Welfare Commission for Scotland.

The service is led by Edinburgh Carers Council and funded by NHS Lothian.

For more information or to book your place (spaces are limited), please contact Emmy by emailing [emmy@edinburghcarerscouncil.co.uk](mailto:emmy@edinburghcarerscouncil.co.uk) or calling us on 0131 322 8480.

## Take a Break applications open until Monday 26<sup>th</sup> June

Take a Break provides grants to parent carers (eligible kinship carers) of disabled children and young people, aged 0 to 20, who have complex additional support needs.

The aim of this scheme is to improve unpaid carers' quality of life, health and wellbeing by providing cash grants to help them access a short break from the day-to-day routine of caring. Take a Break grants can be used flexibly, to help meet the interests and circumstances of the carer.

Find out more information and apply online via the website below:

<https://takeabreakscotland.org.uk/>

Or call 01904 571093, Monday to Friday, 9:30am to 1:00pm.

If you no longer wish to receive our newsletter, please scan the QR code below to unsubscribe.

Alternatively, please call 0131 661 2077 or email [enquiries@care4carers.org.uk](mailto:enquiries@care4carers.org.uk)

