



Care for Carers

Newsletter *December 2022*

Contact us:**Telephone: 0131 661 2077****E-mail: enquiries@care4carers.org.uk****Web Site: 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.ukjacqueline.small@care4carers.org.ukerica@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.uklesley@care4carers.org.ukalex@care4carers.org.ukiona.mackenzie@care4carers.org.uk**Office landline number is 0131 661 2077****Information for support over the festive period**

Please note that our office will be staffed intermittently over the Christmas period, so it may take us longer than normal to get back to you. If your enquiry is not urgent, please leave us a message with your details and we will get back to you as soon as we can.

However if you are needing urgent support over this period, you should contact:

Social Care Direct on **0131 200 2324** or on their out of hours number: **0800 731 6969**.

For mental health urgent support contact the Edinburgh Crisis Centre on **0808 801 0414**

You can also send a text to **07974 429 075**

If you just want to speak with someone over the phone and are feeling suicidal or need emotional support, you can contact Samaritans on their 24 hour helpline - **08457 90 90 90**.

From all of us at Care for Carers, we wish you a peaceful and restful Christmas and New Year.



Are you caring for someone who is living with dementia?



Reading is Caring provides a personalised reading support package specifically designed for those living with dementia and their carers.

'It was as if when we read together, she was lost with me in the story, and we then talk about the story as if her dementia was no longer there.'

We will be running a day's workshop on Thursday 12th January at St Margaret's House 9.30am - 4.30pm (Lunch Included). If you would like to attend, please contact the office on 0131 661 2077 or email stillcaring@care4carers.org.uk

Cost of Living Advice

The rapid increase in the cost of living is putting huge pressure on carers across the country. Coalition of Carers will be updating this webpage regularly with links to information, advice and support to help carers and their families with the increase in cost of living.

Find out more here:

<https://www.carersnet.org/cost-of-living/>

Coorie In for Winter booklets

Tips for keeping well during the winter period – craft, recipes and support available.

You can download a pdf version of the booklet via this link: <https://bit.ly/3FfkfDq>

You can also scan the QR code below to download it.

If you would like us to print out a paper copy and send this to you, please let us know.



Calling on all young carers and young adult carers to take a survey about pressures of their caring role.

Carers Trust has launched a survey to find out about the pressures and challenges facing young carers aged up to 25, and what support they need.

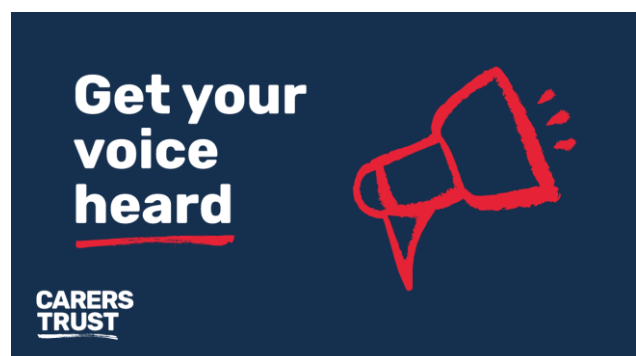
The findings of the survey will be published on Young Carers Action Day 2023 (March 15) and will help influence decision makers to give young carers and young adult carers the support they need.

Can you help young carers and young adult carers by adding your voice and filling out the survey?

And please spread the word with your friends who are also young carers to make sure as many people as possible take the survey.

The survey is live and will run up to 3 January 2023.

You can find the survey via this link:
<https://forms.office.com/pages/responsepage.aspx?id=ZXcsqy-H-ky00Hb3OKKsPdRI4sQU2l9LqtaU849CY7tUN0tBU1NTTVEzUzdIQ04yNFdHT0NMTzVCVyQIQCN0PWcu&web=1&wdLOR=c356D98A8-C6AF-4D21-93B2-B02E2029B01E>





Cycle Repair Scheme

The Scotland Cycle Repair Scheme will help fix flat tyres, loose brakes and clunky gears to get folk pedalling again.

Finances are tight for many people at the moment, so we know it can be difficult to pay for essential bike repairs. If you need a helping hand to get your bike into shape, this scheme provides free repair and maintenance work up to the value of £50 for standard bikes and up to £100 for non-standard cycles.

It's a simple process – just contact your nearest participating bike shop or mechanic and get your repair booked in. Remember to tell them you want to make a booking under the Scotland Cycle Repair Scheme.

All cycles are welcome in the scheme including adults' and children's bikes, e-bikes and non-standard cycles like trikes, tandems, cargo bikes and recumbents. Manual wheelchairs can also be repaired through the scheme.

Use the map (on the website below) to find your nearest Scotland Cycle Repair Scheme centre. Need more information? Read our detailed FAQs.

Website:

<https://www.cyclinguk.org/ScotCycleRepair>

Still Ready for Work – Advice & Info for those over 50

Business in the Community Scotland's programme of online workshops support individuals 50+ who wish to return to work or explore a role in a different business. Individuals have the opportunity to participate in short online workshops covering the following topics – Skills Assessment, Job search in the digital age, Creating a social media profile (Linked In), CVs and applications and Interview skills.

Find out more here:

<https://www.bitcni.org.uk/age-at-work-scotland/>

Warm Space

Everyone is welcome at Life Care's Warm Space which is open on Saturdays and Sundays in their cosy café space at the LifeCare Centre in Stockbridge, offering free soup and hot drinks.