



Care for Carers

Newsletter ***March 2023***

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****Carer Walks Programme**

Included with this newsletter is our new programme for this year's *Carer Walks*. The walks are open to carers and former carers and run on the last Thursday of every month. If you are interested in finding out more or would like to register your interest please call the office on **0131 661 2077** or email walks@care4carers.org.uk.

If you have any mobility or access needs please discuss this with us beforehand so that we can ensure that the walks are suitable for you.

Community Consultation Session at Dynamic Earth**Friday 31st 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. They do not want to do this without consulting their community partners, so that their (your!) visions and voice are incorporated into the design.

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 or call the office on **0131 661 2077**.

Opportunities for older people to share their garden

Edinburgh Garden Partners are currently looking for older people with garden space that they are no longer able to access or make the most of to become part of our garden sharing scheme.

They match garden owners with volunteers looking for space to grow, and support them to build a friendly, productive garden share.

The Benefits

- develop a rewarding relationship with your garden partner
- boost your health and well being through greater enjoyment of your garden
- make a positive contribution to your community by sharing your space
- enjoy freshly grown produce

Now is an excellent time to get involved and can be a huge benefit for those struggling to manage their garden, and/or who would appreciate social connection with a like-minded person.

They are open to applications from all over Edinburgh, but are currently particularly interested in hearing from garden owners in, or close to, Brunstfield, Marchmont, Polwarth, Gorgie, Dalry and Leith.

To sign up, contact the team on **0131 347 0529**



Free classes for unpaid carers

LifeCare (Stockbridge) are running weekly classes for unpaid carers:

Monday: Pilates 3:30-4:30 in the Meeting Space (1st floor, lift available)

Come along and unwind, look after your physical and mental wellbeing with Pilates. Seated or gentle options available, suitable for everybody.

Tuesday: Sporting Memories 10:30-12 in the Boardroom (ground floor)

Come along to chat and reminisce about sport/sport history. Everybody welcome.

Wednesday: Movement Therapy 11:00-12:00 in the Boardroom (ground floor)

Look after your physical and mental wellbeing through movement, dance, activities and music. A safe and therapeutic space to engage physically, socially and emotionally through movement. This class is very beneficial for people with any stage of Dementia as it helps to spark memories.

Thursday: Jazz dance 11:00-12:00 Gallery Room upstairs

Dance away your troubles through gentle jazz. This class is designed for everybody, with seated options available and for all ages. Have fun and meet new people.

(Please note that LifeCare may be adding more classes so please check on their website often. All classes are suitable for any age, any ability and you may bring along the person you care for. All classes are drop in, though this may change in the future.)

For more info, take a look at their website:

<https://www.lifecare-edinburgh.org.uk/2023/01/27/lifecare-launches-a-series-of-free-classes-for-unpaid-carers/>

Learn to cook vegetarian/vegan



Online Cooking Demonstration

Join chef Claire Bannerman in this one-hour online cooking demo via Zoom.

Sit back and relax whilst Claire takes us through easy steps to make a veggie/vegan curry and citrus cheesecake! There will be time to ask questions too.

The session will be recorded so you can watch back in your own time and have a go at making the dishes.



Tues 11th April
11am - 12pm

To book your place please email
stillcaring@care4carers.org.uk



Insights into Minority Ethnic Mental Health.

The Minority Ethnic Collective Advocacy group at CAPS is pleased to announce their new workshop series: Insights into Minority Ethnic Mental Health.

This is an experience-led workshop series containing three monthly workshops on the challenges faced by us as people from Minority Ethnic communities living in Scotland, and how this impacts our mental health. In addition, we look at how these challenges create barriers when trying to access services outside of our cultural experiences.

Workshop 2: Our everyday realities

Monday 20th March 1:30-3pm

Workshop 3: Mental health stigma within Minority Ethnic communities and challenges accessing services

Monday 17th April 1:30-2:30pm

These workshops are free to attend and will be held online via Zoom.

To register your interest please email Mohasin at mohasin@capsadvocacy.org

Access Opera – Puccini’s Gianni Schicchi



Enjoy all the fun of this devilish black comedy in one easy and stress-free afternoon!

Access performances are open to all and make coming to a favourite opera as relaxed as possible.

With full cast and orchestra and narration to take you through the story, there are extra staff on hand to help and a smaller capacity to allow everyone space. So whether you’re living with dementia or Long COVID, recovering from an operation, have a young baby or would simply benefit from the more relaxed atmosphere, you can enjoy everything opera has to offer.

Dementia Friendly
Running time approx. 2 hrs (including 30 minute interval)
Sung in Italian with English supertitles and narration

Festival Theatre Edinburgh – Thursday 23 March 3pm

Call 0131 529 6000 to book.

Tickets £10. Free for carers.

Please contact us at Care 4 Carers about support towards the cost of the ticket.

Find out more at:
www.scottishopera.org.uk

Independent Living Skills Workshops (delivered by Link Academy)

Gain the skills you need to feel confident living independently. Our workshops cover a range of topics from Budgeting and finance to cooking skills.

The workshops cover:

- Housing options
- Feeling less lonely in your community
- Planning for the future
- How to manage income and bills
- Cooking skills
- Where to ask for help if you need it

The workshops are suitable for young people aged 16-24.

To sign up or to find out more, please use the contact details below.

Call: 01324 466860

Email: lareception@linkgroup.org.uk

Carers Cost of Living Fund

The National Carer Organisations have launched a grass-roots campaign asking carers to call on the Scottish Government to include a Carers Cost of Living Fund in the budget.

They are asking carers to write to their MSPs using a template letter which sets out why carers have been so badly affected by the cost of living crisis and why they need financial support.

Have your say – use the link below to access the letter template:

<https://carersuk.e-activist.com/page/121805/action/1?ea.tracking.id=scs>