



Care for Carers

Newsletter

September 2023

Contact us:

Telephone: 0131 661 2077

E-mail: enquiries@care4carers.org.uk

Website: 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.uk

jacqueline.small@care4carers.org.uk

erica@care4carers.org.uk

Carers Support Team

07936 362 867 – Jackie Phillips

07597 573 073 – Lesley Harrison

07597 573 078 – Alex Smith

jackie@care4carers.org.uk

lesley@care4carers.org.uk

alex@care4carers.org.uk

Office landline number is 0131 661 2077

UPCOMING ASTRONOMY ACTIVITIES IN OCTOBER AND NOVEMBER

We are pleased to enclose a flyer with information about two Astronomy sessions which you can sign up to by emailing: stillcaring@care4carers.org.uk or calling the office on: 0131 661 2077.

Session 1: The Seven Wonders of the Universe, Friday 20th October 6pm-8pm

Session 2: Telescope Making Workshop, Tuesday 28th November, 2pm-4pm



Are you a Parent or Kinship Carer? Weekly benefits advice and support available.

We continue to work with a Welfare Rights Advisor from The Parents Carewell advice project within The Action Group. We have arranged for her to attend our office in St Margaret's House every Thursday, where she can answer questions and offer benefits advice to our parent and kinship carers. The advisor will be able to give initial advice and guidance on any benefits issue (including checking that you are getting all the information and advice you are entitled to). The adviser will be able to connect you to ongoing support if this is needed.

If you are interested in booking a free consultation, please call the office on 0131 661 2077 or email admin@care4carers.org.uk

Edinburgh Men's Shed

The Men's Shed are looking for new participants. We have a carer who attends and is happy to provide people with more information – please call us at the office and we can link you to him to access or discuss this project in more detail. Out office number is: 0131 661 2077.

Carers Parliament

Registration is now open for the #CarersParliament 2023 which is taking place on 8th November. This is a hybrid event. To find out more or to register use this link: <https://surveymonkey.co.uk/r/CParl2023>



The Edinburgh Community Rehabilitation and Support Service, a welcoming place for everyone with a neurological condition.

The Heads-Up Hub and Café is a place where people can come together to connect, learn and support each other; if you or someone you care for is living with:

Multiple Sclerosis
Stroke
Brain Injury
Parkinson's Disease
MND
Huntington's Disease

When: Every Tuesday 10am-2.00pm – 62 Longstone Street, Edinburgh, EH14 2DA
Contact no: 0131 443 3837.

Advice around topics such as: Money, Technology, Work, Transport, Hobbies and Interests, Community Groups, help for carers and Health and Wellbeing is available.

Free parking available on site.

Free classes for unpaid carers at Lifecare

Lifecare are offering a variety of classes for unpaid carers, funded by the Short Breaks Fund. These free activities are designed to give carers respite as well as the chance to connect to the person they care for.



To find out about current classes please visit their website: <https://www.lifecare-edinburgh.org.uk/2023/01/27/lifecare-launches-a-series-of-free-classes-for-unpaid-carers/>

Please note all classes are weekly and more classes will be added so please check often. All classes are suitable for any age, any ability and you may also bring along the person you care for. All classes are currently drop in; however this may change in the future.

Home Instead - Monthly Talks

We'd love you to join us whether...

- ✓ you care for a family member.
- ✓ are starting to think about care for a loved one.
- ✓ are curious about working in care, or
- ✓ it's for your own continuing professional development.

At each of our monthly events there'll be...

- ✓ a short talk.
- ✓ opportunities to share your ideas &
- ✓ ask questions in a group setting or one to one.

Suggested topics so far are:

- ✓ Parkinson's
- ✓ Dementia
- ✓ Scams
- ✓ Power of Attorney
- ✓ Financial Planning for Care

If you have your own suggestion or to find out more about the talks taking place on the last Tuesday of each month, email: andrew.senew@homeinsteadedinburgh.co.uk

Voiceability

A new Advocacy service called Voiceability is available in Edinburgh, advocating on behalf of carers to ensure their needs and wishes are represented and heard. This is a free and independent service.



Further information is available on the website: <https://www.voiceability.org> or by calling 0300 303 1660.

NHS Lothian Winter Vaccines 2023/24

The following groups are eligible for vaccination against flu and COVID-19 this year:

- Frontline health and social care workers
- Residents and staff in care homes for older adults
- Those aged 65 and over.
- Those aged 6 months to 64 years of age at higher risk.
- Pregnant women
- Carers (including unpaid) aged 16-64
- Household contacts of those with a weakened immune system aged 12-64

FLU ONLY

Flu vaccines are being prioritised in September and NHS Scotland has contacted those who are eligible for a flu vaccine only. People aged 50-64 with no underlying health conditions and non-frontline health and social care workers are now being called forward for appointments, starting from 4 September. School children will also begin receiving their flu vaccines (nasal sprays) shortly.

FLU AND COVID-19

Invitations to people aged 65-74 years of age with no underlying conditions and those aged 12-64 years in a clinical risk group (excluding those with a weakened immune system) that leaves them at greater risk from COVID-19 will be the first to receive invitations for both flu and COVID-19 vaccines, with appointments starting from 18 September.

Invitations for all other priority groups receiving both flu and COVID-19 vaccines will follow as the programme progresses. This includes people in care homes and those aged 75 and over who will receive invitations for appointments starting from mid-October. Both groups were offered vaccination during the spring COVID-19 programme, so their immunity has received a recent boost. **Following final advice on the Winter Covid-19 booster programme from the Joint Committee on Vaccination and Immunisation (JCVI), unpaid carers can access an additional Covid-19 booster.**

Clinical advice and evidence show that administration of both vaccines together is a safe and efficient way to deliver maximum protection.

People should wait for NHS Scotland to contact them with details of their appointment, or prompt to book.

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Alternatively, please call 0131 661 2077

Or email enquiries@care4carers.org.uk

