



Care for Carers

Newsletter ***April 2021***

Contact us:**Telephone: 0131 661 2077****E-mail: admin@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**

Hello Everyone,

We are all working remotely but can still be contacted using the details below:

Phone Numbers 07394 418 088 - Jacqui Mackay
 07394 418 087 – Dipa Ward
 07936 362 868 – Erica Whittaker Wallis
 07936 362 867 – Jackie Phillips

All calls to our landlines will be re-directed and answered or leave a message and we will get back to you ASAP.

Email Contacts**Ruth MacLennan**ruth@care4carers.org.uk**Jacqui Mackay**Jacqui@care4carers.org.uk**Dipa Ward**dipa@care4carers.org.uk**Jackie Phillips**Jackie@care4carers.org.uk**Erica Whittaker Wallis**Erica@care4carers.org.uk

Please contact us whether you need to just talk to someone else or have a query that we can help with. We might not know the answer but we will find it out for you! There is so much information to get out that we will be producing weekly or fortnightly newsletters for the duration. Please let us know if there is something you think should be shared.

Still Caring Summer Programme

Included with this newsletter is our Summer Programme of events. It's jam-packed with a range of activities, information sessions and workshops online and some in-person events too!

Do take a moment to have a read and if there is anything you would like to sign up for or want more information on then just call us on **0131 661 2077** or email: events@care4carers.org.uk. Please feel free to get in touch if you have any questions about anything.

If you are interested in joining an online event but have not used Zoom before then please do contact us and we will try our best to help you with it.

Respitivity and CareFree breaks

The final page of this newsletter provides information about the Respitivity and CareFree programmes.

Please complete and return the form to us even if you have registered before, we need to keep the membership lists up to date for these programmes. If you have any questions just email:

Jacqui@care4carers.org.uk Or phone Jacqui on 07394 418 088

Shut Out Scammers

It's more important than ever to be aware of scams with more of us going online and spending time at home. Sometimes scams can be hard to spot; Police Scotland have put together some information about how to spot cyber and doorstep scams and who to contact if you need support. Please get in touch with us if you would like to know more and we can send this information out to you.

Covid Vaccines Update

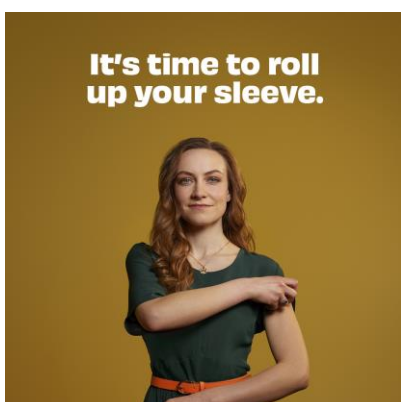
NHS Scotland are aiming for everyone in JCVI groups 1-9 to have their first dose of the coronavirus vaccine by mid-April 2021. This includes unpaid carers.

If you have still not registered for your vaccine you can do this now by using the online self-referral portal (link below) or by calling **0800 030 8013**.
www.nhsinform.scot/carersregister

If you are registering online and getting a no match response, we would suggest trying again paying close attention to what you are entering. Your full details as registered with your GP are required.

If you continue to get the same response, you can call the helpline from Wednesday 24th March when call handlers will be able to go through the process on your behalf in more detail. Ideally, if you can have your CHI number to hand which you can find on any GP or hospital correspondence, this will make it easier for call handlers to match your details

If you are over 60 and have not yet had an invitation to receive your Covid Vaccine or if you have lost your invitation letter you should let the NHS know by completing an online form (found via the link below) or you can call the Vaccine Helpline number **0800 030 8013**.
<https://www.nhsinform.scot/covid-19-vaccine/invitations-and-appointments/missing-appointment-details>



The Royal Collection Trust are offering a series of zoom talks on the Official Residences of The Queen to mark Carers Week 2021

Monday, 7 June, 11:00-12:00: Buckingham Palace

Join a Buckingham Palace Warden for a tour through The Queen's most famous home. How did Buckingham Palace become a royal residence, what treasures does it house and how is it used by the Royal Family today?

Wednesday, 9 June, 11:00-12:00: Windsor Castle

Join a Windsor Castle Warden for an insight into the oldest and largest inhabited Castle in the world. Who is responsible for the Castle we recognise today, when does The Queen spend time at her favourite weekend home and what do the magnificent state rooms tell us about British history?

Friday, 11 June, 11:00-12:00: The Palace of Holyroodhouse, Edinburgh

Join a Palace of Holyroodhouse Warden to find out about The Queen's Official Residence in Scotland. Discover stories of the Palace's dramatic history, its place in Scottish history and how it is used by the Royal Family today.

You do not need to book in advance, just join each session with the following Zoom details:

<https://us02web.zoom.us/j/4407732986>

Meeting ID: 440 773 2986

Passcode: 996921

For more information email: access@rct.uk

New website to help children, young people and their families

NHS Lothian has launched a brand new, purpose-built website for its Children's Services.

It is packed with useful information to help support the health and wellbeing of children and young people across Lothian and will also provide vital information for those attending appointments.

Alongside the new website, two new social media channels (LothianChildHealth on Facebook and @LothianChildren on Twitter) have also been launched. These channels will share the latest news and updates from across Children's Services.

The website address is: <https://children.nhslothian.scot/>

Impact of Coronavirus on Carers – Survey

Carers Trust Scotland would like to hear from you to learn what the impact of Coronavirus has been on Carers. Share your views by taking part in this short survey:

<https://carerstrust.surveymonkey.com/r/QSX3GQV>

Get involved with developing new Macmillan service

A new Macmillan-funded service, 'Improving the Cancer Journey (ICJ)' will support people affected by cancer and will 'go live' in Edinburgh this summer. It will offer everyone who has been affected by cancer dedicated time with a Link Worker to think about 'what matters' with a focus on non-clinical issues.

We know that 'navigating the system' or knowing what's out there can be hard, so our ICJ Link Workers are on hand to listen, work with someone to find out what is important and then help with onward support into local services. This might include money worries, getting around, managing symptoms like fatigue, as well as referring to specialist support services such as counselling to help manage the emotional impact of a cancer diagnosis.

Macmillan are committed to developing ways to ensure that the voices of people affected by cancer are at the centre of everything they do. Their aim is to build a regional forum for Edinburgh to help inform, advise and support the service so that the needs of people living with cancer, their carers and their families are taken into account and met through their work.

Macmillan are keen to speak to people who have been affected by cancer (including family members and carers) who may wish to share their experiences and/or help gather the experiences of others, to help inform and influence the Improving the Cancer Journey service in Edinburgh and beyond.

Interested? They would love to hear from you. You can contact them in the following ways:

by email at loth.icj@nhslothian.scot.nhs.uk

by phone on **07929 784315 / 07977 307286**

Get on your bike!

Now that spring is finally here you might be thinking of taking advantage of the better weather and getting out on your bike. Changeworks have got a useful Reuse Map which you can use to find a local Edinburgh bike shop near you. They can help get your wheels back on the road, find yourself a pre-loved bike and even pump up your tires.

The Reuse Map can be found on Changeworks' website: https://community.changeworks.org.uk/reusemap?utm_source=Reuse_Map_Home&utm_medium=CW_website&utm_campaign=CW_Web

Carers Manifesto

A manifesto for unpaid carers and young carers in Scotland

"The National Carer Organisations in Scotland have jointly developed a Carers Manifesto for the upcoming Scottish elections.

We have been working closely with all the political parties to persuade them to include key commitments for unpaid carers and young carers in their party manifestos. Our carers manifesto sets out the top priorities carers want to see delivered by the next Scottish Government. We want a society that respects, values and supports carers. To realise this, we want the next parliament to be the most carer friendly ever."

If you would like a copy, please get in touch with one of the team and we can send one out to you.

National Galleries – Art Through Words

Thursday 29th April
10.30am – 11.30am

The National Galleries are running a description session for blind and partially sighted visitors.

The session will take place on Zoom and Gallery Educators will introduce paintings from the collection.

In this session join Marc Woodhead and Christina Bradstreet to hear about Edouard Vuillard's 'The Mantelpiece (La Cheminée)'.

Tickets are free but you do need to book your place beforehand. You will then be emailed the Zoom link.

https://my.nationalgallery.org.uk/4118/4197?tnewq=c219d367-f5b8-4f01-9218-b1b2d305cc47&tnewp=c2c96989-9f99-4150-9982-ce971f9c1262&tnewts=1617702887&tnewc=nationalgallery&tnewe=generalsale&tnewrt=Safetynet&tnewh=7bd6d8aad6d1ab2ff8ffad1ef345bc7c#_ga=2.172081315.1429297543.1617705733-1094397950.1617705733



Care for Carers
Supporting those who care for others



Have you registered with us for **Respality** and **Carefree**?

Now that we are starting to look ahead to when Hospitality re-opens and we start to see offers coming through again, we want to be ready! If you would like to be considered for any future breaks/offers then please complete your details below.

What is **Respality** & **Carefree**?

Respality – A short break programme, managed in Scotland through Shared Care Scotland, matching Scottish Hospitality providers who are willing to donate or gift a short break, day out, meal out, family experience or online experience, for unpaid carers and their families. With **Respality** there is the option to take the cared for person with you.

Carefree – Matching the generosity of Hospitality partners across the UK, offering short breaks for unpaid carers and 1 companion. There is an option of either a 3 night stay in a Hotel with breakfast or a 7 night stay in a self-catering Holiday Cottage.

- There is a £25 admin fee with **Carefree**, but only payable if you take a break
- **Carefree** – you must provide an email address that is checked regularly
- **Carefree** criteria – aged over 21, unpaid carer for 35+ per week
- **Carefree** it is for the Carer and 1 companion only, you cannot take the Cared for person on this break

Please note that both only provide the accommodation, any travel and additional expenses are not provided.

Name			
Address			
Postcode			
Telephone		Date of Birth	
Email			
My unpaid caring situation is:			
I can confirm I am over 16 years of age. Please keep my details on your database so you can send me your carers Newsletter and any information on Respality or Carefree			
Signed & dated			

Please return to Jacqui by email – jacqui@care4carers.org.uk or post using our freepost address: Freepost Plus RTX-B-UUCY-EHBU, Care for Carers, 151 London Road, Edinburgh EH7 6AE
Any queries contact us on 0131 661 2077