



Care for Carers

Newsletter **February 2022**

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alex@care4carers.org.uk**Office landline number is 0131 661 2077*****Still Caring Spring Programme***

Included with this newsletter is our brand new *Still Caring* Spring Programme including a range of online and in person events. Take your time to have a read through and please get in touch with us to let us know if you would like to book on to one of the events.

Call us on **0131 661 2077**Email **events@care4carers.org.uk**

If you have any questions regarding the programme please don't hesitate to get in touch.

New – Relaxation Evenings

Included in the *Still Caring* programme is information about our weekly relaxation sessions which have now moved to a Thursday evening.

The sessions are run by Alison Hughes who many of you will know through the complementary therapy service. Below are some comments from carers who have taken part in the relaxation evenings:

“being able to join you on the journey's either forest walks or wading through sea or rivers, in my mind it gives me a sense of freedom and normality.”

“I felt all the stress leave my body. I quite got into the colours of the rainbow and floating and I had a good sleep much better than normal.”

Distance Aware Badge

Free badges and lanyards have been launched in Scotland for people worried about Covid risks in public spaces.

The items, which show a yellow shield, signal that the wearer would like others to give them extra space.

The Distance Aware scheme is aimed at people at high risk or those who are nervous about mixing with others.

The badges and lanyards will be available from January 26 at community and mobile libraries and Asda stores. They can also be ordered from the Scottish Government website for a small postal fee.



Scotland Cycle Repair Scheme

Through the Scotland Cycle Repair Scheme, bike shops across Scotland are providing up to £50.

Who can get their bike fixed?

People who wouldn't otherwise be able to afford these repairs.

What repairs are covered?

- Punctures or old tyres
- Problems with brakes
- Gears that don't work properly
- Other issues that stop you using the bike

Search for your nearest participating bike shop either online via the Scotland Cycle Repair Scheme map

www.cyclinguk.org/ScotCycleRepair or look out for a bike shop displaying our poster or window sticker.

You simply contact the bike shop, mention the Scheme and book your bike in for repairs.

CAP Life Skills Programme

The Friday CAP (Christians Against Poverty) Club that is run by Mustard Seed Edinburgh will be restarting on Friday 4th February at 11.30am. There will be sessions from the CAP Life Skills programme helping people on low incomes to look after their money better, to shop wisely and to put together a basic budget to live by. There will also be Job Club sessions for anyone looking to get back to work that cover motivation and confidence, CV writing and interview skills.

The sessions will be followed by a light lunch and people can also come along to the Soul Food breakfast beforehand. Breakfast is from 10-11am, with the Life Skills and Job Club sessions starting at 11.30am.

The address is **St Margaret's Church, 170 Easter Road, EH7 5QE.**

Mustard Seed's Cook Club is also restarting shortly. In addition to practical cooking skills and tips, sections of the CAP Life Skills programme on meal planning, nutrition and avoiding the supermarket traps are also covered. These sessions run from 2-4pm every Tuesday at the same location.

All of these programmes are free of charge and open to anyone. For more information please contact Mark Harris on **07519 268800 / markharris@capuk.org** or David Strang on **07735 513536 / davidstrang@capuk.org**

Long Covid Support Service

COVID-19 is a severe and multi-organ disease, and may have lasting consequences for your body even after the virus has gone from your system. It can also take longer to clear the virus from your system than expected, particularly if you are immunocompromised or have existing health problems.

Long Covid is a blanket term which includes both ongoing COVID symptoms and new symptoms which may develop as a result of COVID-19 infection.

Chest Heart & Stroke Scotland have put together lots of information about Long Covid, including the support detailed below.

Website

<https://www.chss.org.uk/coronavirus/coronavirus-information-and-support/long-covid/>

Advice Line

The Advice Line nurses provide confidential advice, support and information to help you or your family. Whether you need someone to talk to or you are looking for details of local services, the Advice Line will help with any information on living with Long Covid.

To contact the Advice Line nurses:
Call 0808 801 0899 (FREE from landlines and mobiles)

Email adviceline@chss.org.uk

Text NURSE to 66777

Support groups

Many people find it useful to meet others who have been affected by Long Covid.

The Chest Heart & Stroke Scotland Long Covid support group is here to help you manage your condition, find support and talk to others who are also living with Long Covid. The group also enables participants to help shape how we provide help and support for people living with Long Covid.

The group meets regularly via Zoom and also has a Facebook group. For more information, contact the Advice Line on 0808 801 0899 or email LongCovid@chss.org.uk.

Royal Collection Trust Community Zooms

Please see below details about upcoming community Zooms from the Royal Collection Trust.

Anyone is welcome to join with your camera on or off. If you would like the Zoom details please email Erica on erica@care4carers.org.uk

Wednesday 16 February – Royal Artists

Queen Victoria was a prolific artist, and over 4000 of her works are still in the collection. Find out about some of these pieces and some of the other talented royal artists.

Wednesday 2 March – Tapestry tales from the Palace of Holyroodhouse

The Palace of Holyroodhouse has one of the greatest collections of 17th century tapestries in the world. Join Fiona Johnston to hear about the stories behind a selection of tapestries on display at the Palace.

Wednesday 9 March – The Grand Service: Silver-gilt in the Royal Collection

Royal Collection Curator Kathryn Jones will talk about the unique collection of eclectic silver-gilt pieces collected and brought together by George IV as the Grand Service.

Wednesday 16 March – Royal Childhood

Anna Reynolds, Deputy Surveyor of The Queen's Paintings explore themes of royal childhood in some of the finest pictures in the Collection.

Wednesday 23 March – the Royal Photographic Collection

Photographs form a key part of the Collection as a whole and document royalty, celebrities and statesmen; architectural, topographical and landscape works from around the world, exterior and interior studies of royal residences and modern-day events.

Wednesday 30 March – the Civil War at Windsor

Find out how Windsor Castle fared during the Civil War in the 17th century.

Family Fund seeking applications from families in Scotland

Family Fund - a charity that provides grants to families raising a disabled or seriously ill child or young person - is calling for more families in Scotland to apply now for a grant

The charity has recently received extra funding from the Scottish Government, which means additional funds are now available for essential items such as clothing, computer equipment, family breaks, domestic appliances or sensory toys and play equipment.

To find out more about Family Fund, what grant items are available, and who is eligible to apply, visit:

www.familyfund.org.uk/grants-scotland

Wed 9th Feb - Wed 30th March 2022
5 - 7pm ONLINE via Zoom

The course is funded by the Scottish Government
Community-based Adult Learning Fund



The Alma Project is a mental health charity that uses the arts as a therapeutic tool. For more information and to book contact thealmaproject@gmail.com
0770 36 39 334 www.thealmaproject.wordpress.com



DementiArts Winter Edition

Capital Theatres have published their Winter edition of DementiArts, chock full of the usual mix of quizzes, useful information, features, calendars and creative pieces provided by the dementia community.

Highlights this quarter include an interview with Alzheimer Scotland about their new Virtual Resource Centre, an update from the Dementia Dog Project and the latest thoughts from Scotland's foremost Alzheimer's campaigner and activist James McKillop MBE.

Please click on the link below to read online or contact one of the team if you'd like a hard copy posted out to you.

https://www.capitaltheatres.com/media/7396/dementiarts-7_21_12_20-v4-1r.pdf

Virtual Vegan Lunch Club

Run by Vegetarian For Life from the comfort of your home via Zoom. Get in touch via the details below for the Zoom link and password. Open to vegetarians, vegans and meat reducers aged 65 and over.

22 February 1-2pm: Perfect Pancakes
22 March 1-2pm: Moroccan Medley

They will provide the recipes a week in advance for you to cook on the day.

Then join at 1pm on Zoom to enjoy it, chat about the recipe and all things cooking related with the Roving Chef.

To book your place or for more info please contact V for Life at:

0161 257 0887
ellie@vegetarianforlife.org.uk