



Care for Carers

Newsletter ***March 2022***

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Carer Walks Programme

Included with this month's newsletter is our 2022 *Carer Walks Programme*. Our walking group is open to carers and former carers and we have a wide range of walks in and around Edinburgh throughout the year.

Please do take a look through the programme and if you are interested in attending, or finding out more, please contact the team on **0131 661 2077** or email walks@care4carers.org.uk

Please note that you must contact us before attending a walk to book your place. If you have any mobility issues, please get in touch to discuss whether the walk will be appropriate.

Short Breaks Reunion

Please find enclosed with this newsletter a flyer for our upcoming Short Breaks reunion at Our Dynamic Earth on Monday 2nd May.

You are welcome to attend whether you have or haven't been on a short break before. The day will include workshops, time to catch up with fellow carers and staff and we will also spend some time listening to your feedback and suggestions for future breaks/activities. Please get in touch or return the slip if you would like to attend.

Grants for carers through VOCAL

Please see the information below about various grants available to carers through VOCAL. Please note you must be registered with VOCAL to access these, you can register by calling the phone number at the bottom of this information.

Carer recovery fund:

Grants between £250-£500 will be awarded. A significant proportion of this funding must be allocated by the end March 2022 so we would encourage carers to apply as soon as possible.

Further information about the scheme and details on how to apply can be found here:

<https://www.vocal.org.uk/carer-support/info-for-carers/practical-support/carer-recovery-fund/>

Short breaks fund:

VOCAL also distribute grants to carers to obtain a break from caring. The average grant is £300-350 and maximum grant is £600. Carers must sign a 'short breaks policy' every two years at VOCAL that sets out the terms and conditions of these grants, including limits of support.

Further information and details on how to apply can be found here:

<https://weebreaks.com/wee-breaks-edinburgh/>

ScotSpirit Holiday Voucher Scheme

In addition, VOCAL is the local delivery provider for ScotSpirit Holiday Voucher Scheme. The Scheme is funded by Scottish Government and forms part of the Scottish tourism pandemic recovery programme. It will be delivered by Charity Partners, Family Holiday Association, Shared Care Scotland, and the Carer Centre Network.

This Scheme enables unpaid carers to enjoy a 2-3-night subsidised overnight break or day trip in Scotland. It offers a contribution towards an overnight stay in a bed and breakfast, camping/ holiday park, guest house, hotel or hostel or day visit activities in Scotland.

Applications are open now until the end of March 2022 and breaks can be taken up to the 31 December 2022.

Carers can find out more and request a break here: <https://weebreaks.com/event/scotspirit-holiday-voucher-scheme/>

Should you require further information, please do get in touch:

0808 196 6666 or email centre@vocal.org.uk

Still Ready for Work Online Workshops

The Still Ready for Work programme in Scotland supports workers aged 50+ to remain in or return to work, helping them to have enough income, stay connected and enjoy a fuller working life.

They run FREE online Still Ready for Work workshops for people in Scotland aged 50+ that assist individuals with: assessment of skills; digital job searches; social media presence; CV creation; interview techniques and more.

To register for upcoming workshops, please visit the website:

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

Health in Mind – In Person Services

Health In Mind is starting to open in person services once again.

The Listening Space is back at Gilmerton Community Centre. This is open to anyone, over 18, living in Edinburgh.

For Gilmerton the two main changes are, that its happening every fortnight instead of weekly,

People can no longer just drop in, they need to book in advance.

Contact details:

Email: edinburgh@health-in-mind.org.uk

Call: 0131 225 8508 (ask for Anna or Aynsley)

The City-Wide Listening Space is still happening online.

More information can be found here:

https://www.health-in-mind.org.uk/services/drop_in_peer_support_edinburgh/d125/

Engaging with Carers of People with Personality Disorders

Healthcare Improvement Scotland (HiS) are looking to engage with carers of people with personality disorders to participate in short focus groups over next few months.

The involvement would probably be online, but if carers would rather discuss things with Karen from Carers Trust Scotland she is happy to set up a phone call or video chat.

For clarification when we talk about personality disorders some people may know them better by the following terms:

Borderline Personality Disorder (now called Emotionally Unstable Personality Disorder)

Paranoid Personality Disorder

Narcissistic Personality Disorder

Avoidant Personality Disorder (please note this is not the same as demand avoidance associated with autism)

Antisocial Personality Disorder

If you are interested, please get in touch with one of the team and we will forward on your details to Karen.

Find local support and advice services

Take a look at this digital information platform, put together by Street Support Network.

It is focussed on supporting people with housing worries, debt worries and/or homelessness fears or experiences.

It has a brilliant feature which is that you can easily search for the issue you are looking for information on and there is a 'Timetable' button - this brings up what support services are available right now in the area you are in.

Here is the link:

<https://streetsupport.net/find-help/>

Scottish Carer's Assistance consultation

The Scottish Government has launched a public consultation on our replacement benefit for Carer's Allowance, Scottish Carer's Assistance.

The consultation seeks views on how Scottish Carer's Assistance will launch, how Carer's Allowance Supplement should be paid in future and on extra support for people looking after more than one person in receipt of disability benefits.

It also asks for feedback on proposed future changes to eligibility criteria which could be made once case transfer is complete.

Scottish Government would like to encourage carers to share their views and experiences as part of this consultation.

You can read the consultation and respond via the following link:

<https://consult.gov.scot/social-security/scottish-carers-assistance/>

The consultation will run until 23 May 2022.

If you have any questions about the consultation, please do not hesitate to contact us at: ScottishCarersAssistance@gov.scot.



What is Dementia



Information session with Admiral Nurse Service

**Thursday 31st March
11am - 11.45am on Zoom**

What will the session include?

This online information session will be run by Jennifer from the Admiral Nurse clinic in Edinburgh. She will give a 20-30 minute talk on the subject 'What is Dementia', followed by information about the Admiral Nurse service in Edinburgh and time for questions.

Who is the session for?

This session is for carers of people living with Dementia. You are welcome to join whether your cared for person has had a recent diagnosis or if you have been caring for a longer time. There will be lots of useful information and a chance to ask questions.

How to join

Please get in touch with us via the contact details below, we will make a note of your interest and then send you the Zoom link.

To book your place please email
events@care4carers.org.uk or call
0131 661 2077