



Care for Carers

Newsletter

December 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

jacqui@care4carers.org.uk

07394 418 086 – Jacqueline Small

jacqueline.small@care4carers.org.uk

07936 362 868 – Erica Whittaker Wallis

erica@care4carers.org.uk

Carers Support Team

07936 362 867 – Jackie Phillips

jackie@care4carers.org.uk

07597 573 078 – Alex Smith

alex@care4carers.org.uk

07743 935 162 – Catherine Corbett

catherine.corbett@care4carers.org.uk

07743 935 166 – Audrey Cowan

Audrey.cowan@care4carers.org.uk

Information for support over the festive period

Please note that our office will be staffed intermittently over the Christmas period, so it may take us longer than normal to get back to you. If your enquiry is not urgent, please leave us a message with your details and we will get back to you as soon as we can.

However, if you are needing urgent support over this period, you should contact:

Social Care Direct on **0131 200 2324** or on their out of hours number: **0800 731 6969**.

For mental health urgent support contact the Edinburgh Crisis Centre on **0808 801 0414**

You can also send a text to **07974 429 075**.

If you just want to speak with someone over the phone and are feeling suicidal or need emotional support, you can contact Samaritans on their 24-hour free helpline – **116 123**.



From all of us at Care for Carers, we wish you a peaceful and restful Christmas and New Year.

Online Art Sessions

Included with this month's newsletter is a new 6-week Online art class.

Dreamscapes Meditational Watercolour

11am-12.30pm.

Art Materials included.

**Please register interest by 3rd January - call:
0131 661 2077 or email:
stillcaring@care4carers.org.uk**

Let's Be Heard Covid Inquiry

There is still time to share your experiences during the Covid-19 pandemic. This can be done online using the link below or in writing to: Freepost SCOTTISH COVID 19 Inquiry or by emailing:

LetsBeHeard@covid19inquiry.scot

[Scottish COVID-19 Inquiry
\(covid19inquiry.scot\)](https://www.scottishcovid19inquiry.scot/)

Energy Advice Clinic

Changeworks is a registered charity supporting people in a range of ways from saving energy, managing bills and suppliers, insulation, information on services such as the Priority register and heating your home efficiently.

1:1 sessions where you can discuss your energy issues and get information about support available based on your circumstances with one of their energy advisors will be available at Care for Carers on Friday 26th January 11am-2pm.

If you would like to book a place, please contact the office: 0131 661 2077 or email office@care4carers.org.uk

CHANGEWORKS.

Empowering Elderly Care: Survey to Enhance Communication through Technology

The challenges of caring for elderly relatives are demanding, not just physically, but also when communicating among unpaid carers, relatives, and healthcare providers.

Abbi Wilson, a Product Design student at the University of Dundee, is on a mission to revolutionise this aspect of elderly care through her dissertation project. Inspired by her personal experiences caring for her grandparents, Abbi's vision is to create a secure, supportive and user-friendly platform that streamlines communication for unpaid carers, relatives, and healthcare providers, ensuring a more efficient approach to elderly care.

To gain further insight into the communication challenges faced by individuals caring for older adults, Abbi has designed a survey to gather information about carers' experiences of communication. We encourage unpaid carers looking after elderly relatives to take a moment to complete this survey:

Survey link: <https://forms.office.com/e/0qgvsQtedN>

Thank you for taking the time to share your valuable insights and experiences, they will play a crucial role in shaping the project.

Disabled children's experiences of school travel research

The Scottish Government wants to get more children walking, wheeling and cycling to school to improve health, wellbeing and the environment. However, Disabled children's voices and experiences have often been left out of this conversation. Transport Scotland has funded Sustrans to carry out research to understand how Disabled children experience the journey to and from school and what more can be done to support them.

Who can take part:

We are interested in speaking to families with a child in years P4-7, who attends a mainstream primary school and has a disability or additional support needs stemming from a long-term physical, mental or sensory impairment or condition.

How can you take part:

Parents will be invited to take part in an online interview (a guided chat with someone from our research team), lasting around one hour. Parents will receive a £25 supermarket voucher for taking part in the interview.

Children will be given the option of different ways to take part. It's up to them what they would enjoy and feel most comfortable with. We will work with each family to decide what would work best. **Options include:**

- Completing an activity book with drawing / writing activities about their views and thoughts on travelling to school.
- Taking pictures of their journey to school and then talking to a researcher about these.
- The researcher accompanying a journey back from school to see what the journey is like and asking questions about what it's like to travel to school.

Families will receive a £25 supermarket voucher for their child's participation in the research.

Get in touch:

If you are interested in taking part, or would like more information please contact:

Amy.walker@sustrans.org.uk

Crossreach Heart for Art – Dementia Friendly Art Group

Community based art group for people living with dementia. Our group provides respite for carers and enjoyment for participants. If you have dementia or know of someone who does, we would love to meet you. No art experience is needed, just willingness to try.

**Greyfriars Charteris Centre, 138/140 Pleasance, Edinburgh, EH8 9RR
Thursday 1pm-3pm**

To book a space please email: heartforart@crossreach.org.uk

T: 07553 365 802 or 0131 662 6850

Care for Carers Memories 2023

We would like to thank the carers who gave consent to share these memories from some of the Short and Residential breaks and days out throughout this year.



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Alternatively, please call 0131 661 2077

Or email enquiries@care4carers.org.uk

