



Care for Carers

Newsletter *May 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

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Jackie Phillips

Jackie@care4carers.org.uk

Erica Whittaker Wallis

Erica@care4carers.org.uk**Stepping Out® Short Breaks for Carers - Residential Programme**

We are very pleased to announce that our Stepping Out®™ residential short breaks for carers programme is coming back! Look out for the programme which will be sent out with the next newsletter in June!

Walking Group Programme

We are pleased to announce that our Carer Walks will be resuming from this month. Included with this newsletter is our Carer Walks Programme, providing you with information about the walks planned for the remainder of the year.

From quiet, peaceful parks and green spaces in and around Edinburgh to informative city walks, there is something for everyone and you can join as little or as many as you like. Both carers and former carers are welcome to attend the walks.

Covid safety measures will be in place. If you have any questions regarding this, or anything else about the Carer Walks, please don't hesitate to get in touch with one of the team.

Please note, you must contact us to register your interest before attending the walks, please do not arrive on the day without contacting us beforehand.

If you are interested and would like more information, please contact us on:

Tel: 0131 661 2077**Email:** walks@care4carers.org.uk

Update on registration for Covid Vaccines for Carers

Following changes to JCVI advice on the use of alternative vaccines for the under 30s population, they need to be able to match those under 30 to clinics that are not solely offering the AstraZeneca (AZ) vaccine. To minimise the risk of people being appointed to the wrong clinic type, they are adapting the registration options.

Therefore, from the evening of Sunday 25 April 2021, **the online service for eligible unpaid carers to register for their COVID-19 vaccination will be closed.**

Instead, you should phone the COVID-19 Vaccination Helpline on **0800 030 8013** to register for your coronavirus vaccine as a carer. Select option 3, register as an unpaid carer. The process will ask you to share your date of birth, name, address and gender identity, so you can be matched against national NHS Scotland records.

Therapies

Alison Hughes who runs our regular Yoga & Relaxation sessions is also a trained therapist and able to offer treatments to carers for a discounted price:

30 minutes £15

45 mins £20

1 hour £25

The therapies include:

- Swedish Massage
- Indian Head Massage
- Reflexology
- Oncology Reflexology
- Combination Massage

If you are interested please do get in touch and we can provide more information and put you in touch with Alison to arrange an appointment.

FREE LATERAL FLOW TESTING AVAILABLE

Free, fast and regular testing for people who do not have symptoms of coronavirus (COVID-19) is now available to everyone in Scotland.

You can get rapid lateral flow devices (LFDs), for twice-weekly testing, if:

- you **do not** have COVID-19 symptoms
- you live in Scotland
- you have **not** been told to self-isolate

You should **not** access rapid LFD tests in this way if:

- you have tested positive for COVID-19 in the previous 90 days
- you can get tested through your workplace or education setting (ask them for rapid LFD tests)
- you need to take a test for international travel

Do not use a rapid LFD test if you have COVID-19 symptoms. If you have symptoms you must self-isolate immediately and book a PCR test through NHS Inform.

There are a number of ways you can get a rapid LFD test:

Order online for home delivery

- order coronavirus (COVID-19) rapid lateral flow tests here (follow the steps it takes you through):

<https://test-for-coronavirus.service.gov.uk/order-lateral-flow-kits/condition>

Your order will contain one pack with seven LFD tests inside, and it will be delivered to your home in one to two days. You can only order one pack per household each day. If you're ordering for another household in addition to your own household, you should:

- complete a separate order
- use their personal details including name, address, date of birth and email address

If you cannot place an order online, you can order by calling **119**.

Collect a rapid LFD test kit from your nearest COVID-19 test site

Up to two packs of seven LFD tests can be collected per household. If you are collecting for multiple people, up to four packs of seven LFD tests can be collected.

You can collect your packs of LFD tests from a COVID-19 test site between **3.30pm to 8pm**. You do not need to book an appointment.

You must report your result the day you take a rapid LFD test (whether negative or positive). Report your lateral flow test results here: <https://www.gov.uk/report-covid19-result>
More information on how to report your result, as well as information on what to do if your result is positive, is available on NHS Inform.

Free draught-proofing from Care & Repair



This free service includes draught proofing wooden doors and windows. Arranging a free draught proofing assessment to ascertain if you, or an older person you care for, are eligible is simple and can be done by calling on **0131 337 1111**, emailing reception@cre.scot or completing the online form on the website: <https://www.cre.scot/request-a-service/?service-request=Free%20Draught%20Proofing>

Ecas Young People's Partnership Service

Ecas provides friendly and practical support to people with a physical disability in Edinburgh and Lothian, and their Young People's Partnership Service for 18 – 30 year olds is currently taking referrals. Ecas work 1-1 with individuals to identify goals based on their own unique circumstances and support the plans towards these. Each partnership moves at a pace that suits the person and is flexible to make sure they get what they need out of it.

Eligibility: anyone living in Edinburgh/Lothian aged 18 – 30 with a physical disability.

As lockdown and restrictions ease, Ecas can work with someone on planning their next steps, getting involved with their community or accessing support. All meetings will take place over the phone or video call until we can meet in person again.

They accept self-referrals and referrals on behalf of someone else. To find out more, please contact Megan Hood: megan@ecas.scot / 07464 871 733 or visit the website <https://www.ecas.scot/young-people/> to download a referral form.

Scots Literacy Activity Booklet

The latest edition of the popular Scots Literacy pack is here and this time the theme is Spring/Nature.

Lots of activities, poems, jokes and more!

If you would like a copy please get in touch and we can send one out to you.

Free help with debt, life skills and unemployment (Christians Against Poverty)

- **Edinburgh North Debt Centre**

A local CAP Debt Coach will visit you in your own home and spend time understanding your situation. He/she will gather any paperwork you have so that CAP's trained Debt Advisors at head office can work out a realistic budget for you that prioritises your essential bills. Your Debt Coach will then visit you twice more to explain your budget, your options for dealing with your debts, and the monthly payments you need to make. CAP's Debt Advisors will then negotiate affordable payments with each of your creditors and distribute payments on your behalf until you are debt free. If you are in significant debt CAP can also walk you through insolvency options.

- **CAP Life Skills**

CAP Life Skills groups are safe, welcoming places where you can discover new ways to lift the pressure of life on a low income. The eight-week programme includes sessions on budgeting, shopping on a budget, eating healthily, maintaining healthy relationships during stressful times and taking care of your emotional wellbeing. As well as a supportive community, the groups provide one-to-one coaching to help you reach whichever goals you choose to set for yourself.

- **CAP Job Clubs**

CAP Job Clubs are friendly places where you will get practical help as you seek employment. It's a relaxed environment, which gives the chance to meet other people in similar situations, get support and encouragement as an individual, and gain the tools you need to find work. The clubs meet once a week and are run by trained CAP Job Club coaches.

How to refer:

For Debt Help appointments call **0800 328 0006**

For the Life Skills/Job Clubs contact: Mark Harris: markharris@capuk.org **07519 268800**

David Strang: davidstrang@capuk.org **07735 513536**

Nature is Calling Online Drop-in Sessions

Dementia Adventure are offering free, informal sessions for the friends and family of people living with dementia.

During the sessions we'll discuss why getting outdoors is essential to the wellbeing of people with dementia, and how to overcome any barriers to getting outdoors. The sessions will give you the knowledge and practical guidance you need to connect to nature confidently. 'Nature is Calling' encourages people living with dementia and their supporters to:

- Understand the health and wellbeing benefits of nature.
- Overcome the mental and physical barriers to accessing the outdoors.
- Offer practical guidance to build your confidence and plan your outing.

These sessions are online, and have a maximum of 10-12 people, to allow plenty of time for discussion and to ask your questions. One of our experienced trainers will lead the session, share research and resources, and facilitate informal discussion.

You are welcome to book into all 3 sessions or just the one or two that you feel are most relevant to you.

The three sessions are:

Session 1 – The Wellbeing Benefits of Nature

(Thursday 3rd June 10am – 11am)

Session 2 – Misconceptions & Managing Mental Health

(Wednesday 16th June 10am – 11am)

Session 3 – Overcoming Barriers to Getting Outdoors

(Thursday 24th June 10am – 11am)

For more information and to book your place, please visit:

<https://dementiaadventure.co.uk/what-we-do/training-and-consultancy/nature-is-calling/>

Reminder of upcoming Care 4 Carers events and activities

As our Summer Programme continues there's lots to look forward to over the next few weeks. Here's a reminder about a few. Please do get in touch if you would like to sign up for anything or have any questions.

Edinburgh Zoo Virtual Tour (Animal Behaviour and Q&A)

Friday 28th May 11am – 12pm on Zoom

Cooking Demo

Thursday 10th June 10am – 11am on Zoom

Magic Show

Thursday 17th June 7pm – 7.45pm on Zoom

Carers Open Day (Open to carer and cared for person)

Wednesday 23rd June 10am – 3.30pm at Our Dynamic Earth

Men's Group – Bethany Christian Trust

South Leith Baptist Church, Edinburgh EH6 5HA
Happening every **Thursday** between **10:30-12pm**

The Bethany Men's Group is open to any man over the age of 18. It provides a safe and welcoming space to gather, meet friends, build connections, share ideas, try new things and learn from one another. We aim to do this through a varied programme of activities and volunteer support. Light refreshments are provided.

SOME OF THE THINGS WE DO:

- COFFEE AND CHAT
- DISCUSSIONS AND DEBATES
- GAMES AND QUIZZES
- ARTS AND CRAFTS
- FILMS AND SHOWS
- GUEST SPEAKERS
- WALKS AND EXCURSIONS

"I ENJOY THE WELCOME AND FRIENDSHIP, AS WELL AS THE ART, DISCUSSION AND GUEST SPEAKERS."

"I LIKE TO SOCIALISE AND MEET PEOPLE. I BRING IN DOMINOS, CARDS AND JOKES FOR THE BUGLE MAGAZINE."

"THE STAFF ARE NICE AND HELP WITH MATTERS SUCH AS BENEFITS AND ARE GOOD JUST TO CHAT TO."

"GOING TO THE MEN'S GROUP ALLOWS ME TO MEET UP WITH OTHER GUYS WHO ARE IN SIMILAR CIRCUMSTANCES AS MYSELF."