



# Care for Carers

## ***Newsletter***     ***June 2021***

**Contact us:****Telephone: 0131 661 2077****E-mail: [admin@care4carers.org.uk](mailto:admin@care4carers.org.uk)****Web Site: [www.care4carers.org.uk](http://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](mailto:ruth@care4carers.org.uk)**Jacqui Mackay**[Jacqui@care4carers.org.uk](mailto:Jacqui@care4carers.org.uk)**Dipa Ward**[dipa@care4carers.org.uk](mailto:dipa@care4carers.org.uk)**Jackie Phillips**[Jackie@care4carers.org.uk](mailto:Jackie@care4carers.org.uk)**Erica Whittaker Wallis**[Erica@care4carers.org.uk](mailto:Erica@care4carers.org.uk)**Stepping Out® is back!**

We are very pleased to announce that our Stepping Out® Residential Breaks for carers programme is returning with a variety of free 2 – 4 night breaks for Carers in venues across Scotland.

The programme is included with this newsletter. Do take your time to have a look through and see what's on offer. From rural retreats to city breaks there is something for everyone!

Once you have had a chance to read through all the information, please complete and return to us the enclosed application form (via address below). We encourage you to do this as soon as possible.

While we will do our best to allocate you to your preferred break we are unable to guarantee places. Due to Covid19 restrictions we may have to reduce numbers on the breaks. Therefore please do indicate your second preference.

Please return your completed application form to:

**Freepost Plus RTXB-UUCY-EHBU Care for Carers, 151 London Road, Edinburgh EH7 6AE**

Or email it to: [jacqui@care4carers.org.uk](mailto:jacqui@care4carers.org.uk)

If you have any questions regarding Stepping Out® please contact Jacqui on **07394 418 088** or the office landline **0131 661 2077**

## Take part in a self-management course

We have some spaces available on a 6-week digital self-management course based on positive psychology, mindfulness and cognitive behavioural theory, built on 20 years of research evidence from Coventry University. Carers engaged in the programme will be provided with the tools to build their knowledge, skills and confidence whilst helping each other.

The course is run by trained facilitators and includes quizzes, worksheets, audio/video materials, interactive gratitude and goal setting. The sessions are designed to help carers to self-manage whatever difficult circumstances they find themselves in, developing psychological strengths of hopefulness, optimism, confidence and resilience.

This short video has a little more info: <https://vimeo.com/535975948/37dfbb4ced>

Please note that you will need access to a computer, smartphone or tablet to take part.

For more information, or to register your interest please contact Erica on:

**0131 661 2077** or  
[erica@care4carers.org.uk](mailto:erica@care4carers.org.uk)

## Knowledge is Power books

We have some copies of a new booklet called Knowledge is Power which is full of handy hints and resources for people with a new diagnosis of dementia.

If you are interested and would like us to post one out to you please get in contact with one of the team to request this.

## Parkinson's Grants for Carers

Parkinson's UK offers grants to people living with Parkinson's, their partners and principal unpaid carers. The grants are to provide items or services that will help you live well with Parkinson's or will help you access activities that will increase your physical activity or improve your well-being.

People with Parkinson's or other forms of progressive parkinsonism are eligible to apply for a grant. Parkinsonism is a general term for neurological disorders that cause movement problems like those in Parkinson's, such as tremors, slow movement and stiffness.

People who care for someone with either condition who are not paid for their caring role are also eligible to apply for a grant. If you receive Carer's Allowance or any other carer's benefit we don't count that as being paid. In any household or family, only **one** carer - usually the principal carer - may apply in any year.

To apply for a Parkinson's UK Grant, your **total** household savings must be **less than £6,000** if you are applying for **up to £500**. If you are asking for **more than £500** your **total** household savings must be **less than £16,000**.

Here are the items and services you can ask them to pay for:

- **Activities:** max £250 if your household savings are less than £6,000.
- **Electrical items:** max £500 if your household savings are less than £6,000.
- **Respite care:** max £1,000 if your household savings are less than £16,000.
- **Specialist equipment or home adaptation:** max £1,600 if your household savings are less than £16,000.

**You can only apply for items or activities in one of these categories.**

The grants panel may also consider applications for items or activities not mentioned here, if you can explain how the item or activity will significantly improve your quality of life.

If you would like to apply, please get in touch with one of the Care 4 Carers team and we can send out an application form and information sheet.

**The deadline for this round is 31<sup>st</sup> July.**

# Courses for carers

If you are a carer, join us to explore your wellbeing and improve your mental health

Health  
in Mind



## Listening Space (every Tuesday 1-3pm)

Drop in sessions, where carers can discuss their wellbeing and meet other carers

## Anxiety Toolkit (run monthly - 6 weeks)

Course focused on developing skills and strategies to cope with anxiety and stress

## Wellbeing Workshops (run monthly - 5 weeks)

Course exploring breathing techniques, grounding, unhelpful thinking patterns and resilience to improve wellbeing

## Mindfulness and self-care (run monthly - 6 weeks)

Course focused on learning mindfulness techniques to be more relaxed and more grounded

For more information and to register please email or phone Paulina Szach:  
e: [paulina.szach@health-in-mind.org.uk](mailto:paulina.szach@health-in-mind.org.uk)  
p: 07435274586

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)   

This project is a partner in the Carewell Health and Wellbeing Partnership  
Health in Mind is a charity registered in Scotland, number SC004128, and a company limited by guarantee, registered in Scotland, number SC124090. The registered office is at 40 Shandwick Place, Edinburgh EH2 4RT

Health in Mind are also running a range of carers engagement events to mark Carers Week, which runs from 7 June - 11 June. Events include:

- Polish carers in Edinburgh
- Let's talk about...wellbeing!
- Morning coffee
- Evening relaxation
- Anxiety Toolkit – taster

For more information, and to register for one of the engagement events, please email Paulina at [paulina.szach@health-in-mind.org.uk](mailto:paulina.szach@health-in-mind.org.uk), or call 07435274586.

## Dementia Friendly Afternoon Teas

Capital Theatres have monthly dementia-friendly performances which is accompanied by an afternoon tea delivered to your door!

The performance is online or on DVD which can be delivered with your tea. This month the performance is by children and young people from Edinburgh Dance School. Bookings open Monday 7<sup>th</sup> June, sweet teas will be delivered 21<sup>st</sup> June and savoury teas 23<sup>rd</sup> June. Please contact [dawn.irvine@capitaltheatres.com](mailto:dawn.irvine@capitaltheatres.com) or [Linda.hogg@capitaltheatres.com](mailto:Linda.hogg@capitaltheatres.com) to sign up.

## Make your winter feel like summer

Home Energy Scotland is funded by the Scottish Government to help you reduce your heating costs and make your home warmer and more energy efficient.

They will help you identify if you're eligible for free energy saving home improvements like insulation and heating, on average worth around £5,000, through the Scottish Government's Warmer Homes Scotland programme. Making your home more energy efficient can have a big impact on reducing your bills, give them a call on **0808 808 2282** to find out more.

## Wireless interlink fire alarms

It is now a requirement on all homes to have wired in, integrated fire alarm systems before February 2022. Fire Scotland are rolling out installation as of 1<sup>st</sup> April 2021- depending on COVID regulations for owner occupier/high risk/vulnerable people.

There is a handy FAQ page on their website here:

<https://www.firescotland.gov.uk/your-safety/for-householders/fire-and-smoke-alarms-in-scottish-homes.aspx>

Or you can call on 0131 344 5201 for further information.

## Survey: Care and support from your GP Practice

Advocard would like to hear from you about your experiences of care and support from your GP practice since March 2020. The findings will be passed on to the Edinburgh Health and Social Care Partnership and GP practices.

Fill out the survey online here: <https://bit.ly/3yzwKWb>

If you need the questionnaire in a different format or having any questions, get in touch with Becky at [becky@advocard.org.uk](mailto:becky@advocard.org.uk) or call 0131 554 5307

## Carer poem

This poem was shared on our Facebook group and we wanted to share it with you all.

We would love to read any poems or creative writing from more of you! If you have something you have written that you'd like to share please do send it on to us, by email or post.

### 'Who cares for the carers'

*By Elspeth Murray*

Who cares for the carers? Who gives us a break?  
Let the movers move and the shakers shake  
shake  
Till the system works for everyone's sake.

He's always 'my darling', make no mistake,  
But I bite my nails and tear out my hair,  
Don't wait for the break-down – give me a break.

1.1 million in Scotland awake  
knowing they're the ones who have to be there  
to hold up the ceiling, for everyone's sake  
–  
Sharing the load brings change in its wake.  
Since humans are human and sainthood is rare,  
Accept my reality – give us a break.

Respond to the pleas that all of us make  
With phone calls, appointments, petitions and prayer,  
Then stick to your promise for everyone's sake.

We're asking for funding that's fair and not fake,  
For time to recover, to rest and repair,  
We're unpaid carers – give us a break,  
And do the right thing for everyone's sake.

## Restalrig Parish Map

Do you live in Restalrig or did you grow up there?

TRACS (Traditional Arts and Culture Scotland) are working on putting together a parish map of Restalrig, gathering memories and any ideas of what you would hope for and like to see more of in Restalrig.

If you are a local resident and are interested in getting involved please get in touch with us and we will send you a postcard which you can use to write down any memories or suggestions. If you use social media you can also look on their Facebook page to see the stories and feedback as it comes in - <https://www.facebook.com/thethrivearchive>

All responses will be anonymised and will be used to produce a map in the summer that illustrates some of the ideas and suggestions. Ideally, they would like to hear back by post or on via the Facebook page by the end of June.

