



Dear everyone,

We hope you're well & enjoying the summer. In this newsletter you can find dates for your diary, such as our upcoming AGM, Carers Forum, and peer groups. You can also read about how our Carers Week canal boat trip went, some carer wellbeing tips, and more.



## **Edinburgh Carers Council AGM— Wednesday 10th July**

This year we are holding our Annual General Meeting on **Wednesday 10th July, from 2:00pm-4:00pm in the Links Room at our office base Great Michael House, 14 Links Place, Leith, Edinburgh EH6 7EZ.** Join us to get together and discuss our work over the past year!

We will have teas & coffees available. Please let us know if you would like to join the meeting online via Microsoft Teams, as we can accommodate this.

**To book your place, please email [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk) or call our office on **0131 322 8480.****

## **Next Carers Forum—Thursday 11th July 2024**



Many thanks to all who could attend our last Carers Forum in May, where we heard from Nick Bell, Service Manager at the Edinburgh Crisis Centre.

**Our next Carers Forum will be on Thursday 11th July from 11:00am-1:00pm in the Links Room at Great Michael House, 14 Links Place, Leith, Edinburgh EH6 7EZ.**

This will be an open forum where we hope to hear from carers about any issues they are experiencing in the services they, and the person they care for, are currently receiving. It might be around the reviews of current care packages, receipt of direct payments or access to adult carer support plans or breaks/respite for carers. We will discuss how this has affected individuals and their families and will forward your feedback to the Edinburgh Health & Social Care Partnership.

The Forum is open to all unpaid carers supporting someone with mental illness, eating disorder, dementia, learning disability, autism, or acquired brain injury. It is a relaxed setting which enables carers to meet and look at information about current changes and developments within mental health and to discuss and collectively address issues to move them forward. The Forum is a great place to meet other carers and share your experiences. We can also arrange for speakers to join us to talk about issues that are meaningful for you.

**If you have any queries or would like to book your place, please email [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk) or call our office on **0131 322 8480.****

## **National Care Service—Meeting with Scottish Government Policy Team**

We recently met with members of the Scottish Government Policy Team who are developing the National Care Service Bill. Unpaid carers contribute immensely to the social care system in Scotland and we were keen to ensure that this is recognised and supported. Our aim was to highlight the importance of providing carer advocacy and that there is provision for it in the legislation.

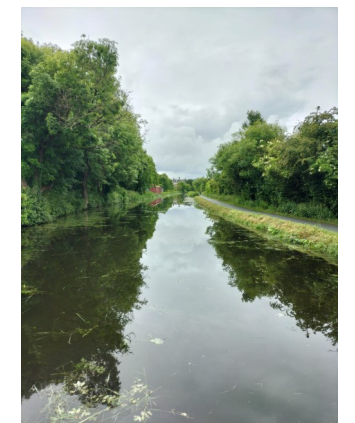
Part of our feedback on the Learning Disability, Autism, and Neurodiversity (LDAN) Bill was that we thought the provision of advocacy was not adequate and we would like to see the inclusion of a right to advocacy for individuals and carers in that legislation.

For more information about the development of the National Care Service Bill, you can visit the [Scottish Government website](#)

## **Canal boat trip—Carers Week 2024**

Carers Week was from the 8th to the 16th of June this year. To celebrate, we organised a canal boat trip on Friday the 14th. The weather turned out to be a bit cloudy and rainy, but we all still had a fantastic time! Thank you so much to all who came along, and a big thank you also to the All Aboard crew for accommodating us.

All Aboard is a canal boat run by People Know How in collaboration with Polwarth Parish Church. They host unique trips on Edinburgh's Union Canal for community groups and organisations.



Edinburgh Carers Council SCIO is a Charity in Scotland: SC 052190. Funded by NHS Lothian.

14 Links Place, Edinburgh, EH6 7EZ 0131 322 8480 [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk) [www.edinburghcarerscouncil.co.uk](http://www.edinburghcarerscouncil.co.uk)

## Carers Week Survey Response

### How do you look after your own mental health and wellbeing?

#### How do you make time just for yourself? If you aren't able to, what might help you to be able to do this more often?

"I need to draw firm boundaries and keep them there."

"Respite care for my daughter was essential as was ensuring that she had good day time activities so that even if I had to provide transport I could have 10am to 2.30 to myself."

"I prioritise my activities which take me out of the house into nature and make me feel good (provided the person I care for is safe). Sometimes I want to do things to forget the caring responsibilities I have."

#### What do you like to do when you can manage to make time for yourself?

"I like to be out in nature preferably near water or the sea."

"For much of the weekday mornings I worked. Having a job and other things to think about helped. At weekends when my daughter had respite I walked, swam and met up with friends. Swimming."

"Being with people in nature helps me, so I volunteer in a community garden (with supportive fellow volunteers), I cycle with sociable groups (where we always have a coffee & cake stop) and do yoga classes. When I'm feeling positive I will cook."

#### What support or activities do you find benefits you personally, and why?

"Gardening or walking or some simple cross stitching or painting. Things to do with colours like growing flowers."

"Getting outside for physical activity. Exercise and being in the natural world were soothing. Meeting friends was a good way to off load – they were patient – and talk about other things."

"Gentle, calming activities with supporting people to remind me that it's someone else's drama that I'm living with. I like to do new and different things. Attending support groups where we can talk openly & frankly to remind me that I'm not alone with the issues I'm facing, and that it's OK to feel the way I do."

#### Is there anything else you would like to add?

"Nature and the seasons are good things for me to stay in touch with. If it's possible I need to express myself through images or words."

"Longer breaks to go on short holidays was wonderful. Now that my daughter is in supported living I wonder how I coped for as long as I did. A sole carers life is isolating and we all need supportive people and space just to be without the pressure of caring lots."

"In the past I found it very difficult to focus on me, to the detriment to my own mental health, and possibly making little difference to the person I cared for. I've now accepted that there are some things which are outside my control to fix and I need to focus on what I can do to support my own mental health (which may mean turning down invites from others)."

### Carers Trust Scotland—Wellbeing Toolkit

Carers Trust Scotland has launched a new 'Caring For You' Wellbeing Toolkit for unpaid carers. Carers and support staff across Scotland shared their own experiences and ideas to help create this toolkit. It has lots of great tips and information on how to handle emotions and maintain wellbeing. **Access the toolkit on the Carers Trust website:**

<https://carers.org/downloads/adult-wellbeing-toolkit-final.pdf>



## Carers Peer Support Groups (General)

Do you care for a relative or friend with mental illness, autism, learning disability, dementia or acquired brain injury? We facilitate peer support groups which are a safe space to meet others, share experiences and feelings, and get information and support.

### Leith Carers Peer Support Group

**Where:** Great Michael House, 14 Links Place, Leith, Edinburgh EH6 7EZ

**When:** Usually second Tuesday of the month from 11:00am-12:30pm

**Next meeting dates:** 9th July, 13th August, 10th September

### Redhall Walled Garden Carers Peer Support Group

**Please note**—We have had to temporarily relocate our meetings from Redhall Walled Garden while the garden is closed on Fridays. In July, the venue will be the Water of Leith Visitor Centre, 24 Lanark Road. Future dates' venue to be confirmed!

**When:** Usually last Friday of the month from 2:00pm-3:30pm

**Next meeting dates:** 26th July (Water of Leith Centre), 30th August, 27th September

To find out more or to book your place, please email [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk) or call 0131 322 8480.

## Carers Peer Support Groups (Eating Disorders)

In addition to our more general groups, we also run peer support meetings specifically for carers and families of adults, or children and young people, with an eating disorder.

### Peer Support Groups for Carers of Children and Young People

**When:** Usually second Monday of the month from 1:00pm-2:30pm

**Where:** Great Michael House, 14 Links Place, Leith, Edinburgh EH6 7EZ

**Next meeting dates:** 8th July, 12th August, 9th September

We also run a group for carers of children & young people who are accessing CAMHS at the Royal Edinburgh Hospital on the second Friday of the month.

### Peer Support Groups for Carers of Adults

**When:** Usually last Tuesday of the month from 1:00pm-2:30pm

**Where:** Great Michael House, 14 Links Place, Leith, Edinburgh EH6 7EZ

**Next meeting dates:** 30th July, 27th August, 24th September

We also run a group for carers of individuals who are inpatients at the Regional Eating Disorder Unit at St John's Hospital Livingston on the last Wednesday of the month.

To find out more about any of the above groups or to book your place, please email [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk) or call 0131 322 8480.

You can also scan the QR code to the right, which will take you to the ['Events' page on our website.](#)



## Keeping Edinburgh Podcast



The 'Keeping Edinburgh' Podcast is an investment by the Edinburgh Health and Social Care Partnership which showcases free-to-access support services in Edinburgh. After some delays, Edinburgh Carers Council will hopefully be featured in an episode 5 airing in August.

A huge thank you to our attendees who shared their stories and experiences! We look forward to hearing them and other organisations in the upcoming episodes.

Episodes 1-4 are out now.

**Listen now:** <https://keeping-edinburgh.captivate.fm/>

**Find out more:** <https://www.edinburghhsc.scot/moregooddays>

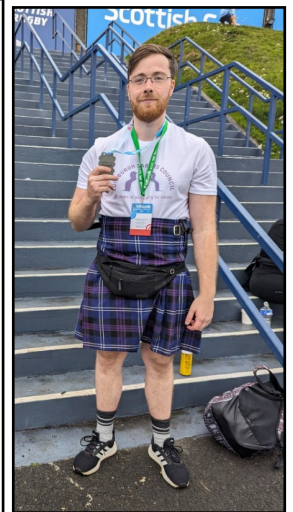
## Kiltwalk—15 September 2024

We are looking for people who would like to raise funds for us by taking part in the Edinburgh Kiltwalk, on Sunday 15 September. There are three distances to choose from, so there is an event for everyone!

You can choose the 5-mile Wee Wander, 13-mile Big Stroll, or the 21-mile Mighty Stride. No matter which distance you choose you will be helping to raise awareness of carer advocacy and funds to support our work.

Our wonderful advocacy worker Glen will be taking part in the Mighty Stride again this year. Please do consider joining or sponsoring him to support his efforts! You can donate to Glen's Justgiving page here:

<https://www.justgiving.com/page/glen-scott-1716973598854>



## A big thank you to all our funders

*thank you*

Many thanks to all who have provided grants to Edinburgh Carers Council. We very much appreciate all of your support to help us to continue our work in advocating for carers & making sure their voices are heard. Recent funders include:

- AMU Charitable Trust
- Provincial Grand Lodge Edinburgh
- Harapen
- James T Howat Charitable Trust
- Murray Foundation
- Nancy Roberts Charitable Trust
- Sylvia Aitkin's Charitable Trust
- The Culra Charitable Trust
- The Ireland Rodden Trust
- The James Wood Bequest Fund
- The Paristamen Charity
- The Pumphouse Trust
- The Squire Patton Bogs Charitable Trust
- The Ward Family Charitable Trust
- The Westwood Charitable Trust
- The WM Mann Foundation
- Walker-Schoolbraid Charitable Trust
- Walter Scott Giving Group

## Please consider donating to Edinburgh Carers Council

We are continuing to fundraise to keep providing the same levels of advocacy and peer support for carers into next year. If you would like to donate please visit our JustGiving page: <https://www.justgiving.com/edinburghcarerscouncil>

**Many thanks to everyone for your support & for being involved in our organisation 😊**

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