



Invitation to take part in focus group for Reset: Edinburgh Community Resilience Programme

What is Reset?

Reset is a new programme designed to increase community resilience to support the health and wellbeing of older people in the city of Edinburgh. Reset is being developed using Participatory Action Research (PAR), facilitated by researchers at Queen Margaret University (QMU), and supported by Cyrenians and Edinburgh Health and Social Care Partnership (EHSCP).

Who is the focus group for?

Anyone who supports older people living in Edinburgh communities as a formal or informal carer.

What is the focus group about?

If you decide to take part, we will ask you to share your experiences of supporting older people. We will also explore your views on things that may impact community support for older people.

Your input is voluntary and will help us shape Reset to ensure it meets the needs of the people using it.

Focus group details

When: **Thursday 19th October, 10:30am - 12:30 pm**

Where: The Carers Meeting Room, Room 1.10, St Margaret's House

If you would like to take part, please contact us via office@care4carers.org.uk or telephone the Care4Carers office on 0131 661 2077. We will provide you with further information about the research and ask for your written consent.

Should you have any further questions about the focus group or the Reset Programme, please contact Lindsay Horton (email: lhorton@qmu.ac.uk; tel: 07724 141 939).



Queen Margaret University
EDINBURGH

cyrenians

Edinburgh Health and
Social Care Partnership