

Care for Carers

“Supporting those who care for others”

Care for Carers is a voluntary organisation which provides a range of support services for carers, including local events and short breaks. We cater to all carers regardless of the age or disability of the person they care for.

We know from our own experience how hard it can be to care for a person living at home. Our services provide opportunities to come and share experiences with other carers, get practical information and find out you are not alone.

Why not come to our relaxed and informal meetings where you will find friendship, support, information and encouragement?

Contact Details

If you would like to talk to us about our services please contact us:

Telephone: 0131 661 2077
Email: enquiries@care4carers.org.uk
Website: www.care4carers.org.uk
Facebook: www.facebook.com/care4carersedinburgh
Twitter: twitter.com/Edincare4carers

Address: **Care for Carers**
Room 4.25
St Margaret's House
151 London Road
Edinburgh EH7 6AE

Care for Carers is funded by the City of Edinburgh Council Health & Social Care Partnership, NHS Lothian, the Scottish Government, the Royal Astronomical Society, the Prevention Investment Fund, the RS MacDonald Charitable Trust, and Dynamic Earth Learning. Care for Carers is a Respite Partner. Care for Carers is a Scottish Charitable Incorporated Organisation. Registered Charity No. SCO 13450.



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PROGRAMMES & SUPPORT SERVICES FOR CARERS



LOCAL SERVICES

Carer Support

One to one support is offered to carers locally. This may be over the telephone, through home visits, or appointments at St Margaret's House or your GP Practice.

There are three group meetings a month, taking place in the afternoon or evening. Two groups are open to all carers; one is for carers looking after a person with mental health problems.

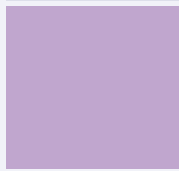


Therapy Sessions

Therapy sessions are held monthly at St Margaret's House. Carers can have one to one appointments for a therapeutic treatment. There is a contribution for this service to be paid directly to the therapist at a subsidised price.

Learning Opportunities & Events

We run a number of courses, information sessions and events each year. The courses cover subjects such as Stress Management and Relaxation, Caring and Coping with Loss in Dementia, and Memory Support using Cognitive Stimulation Therapy. There are also events where the carer and cared for person can come along together. All courses are open to carers citywide.

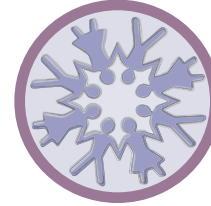


GP Carers Contact Point

Care for Carers holds morning GP Contact Points at St Triduana's Medical Practice on the first Tuesday of each month, and at Leith Mount Medical Practice on the third Thursday of each month. These offer carers information and support, referring carers to other agencies as required.



Our regular **newsletter** provides information about issues of interest to carers. Our current programme is also available on our **website**.



STEPPING OUT[®] SHORT BREAKS PROGRAMME

Stepping Out[®] Short Breaks are breaks for carers specifically tailored to meet their needs and provide them with a break from their caring situation.

The breaks range from an overnight stay to a full weekend away, and take in everything from stargazing to relaxation therapy to socialising. Attendance on the programme is free and applications are accepted from carers across Scotland.

Dedicated Dark Sky Astronomy Breaks are included in this programme.

NATURE WALKS

Care for Carers runs a series of Nature Walks throughout the year, helping carers to get a short break from their caring roles and enjoy the company of other carers. There is a range of walks over the year to suit varying abilities.

We meander through the quiet, peaceful parks and green spaces in and around Edinburgh. Both carers and former carers are welcome to attend the walks. Support and guidance is provided by *Care for Carers* and Edinburgh Council Park Rangers Service.



DAY BREAKS & ACTIVITIES

Care for Carers runs a programme of events throughout the year, helping carers to get a short break from their caring roles and enjoy the company of other carers. Some events will be open to the carer and the cared for person together.

During these events we visit cultural, artistic and natural locations in and around Edinburgh. Both carers and former carers are welcome to attend the events.

We also host a number of Carer Open Days throughout the year, offering workshops and taster sessions on a variety of subjects. The Open Days are fun and a good way to meet other carers.

