



# Care for Carers

## ***Newsletter***     ***December 2020***

**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. All emails are as above just put our first name in place of 'admin'.

Please contact us whether you need to just talk to someone else or have a query that we can help with. We might not know the answer but we will find it out for you! There is so much information to get out that we will be producing weekly or fortnightly newsletters for the duration. Please let us know if there is something you think should be shared.

Our office will be closed over the Christmas period this year. If you do need help with your caring situation over the holidays please call Social Care Direct on 0131 200 2324 (out of hours on 0800 731 6969) or go online at NHSInform [www.nhsinform.scot](http://www.nhsinform.scot), or phone the helpline on 0800 22 44 88.

### **Covid19 Vaccination Programme**

Unpaid carers are on the Scottish Government's priority list for receiving the Covid19 vaccine alongside paid carers and frontline NHS and Social Care staff. We are waiting for more guidance on this but it might be worth you checking that your GP Practice have you listed as an unpaid carer. We are not sure how all unpaid carers are going to be identified for the vaccine but it may well be through your GP Practice. For more information have a look at the Scottish Government website: [www.gov.scot](http://www.gov.scot) and search for Covid19 Vaccine.

### **Capital Theatres, Drama and Dementia Workshops**

Capital Theatres would like to invite anyone with lived experience of dementia and their carers to some creative workshops that test out ideas, scripts, music and build characters for an audio drama in collaboration with The Traverse Theatre. There will be 6 sessions between December and January. We appreciate that time and capacity to get involved can be difficult so you don't need to come to them all, although you are very welcome to. Please look at the following dates and let Dawn know if you would like to take part in the first of these fun and very relaxed sessions: Thursday 10<sup>th</sup> December and Tuesday 15<sup>th</sup> December all at 11am – 12pm on Zoom. If you're interested, please contact Dawn by emailing [Dawn.Irvine@capitaltheatres.com](mailto:Dawn.Irvine@capitaltheatres.com).

## **NHS Lothian Minor Injuries Process**

From Monday 2<sup>nd</sup> November 2020 patients should phone the Flow Centre directly to access Minor Injury assessment across the Lothian area.

Patients who meet the inclusion criteria will initially be offered a video call consultation if they have a smartphone or a Face to Face appointment if they do not. Following a video call consultation the Nurse Practitioner will either give the patient self-care advice or book a face to face appointment.

The Flow Centre is open 8am -8pm Monday to Sunday.

Patient contact number for Flow Centre Minor Injuries is **0300 790 6267**

## **Scots Literacy Packs – Guid Fer a Laugh**

Following on from the activity packs that we advertised in the last newsletter, the Adult Learning Team have put together a new pack for December with a Christmas and New Year theme!

If you'd like one of the packs that includes different activities, jokes and poems just get in touch with us and we'll post one out to you.

## **Life Changes Trust – Caring for the Carer Fund**

If you care for someone with Dementia then you can apply for a grant from the Life Changes Trust for up to £1,000. You should complete the application yourself and can download the application form from their website (see below). If you don't have access to a computer or would like some help with your application then you can contact Life Changes Trust on **0141 212 9600**.

The grant can be used for anything that will support you in the coming months including household items, breaks, counselling and subscriptions. [www.lifechangestrust.org.uk/funding-opportunities](http://www.lifechangestrust.org.uk/funding-opportunities)

## **Lanyards and plastic holders for Face Covering Exemption Card**

You do not need to provide written proof that you are exempt from wearing a face covering, but if it would make you feel more safe and confident in public and when accessing and using public spaces and services you can request a face covering exemption card by completing the online form found on [www.exempt.scot](http://www.exempt.scot) or alternatively you can ring the helpline **0800 121 6240** (Open 10am to 3pm, Monday to Friday) to request a card.

These exemption cards **do not** come with a lanyard or holder, however we are able to provide this for you if you would like one. Please get in touch with us and we will arrange to post one out to you.

## **Scottish Government Carers' Wellbeing Campaign**

The Scottish Government have just launched their new Carers' Wellbeing campaign which is about encouraging carers across Scotland to seek the emotional and practical support that will help them look after themselves.

Before the pandemic there were an estimated 690,000 carers in Scotland but recent polling undertaken by YouGov suggests this figure could have increased by an additional 392,000 since Covid-19 and lockdown. This would take the total potential number of carers in Scotland to around 1.1 million.

Keep a look out for the TV adverts that are raising awareness about this. To find out more about the local support available to carers in your area visit [www.nhsinform.scot/caring](http://www.nhsinform.scot/caring) or call **0800 011 3200**.

## **Sight Scotland - Family Wellbeing Service**

The Family Wellbeing Service will provide practical and emotional support not only to individuals with a visual impairment, but to everyone affected by an individual's visual impairment, including their family, friends and carers. These services will be accessible to all, with person centred interventions delivered digitally, by telephone initially. Initial services will be targeted across the Lothian area to include:

- Telephone and online support service offering information and advice as well as practical and emotional support
- Befriending service to reduce social isolation for individuals, their friends and family.
- Signposting to our own and other relevant support services as required.

If you're interested, please get in touch with us and we can make a referral for you.



Home Instead are looking for people who would like to get involved with **Santa-grams**. Pledges are coming in from people who would like to make or donate a card, picture, drawing, puzzle, crossword, craft kit, bookmark - anything that will fit into an a4 envelope really. And it needn't be festive!

If you know an older person who might appreciate receiving a Santa gram, or alternatively if you'd like to donate something then please contact Joanna on: [joanna.senew@homeinstead.co.uk](mailto:joanna.senew@homeinstead.co.uk) 0131 300 0599

**Christmas Activity books** are also available including quizzes, puzzles etc. if you'd like one of these please contact Care for Carers and we will send one out.

**We wanted to share this poem with you all as a change to all the difficult news we've had this year! Take a moment and enjoy...**

### **Star Clusters by Rab Wilson**

*(from Oor Big Braw Cosmos by Rab Wilson and John C Brown)*

Shoals o silver darlings  
Dairtin throu the lift,

Gowpinfou's o diamonds,  
A Sultan's waddin gift!

Tinsel hankes oan branches,  
Oan ilka Christmas tree,

Sequins shewn oan 'Strictly'  
That blinter oan TV.

Polisht chrome oan Harleys,  
That thunder throu ilk toon,

Tin cans tied tae bumpers,  
Oan auld farrant honeymoons.

Rhinestones at the Opry,  
Silver coins in fountains,

Keekin oot an aeroplane,  
At snaw capped winter mountains.

Swarovski crystal craiturs,  
Oan glass shelves o dazzling licht,

Fireflies that flauchter,  
An set lowe the tropics nicht.

### **Edinburgh Leisure – CAP (Community Access Programme) cards**

If you have a CAP card for Edinburgh Leisure services that was due to expire between 1st of March 2020 and 31st of December 2020, these have been extended to the **31st of March 2021**.

At present the following activities are available:

- Gym
- Fitness classes
- Swimming
- Tennis and badminton
- Climbing

All access to activities must be pre-booked. If an individual arrives without a pre-booking, they will be refused entry. They can also only cater for individual visits at this time, group bookings are unavailable.

Booking a session can be done via their website or through the free Edinburgh Leisure app. The app is available for both Apple and Android devices.

CAP card holders can book from 9.00pm 1 day in advance.

We have got a full information sheet that we can send out to you if you wish – just contact us to request this.

**Unfortunately, at the moment Edinburgh Leisure aren't taking any new referrals for CAP cards, so this only applies if you already have one.**

## **EDINBURGH QUIZ ANSWERS – Courtesy of Football Memories Scotland**

- 1) Edinburgh's last tram made its final journey on 16<sup>th</sup> November 1956
- 2) 92 Fountainbridge
- 3) Calton Prison in Regent Road , opened in 1817 and at one time the largest in Scotland, closed in 1926 to be replaced by Saughton.
- 4) Bell was born at South Charlotte Street in March 1847.
- 5) The first official Edinburgh Military Tattoo took place on the Castle esplanade in 1950.
- 6) Before amalgamation the Half Way House on Leith Walk lay on the boundary of both Edinburgh and Leith. With the licensing regulations for both different at the time, it is said that customers in one half of the bar were allowed an extra 30 minutes drinking up time.
- 7) The first rules of golf were said to have been drawn up in Luckies Tavern in the Kirkgate.
- 8) Port Hamilton in Fountainbridge took its name from the basin at the extreme east end of the Union Canal which officially opened in 1822.
- 9) Leith and Edinburgh officially amalgamated in 1920.
- 10) The memorial to honour the 216 soldiers of the 7<sup>th</sup> Royal Scots that perished in what is still to this day Britain's costliest rail accident in May 1915 is in Pilrig Cemetery.
- 11) Opened in 1870 Princes Street station, which was also known as the Caledonian Station, closed in 1965.
- 12) Trinity House in the Kirkgate in Leith was for many years the centre for maritime administration but is now a museum.
- 13) The Pools Synod Hall in Castle Terrace and the Pools Roxy in Gorgie Road were both owned by the same family.
- 14) Hibs, Hearts, Leith Athletic, St Bernard's and Edinburgh City.
- 15) Edinburgh's other ice rink, opened in 1912 and closed in 1978, was in Haymarket Terrace not far from the railway station.
- 16) Arthur Conan Doyle was born at Picardy Place in May 1859
- 17) Before amalgamation both Leith and Edinburgh had different tram systems, Leith electric and Edinburgh cable. Passengers wishing to travel from Leith to Edinburgh or make the reverse journey were required to change at Pilrig.
- 18) Prince Albert, husband of Queen Victoria laid the foundation stone in 1840. Work started on the building in 1841 and was completed in 1846.
- 19) John Meikle Kemp designed the Scott Monument in Princes Street. Unfortunately the architect would miss the official opening in 1846 as he had drowned in the Union Canal two years before.
- 20) Robb's shipyard in Leith was one of several shipyards throughout the country that constructed parts of the Mulberry Harbour that was to prove so vital to the success of the invasion.
- 21) The famous magician the great Lafayette, a friend of Houdini, tragically died in a fire at the Empire Theatre in 1911 and is buried beside his dog Beauty at Piershill Cemetery. Animals are not normally allowed to be buried in a human cemetery but special permission had been granted.
- 22) Robert Louis Stevenson who was born at 8 Howard Place in 1850.
- 23) The Leviathan was the world's first roll on roll off train ferry on the passage between Granton and Burntisland that began in 1850.
- 24) The two Edinburgh Saturday sports papers were the Evening News Pink and the Green Dispatch.
- 25) The equestrian statue to Earl Haig that was originally on the castle esplanade has since been moved inside the castle itself.
- 26) Before changing its name to Frasers the department store was called Binn's, the building originally known as Maul's.
- 27) The brass stones mark the site of what was once the city gallows, one of its many customers Deacon Brodie who has a pub named after him just a few yards away.
- 28) Launched in 1882 HMS Dolphin had a chequered career. Later a training ship berthed at Leith Docks for almost 50 years she was broken up in 1977.
- 29) The first manned balloon flight in the entire country was said to have been made by a James Tytler in August 1784. The flight which took off from somewhere around what is now Lower London Road, it reached a height of 350 feet before landing a few minutes later at Restalrig.
- 30) Burke and Hare.