

Edition #4

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## YOUR CARE 4 CARERS NEWSLETTER

*Supporting those who care for others*



PHOTO OF THE MONTH ISLE OF COLL - MARCH 2024

### CARE 4 CARERS SERVICE UPDATES

**READ MORE** 

We are pleased to include with your newsletter the new Still Caring Summer programme of day and evening activities. We hope you enjoy the range of opportunities available within this programme.

To register your interest please email:

[stillcaring@care4carers.org.uk](mailto:stillcaring@care4carers.org.uk) or call the office on **0131 661 2077**.

**STILL CARING  
SUMMER  
PROGRAMME**

### VOLUNTEER OPPORTUNITY

### READ MORE

The Care Inspectorate are recruiting for adult inspection volunteers. To become a volunteer, applicants must have experience of using care or supporting a relative or friend using a care service. Our involvement and equalities charter outlines how we involve people who use care services and informal carers in our work. A copy of the charter can be downloaded here:

[https://www.careinspectorate.com/images/Involvement\\_and\\_equality\\_charter.pdf](https://www.careinspectorate.com/images/Involvement_and_equality_charter.pdf)

If you would like to apply to become an inspection volunteer or to find out more, please email: [get.involved@careinspectorate.gov.scot](mailto:get.involved@careinspectorate.gov.scot)



Please note: The content of this newsletter is for general information purposes. Care for Carers does not provide representations or recommendations about the organisations or services we share within this newsletter.

OTHER NEWS... >>>

## DRAMA FOR DEMOCRACY

Active Inquiry presents: Policy making through theatre  
Are you interested in theatre? Are you interested in politics?

Our project is open for new members. We are a diverse group of people with experiences including homelessness, addiction, domestic violence, mental health difficulties, caring responsibilities, asylum seeking, and long term illness. We are passionate about challenging and changing the barriers that we and others face. We meet weekly on Thursdays in Leith or you can join on Zoom. To find out more or to take part please contact Gavin:  
**[gavin@activeinquiry.co.uk](mailto:gavin@activeinquiry.co.uk) or call: 07714321629**

## NEW E-MODULES FOR CARERS >>>

Dundee Carers Centre are thrilled to announce the launch of two new e-modules for unpaid carers who may be interested in enhancing their cooking and shopping skills within a budget.

The Shop Smart and Cook Smart Module can be found here:  
**<https://carersofdundee.org/learning/nutrition-food-mood/>**

## BUDGET FRIENDLY SHOPPING AND COOKING MODULES FOR UNPAID CARERS

## ALZHEIMER SCOTLAND CENTRE FOR POLICY AND PRACTICE RESEARCH

>>>  
Study being conducted by The University of the West of Scotland. They are looking for carers of people with dementia. The study is open until July.



**ARE YOU A FAMILY CARER OF SOMEONE LIVING WITH DEMENTIA?**

**Who:** Researchers at UWS are conducting a study looking to explore the diets of family carers (18 years or older) responsible for providing nutritional care to a person with living with dementia.

**What:** The study involves filling out a series of questionnaires related to your diet (this should take no more than 30 mins to complete). Additionally you may be asked to complete a one-to-one interview (~ 60 mins).

**Where:** The study can be completed at UWS Lanarkshire campus or online in your own home.

For more information please email: [michael.smith@uws.ac.uk](mailto:michael.smith@uws.ac.uk)



## EDINBURGH COMMUNITY FOOD PROJECT

A project providing food and everyday essentials, support and advice while working with individuals, communities and partners to address food poverty. Information on current activities are included in their monthly newsletter - including access to healthy eating groups and the food stall at the Royal Infirmary Edinburgh. Newsletter can be accessed here:

**<https://www.edinburghcommunityfood.org.uk/news/latest-newsletter>**





## ◀◀◀ CANCER CARD

Cancer Card is a charity whose main aim is to support the NHS by supporting everyone affected by cancer, enabling them to access information, services and support, all in one place. Information is available for patients, partners, family, friends and employers. For further information and to access the website follow this link: <https://www.cancercard.org.uk>



## HEALTH IN MIND ▶▶▶

Health in Mind is a charity offering a range of mental health services. They offer support sessions to carers living in Edinburgh which can support and improve your wellbeing. To find out more or to register, call: 0131 225 8508. A link to their website for further information can be found here: <https://health-in-mind.org.uk>

Are you an unpaid carer?  
**We can support your mental health and wellbeing.**

Health in Mind now offers individual support to help you develop strategies and coping skills in your caring role.

We can offer up to 10 individual support sessions to carers living in Edinburgh. This service can offer support around:

- the impact of your caring responsibilities
- building self-confidence
- setting boundaries
- improving your mental health and wellbeing

Contact us for more information:  
Call: 0131 225 8508  
Web: [health-in-mind.org.uk](https://health-in-mind.org.uk) (enquire here: <https://health-in-mind.org.uk/enquiry-form/>)

We're part of the Carewell Health & Wellbeing Partnership  
[www.health-in-mind.org.uk](https://www.health-in-mind.org.uk)

Health in Mind is a charity registered in Scotland, number SC004128, and a company limited by guarantee, registered in Scotland, number SC23496. The registered office is at 41 Stanwick Place, Edinburgh EH7 4HT

## ◀◀◀ WARMER HOMES SCOTLAND

Warmer Homes Scotland is a Scottish Government funded programme designed to help people in Scotland make their homes warmer and more comfortable. The programme covers a wide range of energy efficient improvements like wall and loft insulation, draught-proofing, central heating and renewables. For further information please visit the website: <https://www.homeenergyscotland.org/funding/warmer-homes-scotland/> or call 0808 808 2282.



## NHS DENTIST PATIENT INFORMATION ▶▶▶

Access to an NHS dentist has become challenging. We have included a link of dentists which are currently taking new patients under the NHS for your information. Please note this is subject to change but the link can be found here: <https://services.nhsllothian.scot/dentists/wp-content/uploads/sites/52/2023/12/Practices-Accepting-NHS-Patients-1.3.24.pdf>

**NHS  
DENTIST  
ACCESS**

## READ MORE >>> ROYAL BOTANIC GARDEN EDINBURGH

The Royal Botanic Garden Edinburgh have a regular programme of free health and wellbeing activities that take place on site. Please see below the current activities, to book a place please contact us and we can make a referral on your behalf.

**FREE  
HEALTH &  
WELLBEING  
ACTIVITIES**

**FOOD SOCIALS** - are open to anyone who wants to cook and share delicious seasonal food with other people, using fresh produce from our vegetable garden for the sessions. All meals are vegetarian and dietary requirements will be catered for. The groups are offered in 6 week blocks on Friday 10.30am-1pm. Summer block starts 10th May and Autumn block starts 13th September.

**SOUP & BLETHER** - Drop in opportunities to find out more about the programme and meet the team. No cooking involvement. Session dates are: 9th August and 23rd August 12-1pm.

**GARDEN THYME GROUP** - will be a closed group for individuals living with Dementia or Alzheimer's along with family members or carers to come together twice a month as a group and engage in nature related activities such as gentle gardening. Sessions are based at the Botanic Cottage on Wednesdays 2pm-4pm from April - October.

**MOVE MORE** - A weekly group for people experiencing cancer. Grow vegetables and exercise gently in the restorative greenspaces of the Botanic Gardens. Group sessions are on Wednesday mornings.

Referrals can be made by contacting Care for Carers on: 0131 661 2077 or email: [office@care4carers.org.uk](mailto:office@care4carers.org.uk)

### DATE FOR THE DIARY

- **Monthly Carer Support Group (Room 1.10)**  
1.30pm-3pm

**Last Thursday of every month**

Please note that this group is not a drop in and you must register your interest with us beforehand.

Call us on **0131 661 2077** or email [office@care4carers.org.uk](mailto:office@care4carers.org.uk)



### CARERS CORNER...

**Do you enjoy crafts? Do you want to be part of a supportive group?**

If you are interested in attending a drop in session once a month with your own project while spending time with other carers -



Please call us on **0131 661 2077** or email [stillcaring@care4carers.org.uk](mailto:stillcaring@care4carers.org.uk)  
**Refreshments will be provided**

If you no longer wish to receive our newsletter, please scan the QR code (right) to unsubscribe. Alternatively, please call 0131 661 2077 or email [office@care4carers.org.uk](mailto:office@care4carers.org.uk) or use our FREEPOST address: FREEPOST Plus RTX B-UUCY-EHBU Care for Carers 151 London Road, Edinburgh EH7 6AE

