



# Care for Carers

## ***Newsletter***      ***October 2021***

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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.

**Email Contacts****Ruth MacLennan**[ruth@care4carers.org.uk](mailto:ruth@care4carers.org.uk)**Jacqui Mackay**[jacqui@care4carers.org.uk](mailto:jacqui@care4carers.org.uk)**Dipa Ward**[dipa@care4carers.org.uk](mailto:dipa@care4carers.org.uk)**Jackie Phillips**[jackie@care4carers.org.uk](mailto:jackie@care4carers.org.uk)**Erica Whittaker Wallis**[erica@care4carers.org.uk](mailto:erica@care4carers.org.uk)**Winter Programme**

Enclosed with this newsletter is our next *Still Caring* Winter Events Programme, we've got a fantastic range of events coming up, including online and in person activities. Take your time to have a look through and please don't hesitate to get in touch if you have any questions.

If there's anything you'd like to sign up for, please email [events@care4carers.org.uk](mailto:events@care4carers.org.uk) or phone **0131 661 2077**.

**Pamper/Activity Packs**

Thank you to everyone who has put their name forward for a Pamper/Activity pack. We will be doing the draw on Monday 4<sup>th</sup> October. If you are a lucky winner then we will contact you that week to arrange a time to get it to you.

**Covid Booster/Flu Vaccination information**

This newsletter contains information about upcoming vaccinations available to carers. Do read through carefully, if you have further questions please contact the vaccination helpline number on 0800 030 8013 (available 8am–8pm 7 days a week).

## **National Care Service: Consultation now open**

In February 2021 The Independent Review of Adult Social Care (Feeley Report) set out a bold and ambitious vision for adult social care in Scotland that has the potential to transform the lives of people with social care needs and unpaid carers. One of the most far-reaching and ambitious recommendations made by the Review was the development of a National Care Service (NCS).

The Scottish Government supports this recommendation and has set out proposals on how they think the National Care Service should operate. They are now asking for people to share their views on this through a consultation paper.

It is vital that the views of carers and those they support are heard as part of this process. In order to help carers have their say the National Carer Organisations are preparing a number of briefing documents to summarise the main issues, these briefing documents can be downloaded here:

<https://www.sharedcarescotland.org.uk/national-carer-organisations/>

An Easy Read version of the consultation is available here:

<https://www.gov.scot/publications/national-care-service-scotland-consultation-easy-read/pages/1/>

## **Community Zooms from Royal Collection Trust**

The Royal Collection Trust have been running Zoom sessions throughout September, providing talks on different royal residencies. Join them for their series finale!

### **Wednesday 20 October 2pm- Royal Homes Series Finale**

Join the 'winning' presenters from each of the previous sessions to have one last chance to tell you about the fascinating history of the Royal Homes that they are representing.

Please contact us to request Zoom login details.

## **Covid Booster Vaccines**

Like some other vaccines, levels of protection may begin to reduce over time. The coronavirus (COVID-19) vaccine booster dose will help extend the protection you gained from your first two doses and give you longer term protection.

The booster dose can be offered any time at least 6 months after your second dose and will help reduce the risk of you needing to go to hospital due to coronavirus this winter.

If you're eligible, your flu and coronavirus booster vaccines will be given at the same time, one in each arm.

### **Who is eligible for the booster dose?**

The Joint Committee on Vaccination and Immunisation (JCVI) recommends that the booster dose of the coronavirus vaccine is offered to:

- those living in residential care homes for older adults
- frontline health and social care workers
- all adults aged 50 years or over
- adults aged 16 to 49 years with underlying health conditions that put them at higher risk of severe coronavirus
- adult carers (aged 16 or over)
- household contacts (aged 16 or over) of immunosuppressed individuals

You will be offered a booster dose of either Pfizer/BioNTech or Moderna vaccine. AstraZeneca may be given as your booster dose if you have medical reasons that mean you cannot have Pfizer/BioNTech or Moderna.

### **How you will be invited for vaccination**

NHS Scotland are following the JCVI advice and offering a booster dose to those most at risk first.

You are eligible for both a flu vaccine and a coronavirus booster if you are:

- an adult aged 50 and over
- an adult carer, unpaid carer or a young carer aged 16 years or over
- aged 16 and over and a household contact of someone who is immunosuppressed

Depending on when you had your second dose of coronavirus vaccine, you may need two separate appointments.

You will be able to book an appointment via the online portal soon.

Letters will then be issued to anyone in these groups who haven't booked an appointment.

For more information, visit

<https://www.nhsinform.scot/covid-19-vaccine/the-vaccines/coronavirus-covid-19-booster-vaccination>

## Scots Song Workshop

*With esteemed musician Mairi Campbell*

**Thursday 28th October 6pm - 8pm  
at St Margaret's House**

"The sang's the thing!"

Come and learn a few classic Scots songs with Mairi Campbell. Mairi led the folk choir Sangstream from 2000–2012 and wrote a number of beautiful and simple arrangements.

In our workshops there'll be warm-ups and voice support. It's a chance to sing together, meet one another and have some fun.

No experience required; just turn up. Very good for the soul!

To book your place please contact us by phone or email:  
**events@care4carers.org.uk** or **0131 661 2077**

### Eastern Facial Massage available with Alison Hughes

Therapist Alison Hughes is now offering Eastern Facial Massage to carers at a subsidised rate.

How Can it Help?

Eastern Face Massage can help in a variety of ways:

- Increases blood circulation, enabling capillaries to deliver nutrients more effectively to the skin's surface
- Stimulates the nervous system
- Improves the Lymphatic flow, transporting bacteria and toxins away from skin cells
- Balances the energy
- Helps skin feel and look refreshed
- Reduces muscle tension
- Tightens and tones skin and underlying muscles
- Relieves stress headaches, eye strain and insomnia
- Reduces and releases any muscle tension in the face and jaw
- Enhances mental and physical relaxation

For more information and to arrange an appointment, please contact Alison on **07753352191** or email **alisonhughes.hughes@gmail.com**

## Saturday 16<sup>th</sup> October THE RIPPLE WELLBEING DAY

This is the Ripple Project's second annual wellbeing day, put together by their wellbeing co-ordinator Cat Robertson. She has organised a menu of activities that people can come and join in with **ALL FOR FREE**.

Available on the day:

- Silent Disco
- Sing in The City
- Capoeira
- Drumming
- Group Mindfulness
- Creative writing
- Art Workshop
- Hypno/reiki
- Reiki
- Massage
- Reflexology
- Kinetic Chain Release

**NO NEED TO BOOK** – turn up from 9am til 4pm –  
The Ripple, Lochend and Restalrig Community Hub, 198 Restalrig Road South, EH6 6DZ

For further information email [catriona.robertson@theripple.org.uk](mailto:catriona.robertson@theripple.org.uk) or call 0131 554 0422

### Deepness Dementia Radio

Why not have a listen to this radio station based up in Lewis. Founder, radio presenter, writer and poet Ron Coleman and other presenters are all living with dementia and are experts by experience of what a dementia community will like in a radio station.

There is a great array of music, Interviews with activists and the cognitively impaired discuss living well with dementia. Other segments include storytelling and "Dementia Island Disks".

Listen here:

<https://www.deepnessdementiamedia.com/deepness-dementia-radio>

## Online information & support sessions for families, friends and carers of people with Parkinson's

Parkinson's does not only affect the person with Parkinson's. Family and friends can also be affected in many different ways. It can be helpful to get together with others who understand your situation. Parkinson's Scotland discovered during the pandemic that online sessions provide a valuable way for people to meet with others across Scotland and access support by sharing experiences and information. So, they have designed an Autumn programme of information and support sessions specifically for families, friends and carers of people with Parkinson's. Here are the upcoming sessions:

Tuesday 26<sup>th</sup> October 7pm – 8.30pm  
**Parkinson's UK - how we can help** find out about our information and support services. We are here for people with Parkinson's and their family, friends and carers too. This session will cover how we work, the types of support we offer and how to access our services. (Presentation with Q&A)

Tuesday 30<sup>th</sup> November 2pm – 3.30pm  
**What can we learn from each other?** an informal session where participants can learn from their shared experiences of supporting someone with Parkinson's. This session will be relevant whether you are supporting someone who is newly diagnosed or if your partner, friend or family member has had Parkinson's for a long time.

It can be difficult to discuss how Parkinson's has impacted on you in front of the person with Parkinson's, so **these Zoom sessions are only open to family members, friends and carers.**

For more details, please contact Chloe on **0300 123 3679** or at **scotland@parkinsons.org.uk**



## Autumn/Winter 2021-22 Vaccinations Programme Unpaid carers Q&A

### I am an unpaid carer – will I be eligible for the flu vaccine this year?

Yes. **All unpaid carers and young carers are eligible for the free flu vaccine.**

This year, the eligible groups have been extended to also include everyone aged 50 and over and all primary and secondary school children.

Further information about the eligible groups can be found on NHS Inform.

### How do I register or make an appointment for the flu vaccine if I am an unpaid carer?

- Young carers in primary and secondary school will be offered the flu vaccine as part of the schools programme.
- Those aged 70 or over will be contacted by their local NHS health board with details about their appointment.
- For those aged under 70, an online booking system will be available as well as the option to call the national phone line to book an appointment.
- The Scottish Government want to ensure that all unpaid and young carers know they are eligible for the free flu vaccine. Some carers will be contacted directly to encourage them to book and there will also be a public marketing campaign to raise awareness and encourage people to come forward.

### Will I need to prove that I am an unpaid carer in order to get the flu vaccine?

No. You will not have to show any form of verification when you register, or when you attend your appointment, to prove you are an unpaid carer.

### When will I be offered the flu vaccine?

Further information will follow about when you will be contacted with your appointment details or called forward to book your appointment.

**Here is another wonderful poem, written by one of our members, Peter. Please do send us any of your own creations, we always love to read them!**

### “Believe”

I am but one of the many we know.  
Who Cares for a loved one, through Wind Hail or Snow.  
The Tasks they are many and Rewards they are few,  
But at least we can all say it;  
“I Love You”  
The Carer is hardened to Life's nasty Style  
But it Reaps its Rewards  
From that wonderful smile.  
That Smile it works wonders  
From the one that you love  
Like the Sun in The Sky  
As it shines from above  
To Care for another, this comes from The Heart  
So keep on Believing  
Like you did from “The Start”.

Peter Charleton.