

Edition #12

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May 2025

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YOUR CARE 4 CARERS NEWSLETTER

Supporting people who care for others



STEPPING OUT - ISLE OF COLL MARCH 2025

CARE 4 CARERS SERVICE UPDATES

Welcome to our May newsletter. In this month's newsletter we are pleased to share our new **'Still Caring'** summer programme, latest updates, events and resources to support you. We are also happy to hear from you if you would like to share a useful resource for other carers or you need further information. Please take some time to read through the events and if you are interested in attending please email us at: **stillcaring@care4carers.org.uk** or call: **0131 661 2077** to register your interest.

WANDERWOMAN OVERNIGHT RETREAT

There is a flyer included with your newsletter with information about an overnight Wanderwoman event for female carers. Please contact us for more information and to register your interest: **stillcaring@care4carers.org.uk** or call **0131 661 2077**.

OTHER DATES FOR THE DIARY



UPCOMING EVENTS

WEEKLY EVENTS

Monday - Gentle Yoga 12.30pm
Tuesday - Creative Writing 11am-1pm and
Online Meditation 11am
Wednesday - Online Relaxation 7pm

MONTHLY EVENTS

Wednesday 28th May Carers Craft Group 11am-1pm
Thursday 29th May Carers Walking Group 10am Meet
Thursday 29th May Carers Support Group 1.30pm-3pm

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.



Scottish
Women's
Budget
Group

>>> SURVEY 2025

The Scottish Women's Budget Group has just launched its fourth women's survey: **Introduction : Scottish Women's Budget Group Women's Survey 2025**

This annual survey is an important opportunity for women in Scotland to share their views on public spending and how it affects their lives. This year, it focuses on three key topics: Women's financial situation, Council Tax and Fresh food and health.

We want to hear directly from women about how their financial circumstances may have changed over the past year, how much unpaid care work they do, and the impact this has on their lives. We're also gathering views on recent Council Tax changes and asking about access to fresh food and its links to health. **The deadline for taking the survey is 31st May.**

EDINBURGH SMART HOME - TECH DROP IN'S <<<

The **SMART Home** has the latest gadgets and tools that can help with everyday tasks, keep you safe, and make life more comfortable.

Attendees will get hands-on demos of gadgets, chat with one of our tech team, and discover the possibilities that integrating technology can bring.

Edinburgh Community Rehabilitation and Support Service, 62 Longstone Street, EH14 2DA

First Friday of every month – 10.30-12.30pm

TECH DROP IN

@ EDINBURGH'S SMART HOME

First Friday of every month – 10.30-12.30pm

Edinburgh Community Rehabilitation and Support Service
62 Longstone Street, EH14 2DA

Are you or someone you know looking for ways to stay independent at home? Exploring new technology can be confusing, but we're here to help make it easier.

You are invited to visit our SMART Home, a special place designed to show how modern technology can make life better for people with disabilities or health conditions, and their carers. The SMART Home has the latest gadgets and tools that can help with everyday tasks, keep you safe, and make life more comfortable.

Our friendly staff will be on hand to show you how everything works and help you find the right solutions for your needs. You can try different devices and see how they can help you - or a loved one - stay safe, connected, active, and well. These include:

SMART SPEAKERS &
VIDEO CALLING

VOICE-ACTIVATED
DEVICES

HOME MONITORING
SENSORS

COMMUNITY ALARM
& TELECARE

COMPUTER ACCESS
TOOLS

ADAPTED BATHROOM
AND KITCHEN

Don't miss this chance to see how technology can help you live independently at home. Join us at our drop-in events at the SMART Home and explore the possibilities!

If you'd like to find out more about the SMART home, or make an separate appointment to visit, please get in touch at cotrs@edinburgh.gov.uk

Edinburgh Health and
Social Care Partnership



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RESPIRE AND RESIDENTIAL INFORMATION



Murrayfield Care Home have an introductory offer available. To discuss this offer and availability please contact them to discuss care needs on: **0131 313 4455**. Murrayfield Care Home offers Dementia and nursing care.

LEUCHIE HOUSE - NATIONAL RESPIRE CENTRE

Leuchie House are a charity offering families a break from the physical and emotional responsibilities of caring for a loved one. They support individuals and families living with neurological conditions such as MS, MND, Parkinson's and Stroke, through short respite breaks and outreach services. Care for Carers can email you the latest information or you can contact Leuchie Booking Team to discuss your needs on: 01620 892 864.

VOCAL WEE BREAKS



VOCAL have availability for unpaid carers to have an accessible break in their holiday homes. Further information about the accommodation and availability can be found on their website:

<https://weebreaks.com/our-holiday-homes/>

If you have any questions or would like to request a booking, you can email: holidayhomes@vocal.org.uk



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MORE SERVICE UPDATES & SUPPORT AVAILABLE >>>

RESPITALITY - SHARED CARE SCOTLAND >>>

Care for Carers are a delivery partner of Respitality. We understand how important regular and short breaks are for carers health and wellbeing. Here are a few reasons why Respitality breaks are so beneficial to unpaid carers.

Breaks donated to Respitality are free of charge, however there may be other costs associated with your break.

You are welcome to bring the cared for person on the break if you wish. Leave the paperwork and calls to us.

The planning and booking of the break is coordinated entirely by Care for Carers therefore there is no pressure on you to plan your break. To register your interest in Respitality you can complete the form using this link:

<https://forms.office.com/e/T8EiaMwMt7> or call the office 0131 661 2077.



Social Security
Scotland



A HELPING HAND FOR CARERS

An unpaid carer is anyone who looks after a friend, family member, or neighbour due to either old age, physical or mental illness, disability, or an addiction.

When you are caring for someone, there is a wide range of support available to you. This includes help from your local carer centre, wellbeing support, financial assistance and access to short breaks.

To find out more about the help available visit: www.mygov.scot/help-for-carers

Pension Age Disability Payment is now open for applications across Scotland.

The payment is for people of State Pension age who are disabled or those with a long-term health condition that means they need help looking after themselves or supervision to stay safe. It is also available to pensioners who are terminally ill.

People currently getting Attendance Allowance do not need to take any action; the transfer of their payment will happen automatically in phases throughout 2025. Everyone will continue to receive their payments on time and in the right amount.

The Scottish Government funds a free independent advocacy service delivered by **VoiceAbility**, which has helped more than 8,500 disabled people apply for payments delivered by Social Security Scotland. Advocacy is available to disabled people from the point of application, through to any request for a re-determination or appeal. An advocate works with clients and puts their rights, needs, views and wishes first. You can contact them on **0300 303 1660** or email:

socialsecurityadvocacy@voiceability.org

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