

Edition #15

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August 2025

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YOUR CARE 4 CARERS NEWSLETTER

Supporting people who care for others



STILL CARING - BEACH FORAGING JUNE 2025

CARE 4 CARERS SERVICE UPDATES

**STILL
CARING
AUTUMN
PROGRAMME**

◀◀◀ READ MORE

Welcome to the August edition of the Care for Carers newsletter. We are delighted to share the new Still Caring programme for Autumn. Please take some time to read over the workshops and events that we have on offer, we hope you find something of interest that you would like to attend. To register your interest in attending an event please email:

stillcaring@care4carers.org.uk or call the office on **0131 661 2077**.

READ MORE ▶▶▶

We are excited to announce that we are taking on an allotment based near Portobello at Craigentenny Telferton allotments.

We will be setting up a group of carers who would like to be involved with this, if you would like the opportunity to grow veggies, meet other people and learn more about horticulture in a peaceful environment then get in touch!

Please email **stillcaring@care4carers.org.uk** or call **0131 661 2077** and we will send further details about the next steps.

**CARERS
COMMUNITY
ALLOTMENT**

OTHER NEWS...

Funded by the Scottish Government



Scottish Government
Riaghaltas na h-Alba



**CARERS
PARLIAMENT
2025**

Join us for the
**CARERS PARLIAMENT
2025**
Thursday 30th October
Apex Grassmarket Hotel, Edinburgh
or take part online

Supported by Scottish & Southern Electricity Networks



Scottish & Southern
Electricity Networks

Registration has now opened for the Carers Parliament 2025. The Carers Parliament is a unique opportunity for carers from across Scotland to come together, share their experiences, and views on the policy and practice that affects their lives. The Carers Parliament 2025 is your chance to put your concerns and questions on caring directly to national and local Government decision-makers.

Thursday 30th October: Apex Grassmarket Hotel, Edinburgh or join online

Book your place today: <https://www.surveymonkey.com/r/NYHXCRV>



Support **'The Kilted Carers'** on the Edinburgh Kiltwalk 2025!

Our amazing team of staff, volunteers and carers are taking on the Edinburgh Kiltwalk in September to raise funds to support Short Breaks for unpaid carers. This will give carers much needed time to rest, recharge and focus on their own wellbeing. Carers give so much to others please donate to support using this link: <https://givealittle.co/c/5ezPdmo8QzYDVdL87Uillu>

Consultation on Charging Policy

The Edinburgh Health and Social Care Partnership (EHSCP) are looking at making changes to the way they charge people for care that they receive. They want to hear from people who might be affected by these changes to understand how they will impact them before any decisions are made. You can complete the survey online, and find out more information with this link: <https://consultationhub.edinburgh.gov.uk/hsc/charging-policy-consultation/>



MORE SERVICE UPDATES & SUPPORT AVAILABLE >>>

<<< **CYCLE CONFIDENCE FOR CARERS**

Cycle confidence-building & skill-ups for Carers



FREE bike hires and training sessions:



- Bike lessons for beginner & intermediate
- Led rides, 'buddy rides' on your regular routes
- Electric & cargo bike hire
- Bike maintenance & bike security workshops

Over the summer Porty Community Energy bike library (on Porty Prom) is offering free bike hire and bike training sessions for paid and unpaid carers. This includes:

- Free electric bike and cargo bike hire to paid and unpaid carers from our bike library on Porty prom
- Lessons for beginner and intermediate cyclists
- Road confidence sessions, led rides, and 'buddying' where we can cycle with you to places you regularly travel to, to give you confidence about safe routes when on your bike
- Bike maintenance including roadside repairs, and bike security sessions

If you would be interested in any of these trainings or in hiring bikes, please fill in this form and we'll get back to you with more information about your chosen session: <https://bit.ly/43yBpZ2>

ADHD AND ASD PATHWAYS FOR SUPPORT >>>

The Scottish Parliament is seeking your experiences to inform their inquiry into ADHD and ASD pathways and support. Ahead of the inquiry, which will take place in autumn 2025, the Health, Social Care and Sport Committee has now launched a public Call for Evidence: <https://swanscotland.org/news/consultation-on-autism-adhd-pathways>



READ MORE >>>

Graham Hughes Property Maintenance has over twenty years experience as a maintenance operative. If you require home maintenance please contact him for a quote. Graham can carry out a range of repairs including replacing faulty taps and sink waste, kitchen & bathroom refresh, plumbing in appliances, removing faulty ones, change electrical sockets, ceiling lights and thermostats. Fit electric ovens and hobs. Outdoor jobs include fitting gutters, building garden structures, fit outside taps and build raised beds. Disclosure Scotland registered. **Tel: 07941 975231** to discuss any aspect of the work you would like to have carried out.

HOME REPAIRS

CARER SUPPORT GROUP

NEW UPDATE >>>

Following feedback and consultation with the group we have decided to change the date of the monthly Carer Support group. Please see below for updated information on the group timings and get in touch if you would like to attend.

- **Monthly Carer Support Group (Room 1.10)
1.30pm-3pm - now the FIRST THURSDAY OF
EVERY MONTH
(Next meeting will be Thursday 4th September)**

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

Call us on **0131 661 2077** or email: **stillcaring@care4carers.org.uk**

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 or use our FREEPOST address: FREEPOST Plus RTXB-UUCY-EHBU Care for Carers 151 London Road, Edinburgh EH7 6AE

