

Edition #19

Care 4 Carers
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February 2026

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YOUR CARE 4 CARERS NEWSLETTER

Supporting people who care for others



STILL CARING - NEW SPRING PROGRAMME

CARE 4 CARERS SERVICE UPDATES

STILL CARING SPRING PROGRAMME >>>

As we look to seeing lighter days ahead in the coming months we are delighted to share our new Still Caring Spring Programme along with your newsletter. Please take your time to read over the events and workshops and if you would like to register your interest in attending an event please call us on: **0131 661 2077** or email: **stillcaring@care4carers.org.uk**

**STILL
CARING
SPRING
PROGRAMME**

**2026
WALKING
PROGRAMME**

<<< CARER WALKS

Our Carer walks are about to restart, our walks continue to be held on the last Thursday of the month at 10am. If you are interested in joining a walk please contact us on **0131 661 2077** or email: **stillcaring@care4carers.org.uk** for information. We will then share upcoming walk information on a monthly basis. Some walks will involve using transport so please let us know if you intend to come so that we can register your interest and this will allow us to plan spaces and inform you of availability.

Please note: The content of this newsletter is for general purposes. Care for Carers does not provide recommendations about the organisations or services we share within this newsletter. Due to funding reductions we have had to review how we communicate with carers. We will continue to provide regular newsletters and hard copy mailshots are limited due to budget.

CARING IN CRAIGMILLAR



PHONELINK EDINBURGH

Phonelink is a free telephone morning and evening check call service for over 60's funded by the Edinburgh Health and Social Care Partnership. This service is available to anyone 60 and over who feels the need for a daily reassuring call and who lives in Edinburgh.

This service includes:-

- Welfare Checks
- Medication Prompts
- Advice and signposting to other services available in the community

Phonelink operates twice daily, between 7.45am - 11.30am and 5.30pm to 8.15pm, seven days a week. For a referral pack please call: **01315106930** or email **Phonelink@caringincraigmillar.org** OR **CLICK HERE**

MEAL MAKERS SUPPORTING OLDER PEOPLE >>>

The Food Train are a charity helping older people across Scotland live well at home. One of the projects they offer is Meal Makers which pairs volunteers who love cooking with an older person (our 'diners') in their neighbourhood to share some delicious home cooked food and a chat on a regular basis. It's a great thing to be part of as not only will the diner enjoy a healthy, home-cooked meal, the relationship with the volunteer cook is a wonderful way to remain connected to their community and prevent isolation and loneliness. Meal Makers can also help support and provide respite for unpaid carers. Anyone over the age of 55 can join as a diner, and the service costs £5 per month to support running costs. A membership fee of £1 is payable to access Food Train services. For more information please visit: <https://thefoodtrain.co.uk/how-we-help/meal-makers/>



You can find out more by calling **0141 551 8118** or emailing: **mealmakers@thefoodtrain.co.uk**

The membership form can also be accessed by using the above QR code



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



◀◀ ONLINE ENERGY TRAINING

Carers Trust has teamed up with **Energy Saving Trust** to produce energy saving advice specifically for unpaid carers. The advice is in the form of interactive online modules. Carers can sign up and go through the modules at your own time and at your own pace. Carers can sign up by using this link <https://carers.org/energyadvice> or via the Housing and Heating Costs information page on the Carers Trust website - [Money & Benefits - Housing & Heating Costs | Carers Trust](#)



Free winter support for carers

Learn to reduce fuel bills and stay warm this winter

- Insulation and heating tips
- Carbon monoxide safety
- Energy grants and schemes
- Self-paced, no exams

Register now at Carers.org/EnergyAdvice

CARE FOR A CUPPA >>>

Care for a Cuppa for former carers - **Wednesday 18 February, 3-4pm**

Are you a former carer? We hear from many people that the end of your caring role can be a difficult time and may take some adjusting to. We hope you will be able to join us for a special Care for a Cuppa where you can spend time talking with others who understand the particular challenges you may face when caring comes to an end. **[Book here](#)**

Regular carer sessions can be booked using this link:

<https://www.carersuk.org/scotland/help-and-advice/your-health-and-wellbeing/online-meetups/care-for-a-cuppa/>



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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



◀◀◀ ROBUST ENGAGEMENT WITH PARENTS FOR ASN AND INCLUSION NETWORK

We are a parent and carer group pushing forward for engagement with City of Edinburgh Council and the Scottish Government on Additional Support Needs (ASN) and Inclusion. REPAIR are hosting an online 'Town Hall' style meeting. The meeting will take place online on Thursday 26th February at 7pm. To sign up and for more information click here:

<https://docs.google.com/forms/d/e/1FAIpQLSfXOk6GLf5L2-K44IYRTbjcDRkHQVK2qo5chDR-e9F-6vXjRg/viewform>



◀◀◀ CARERS ALLOTMENT

We hope to have some better weather soon so that we can involve carers in getting our allotment space in better shape to begin growing, space to socialise and to get involved in outdoor activities.

Please get in touch if you would like to be involved and can help with weeding and maintenance so that we can keep you up to date with our plans.

MONTHLY CARER SUPPORT >>>

We will continue to offer a monthly Carer Support Group to all carers on the first Thursday of each month. The group will take place from 1.30pm-3pm in Room 1.10 (1st Floor at St Margaret's House. Please note that this group is not a drop in and you should register your interest with us beforehand if you would like to attend.

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

CARER SUPPORT GROUP

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