

Edition #20

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March 2026

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YOUR CARE 4 CARERS NEWSLETTER

Short Breaks Enquiries:
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 facebook.com/care4carersedinburgh

Supporting people who care for others

Stepping Out:
steppingout@care4carers.org.uk

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STILL CARING- FERMENTATION WORKSHOP - FEBRUARY 2026

CARE 4 CARERS SERVICE UPDATES

SPRAY PAINTING WORKSHOP
WEDNESDAY 6TH MAY 2PM - 3.45PM
ST MARGARET'S HOUSE - STUDIO G6

Try your hand at this fun art-form to unwind and unleash your creativity! Relax in the comfortable, warm indoor studio of Jana's Artyfarty Art and let your imagination flow onto "The Wall".

We will use non-perfumed indoor use bright acrylic paints, simple card cut outs and a variety of marker pens to try bouncy bubble letters, cartooning and more...

To register your interest email
stillcaring@care4carers.org.uk



Care for Carers
Supporting people who care for others



READ MORE...

WALK IN SURGERY

NEW WALK IN GP SERVICE LAUNCHED

A new walk-in GP service opened at the Wester Hailes Healthy Living Centre, 30 Harvesters Way, Edinburgh, EH14 3JF on Wednesday 11th February 2026.

This is a pilot service run by NHS Lothian and Edinburgh Health & Social Care Partnership and funded by the Scottish Government.

At this time, the service will **only** be available to patients registered with a group of GP practices that regularly work together in southwest Edinburgh, including: Gilmore Medical Practice, Leven Medical Practice, Sighthill Green Medical Practice, Sighthill Red Medical Practice, Springwell Medical Practice, Slateford Medical Practice, Whinpark Medical Practice and Wester Hailes Medical Practice.

Access is being limited initially to ensure the service is safe and effective for patients and staff, but patient demand will be regularly reviewed.

The walk-in service will be open from 12 noon to 8pm, seven days a week, and does not require an appointment.

CARER HUSTINGS 2026

The National Carer Organisations (NCOs) are hosting an online hustings event on Wednesday 15 April, 11.30am–1.00pm, ahead of the Scottish Parliament election. The event will discuss unpaid carers' issues with Scotland's political parties, raising awareness for the support unpaid carers need to stay healthy, be well supported and be financial secure. Register your place:

<https://www.eventbrite.co.uk/e/scottish-election-2026-unpaid-carer-hustings-tickets-1982521414920>. When registering, you'll be provided the opportunity to submit your question ahead of the event. Questions may be grouped based on common themes to ensure as many questions are raised as possible on the day.

SCOTTISH ELECTION

RIGHT TO A BREAK

CONSULTATION

The Scottish Government has launched a 12-week consultation on the new Right to Breaks for carers in Scotland. This change to existing carers legislation aims to give unpaid carers stronger rights, so that anyone who is not getting sufficient breaks from caring can get the support they need to take a break.

Under this change in legislation, Local Authorities will have a duty to make sure carers get the support they need to take a sufficient break from caring. At the moment, they are proposing to do this using the information collected through Adult Carer Support Plans and Young Carer Statements.

The consultation is asking for your views on:

- what "sufficient breaks" should mean
- what types of breaks should be included in the new Right to Breaks
- timescales for preparing Adult Carer Support Plans and Young Carer Statements
- how the transition to the new system should work

Your experiences and opinions will directly help shape the final regulations and guidance for these new rights. You can take part in the consultation here: <https://consult.gov.scot/dementia-and-unpaid-carers-unit/unpaid-carers-right-to-breaks-implementation/>

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