

Edition #24

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August 2026

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YOUR CARE 4 CARERS NEWSLETTER

Supporting people who care for others



STEPPING OUT - ISLE OF LISMORE JUNE 2026

CARE 4 CARERS SERVICE UPDATES

STILL CARING AUTUMN PROGRAMME >>>

We are delighted to share our new Still Caring Autumn 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
AUTUMN
PROGRAMME



<<< FREE TOUR TICKETS FOR THE ROYAL YACHT BRITANNIA

We have a fantastic offer to share with Edinburgh carers. If you would like to visit the Royal Yacht Britannia over the summer we can offer **FREE** tickets until the end of September.

Please call the office on 0131 661 2077 or email: stillcaring@care4carers.org.uk for further information.

PROTECTING THE PEOPLE YOU LOVE: POWERS OF ATTORNEY & WILLS IN SCOTLAND



PRESENTATION BY RACHAEL BRANDON, SOLICITOR, BOYD LEGAL

Thursday 3rd September 10am-12pm at St Margaret's House



Caring for someone else often means putting their needs first, sometimes at the expense of thinking about your own legal protection, and sometimes without realising the person you're caring for needs protection too.

In this talk, Rachael explains, in plain English, what a Power of Attorney and a Will actually do, what happens if neither is in place, and why this matters as much for carers as for the people you support. It's a practical, jargon-free session aimed at giving carers the confidence to act before a crisis forces the issue. At the end of the session, Rachael will be happy to answer your questions.

On Thursday 10th September 1:1 appointments can be arranged to give you the opportunity to discuss your needs. Please call the office on **0131 661 2077** or email: **stillcaring@care4carers.org.uk** to register your interest in attending the group presentation.

SCOTTISH INTERCOLLEGIATE GUIDANCE NETWORK (SIGN)



The Scottish Intercollegiate Guidelines Network (SIGN) is looking for people with lived experience to join the guideline development group for our guideline on preventing cardiovascular disease. Cardiovascular disease is a term used to describe conditions that affect the heart and blood vessels. This includes conditions such as heart disease and stroke.

We would like to hear from people who have personal experience of cardiovascular disease, or who have been affected by risk factors such as high blood pressure, high cholesterol, diabetes, smoking, family history of heart disease, or other health or social factors that can increase risk.

We are also keen to hear from unpaid carers, family members, and people from communities that may face barriers to accessing healthcare or support.

As a lived experience representative, you will share your experiences and views to help make sure the guideline reflects what matters most to people. You will help the group think about what is important to people, families and communities when preventing cardiovascular disease.

You do not need any medical or research experience. We will provide support and information to help you take part.

We will need people to take part in September 2026.

If you are interested in getting involved, please complete the application form

Application to Join SIGN Guideline Group on Prevention of Cardiovascular Disease:

<https://forms.cloud.microsoft/pages/responsepage.aspx?id=veDvEDCgykuAnLXmdF5Jmswl-mbYZfNGhKSPyTeld2xURE9CVDNTMDhVVlhLWjRGVkJZPTzQwVDFISi4u&route=shorturl>

If you would like to find out more before applying, please email

his.signpublicandpatientinvolvement@nhs.scot



STATE OF CARING SURVEY 2026

Every year, thousands of carers and former carers take part in the annual State of Caring survey, helping build the most comprehensive picture of unpaid carers' lives in Scotland and across the UK.

Carer experiences matter, and by taking part you will help ensure that carers' voices are heard by policymakers, health and care services, employers and the wider public.

The findings from this year's survey will play a vital role in shaping Carers Scotland's campaigns, research and policy work over the coming year. At a time when a new Scottish Government and Scottish Parliament have been elected and decisions are being made about the health, social care and support for carers, it has never been more important that carers have their say.

Carers' collective experiences are a vital source of evidence not only for Carers Scotland and Carers UK, but by many other organisations including Governments, local authorities, health and social care services, charities and carers groups.

The survey closes on 9 August and the findings will be shared later this year, using this link: <https://www.surveymonkey.com/r/8GX7Z5T>

Please take the time to complete the survey if you are a carer or former carer yourself, and to share the survey with other carers in your network.

Thank you for helping us continue to advocate on behalf of carers across the UK.

SUMMER ACTIVITIES IN EDINBURGH

You never know how the British weather will go! Will it rain? Will it shine? Either way, there is plenty going on across the city this summer holidays for the whole family to enjoy. You can find a list of free and low-cost activities to do during the summer holidays on the Family Holiday Activities webpage of the Support for Families website. The City of Edinburgh council are updating the webpage all the time, so please keep checking back in for new activities.

A promotional poster for Family Holiday Activities in Edinburgh. The top half features a photograph of a man with glasses and a blue t-shirt interacting with a young girl in a yellow shirt and pink shorts who is sitting on a large yellow exercise ball. The background is a light-colored wall with a wooden ladder-like structure. The bottom half of the poster has a dark blue background with white and orange text. It includes the title "FAMILY HOLIDAY ACTIVITIES" in large white letters, followed by a description of the activities and the website "edinburgh.gov.uk/familyholidayactivities". An orange button contains the text "You can also find support for families at edinburgh.gov.uk/supportforfamilies". A QR code is located in the bottom left corner, and the City of Edinburgh Council logo is in the bottom right corner.

FAMILY HOLIDAY ACTIVITIES

Information on free and low-cost fun activities for families in Edinburgh over the school holidays.

edinburgh.gov.uk/familyholidayactivities

You can also find support for families at edinburgh.gov.uk/supportforfamilies

A square QR code located in the bottom left corner of the poster.

EDINBURGH
THE CITY OF EDINBURGH COUNCIL

READ MORE



HOME REPAIRS

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.



THE EDINBURGH FESTIVAL



We are able to provide access to a wide range of Edinburgh Fringe shows to unpaid carers and their families, thanks to the generosity of the artists who donate tickets to their shows through the Community Ticketing Initiative.

If you would like access to free tickets, please contact us and we will send you further information.

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

MONTHLY CARER SUPPORT GROUP



CARER SUPPORT GROUP

Our monthly Carer Support Group is open to all carers on the first Thursday of each month 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

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 the current funding climate we have had to review how we communicate with carers. We will continue to provide regular newsletters but hard copies are now only sent with specific programmes, unless you are not digitally connected.

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

