

Caring in Craigmillar Issue 6



Christmas Party 2018

We hope you all enjoyed the Caring in Craigmillar annual Christmas Party! A huge thanks to the staff team and members who took the time to make these fabulous centre pieces for the tables.

Music was provided by the wonderful Dougie Smith and was nice to see Santa popped in again this year to see you all!

We have added photos of the day below and if anyone would like copies of any photos featured in any newsletter, please let us know and we would happy to provide these for you.



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Funding News for Phonelink!

We have some very exciting news to bring to you all this issue. Phonelink has recently been granted 3 years of funding to expand our service to cover Edinburgh city wide!

Phonelink has been recognised by Edinburgh Health and Social Care Partnership as a very unique service that helps support clients by checking their wellbeing, reminding them to take their medications and generally brightening their day.



We are working hard behind the scenes to promote the service to as many people in Edinburgh as we can to ensure people know we are here to help.

If you know anyone, or would like to receive this service yourself, please let your key worker know. More information is below.



None of this would've been possible without Sandra, Janetta, Maggie and Caitlyn call who our clients every day.

A huge thank you to them for their hard work.

Sign up for Phonelink

Please remember we have our Phonelink service available to all CiC Members and any friends or family you think may benefit from the service.

This is a free telephone service where we can call you morning and/or evening for anyone living in Edinburgh. This service is available to anyone who feels the need for a daily reassuring call.

The benefits of the service include:

- Reducing loneliness
- Checking your welfare
- Medication prompting
- Offer advice on other services available in your community



Find us on
Facebook

It would be lovely for the Phonelink callers to link up with you all to make our CiC community feel more supported.

If anyone is interested, please let your key worker know and we will come through and have a chat and get the service started up for you.

Activity Update—from Jonelle and Veronica

“It has been a busy few months full of a variety of activities! We ended the year with our Christmas Party, where everyone had an amazing time, enjoying entertainment from Dougie Smith and tucking into a special Christmas lunch.

January saw us celebrating all things Scottish, with the Storytellers coming in to sing and read Scottish poetry for Robert Burns Day. We carried on the theme by creating a Scottish quiz to aid cognitive development.



During February and March we have celebrated St Patrick, Chinese New Year and Valentines Day. We made Chinese lanterns, had discussions about other cultural celebrations, while along the way finding out which Chinese animal we were according to our birth years. Valentines saw us make heart mobiles and talk about our first loves while for St Patricks it was shamrock brooches.

Our members enjoyed reminiscing while making wooden peg dolls, taking the time to talk about childhood toys and games.

A large group painted and decorated their own bird houses which was thoroughly enjoyed by all involved. Everyone wanted to make one and show off their creative talent! It helped build and strengthen social relationships and increase confidence of individuals.

As Spring crept in, we took advantage of the good weather by continuing our Walking Group to Bridgend Farm, where the gentle exercise increased the participants physical mobility as well as experiencing a sense of achievement and an increase in confidence .

We have had several trips to the National Museum where we spent the whole day discovering and learning new things as well as reminiscing over past times. We had extremely positive feedback from our members saying, they had an “extraordinarily interesting day”

Our regular games and quizzes remain popular with our groups. Our aim is to challenge individuals and promote problem solving as well as stimulate memory.

Over the coming months we will be introducing baking to all our members, alongside Easter themed activities.”





Taking you back in time.....

We hope you are enjoying the newly decorated area within the centre.

A lovely space where you can transport your thoughts back in time with the traditional pieces that are on display.



Watch this space for more pieces to be added to the room and a “Name the CiC Dog” competition!

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