

# Caring in Craigmillar

## Issue 4



### Staff News

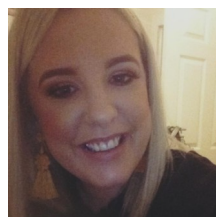
We would like to take this opportunity to introduce you to our 2 new team members. Welcome to the team!

#### Jodie Lindsay

"Hi, my name is Jodie and I started at Caring in Craigmillar in March as a Social Care Worker. I am now into my fourth month and I'm really enjoying working with you all."

I came from a care background having worked in a residential home where I gained my SVQ 2 in Social Care.

I am now enjoying working in Day Care and look forward to getting to know you all better."



#### Brian Stirling



"Hello my name is Brian and I have been volunteering for around 6 years now and I am now volunteering here as a Driver bringing you all to your Day Service."

I enjoy watching people come together for a bit company as I feel its important for everyone to feel included. It is what all humans need and I feel its not a luxury but a necessity."

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### Centre Update

We have recently started the dining hall transformation by purchasing new tables and chairs for you all to enjoy.

This has really brightened up the space and we would like to thank The Robertson Trust for allowing us the opportunity to purchase the furniture.



## Garden Update

We hope you all agree that the new garden area is becoming a lovely space and it has been great to see you all enjoying being out in the garden! We are so pleased with the end results of this phase and thank everyone for their hard work in looking after the various plants and trees. We are sure all this sunshine will mean we will soon see beautiful colours become more visible!

We can also announce that we have a team of Volunteers coming along from Royal London to paint a colourful mural on the wall beside the grass space and we look forward to welcoming them on the 16th August.

We will also welcome a team of volunteers in due course from Fort Kinnaird who wish to come along and lend a hand in maintaining the garden space, such as grass cutting and pruning. They also will be donating plants, bushes and making bird tables for the garden space. This will be a regular visit going forward.

Please give them all a hello when they are here!



## Phonelink—Edinburgh

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 you welfare
- Medication prompting
- Offer advice on other services available in your community

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.

We can call you any day you are not attending Day Care to offer you a few minutes chat which can always brighten your day up!



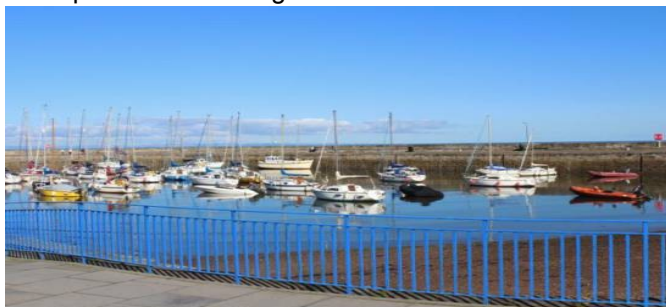
Find us on  
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## Wednesday Club

Our Club Members have been taking complete advantage of this glorious weather recently and have rarely been in the centre!

Many trips have taken place such as trip to Gullane Beach, Vogrie country park which has some beautiful walks, trip to Musselburgh to have chips and walk along the beautiful waterfront as well as a game night in our new garden.

Long may this weather continue!



## Activity Update

“Over the last few months we have gotten to know our members very well and have learned about their interests and skills and have been able to plan activities accordingly to their needs.

As well as our regular activities such as bingo, knitting and crocheting, we have introduced more arts and crafts, with members making bookmarks, brooches and wooden coasters. We have found their confidence has increased with members trying out many new things such as painting and exploring clay.

We have had musicians come in to the centre, introducing different cultural songs and music which everyone thoroughly enjoyed, with some members even showing off their dancing skills and interacting with friends and our staff.

Cool Creatures was very popular and have now visited on a few occasions—which you can see over-leaf. Calum brings in a variety of exotic animals that were received with a lot of enthusiasm and warmth.

With the warmer weather, we have been taking advantage of our garden and with the help of Karin, members have been actively planting and tending to our garden with some commenting that they find the gardening very enjoyable and like to see the plants growing—giving them a great sense of achievement.

As well as being out in the garden, we have ventured out and about with the Walking Group. Members were taken to Bridgend which is a community garden with café facilities to enjoy tea and home made baked goods. This was very popular and will continue to be a regular trip out.

A few members also attended The Big Heart Community Trust which runs 2 sessions per month called the Edinburgh Memories group where volunteers talk about teams and matches from the past using images to stimulate memories past football days in Edinburgh. You don't have to be a Hearts fan to enjoy this!

It is important for both physical and mental well being that we encourage our members to explore the local community and all it has to offer.”

Jonelle & Veronica





## Photos of recent activities/trips



## Useful Links—Carers Information

### Carer's Allowance in Scotland

Carer's Allowance is a social security benefit for people who care for someone who is disabled. Carer's Allowance is currently paid by The Department of Work and Pensions (DWP), but for Scotland, this is about to change.

A new Scottish Agency was set up in 2018 to take charge of several benefits, including Carer's Allowance.

Carer's Allowance payments are currently £64.60 per week. The Scottish Government has decided to raise Carer's Allowance to the same rate as Jobseeker's Allowance which is currently £73.10 per week.

Until the Scottish Government has the new benefit system, full up and running, carers in Scotland will still be paid by the DWP.

Carers will receive a "top-up supplement" (backdated to April 2018) twice a year from the Scottish Government, which will be the difference between the amount of Carers Allowance paid by the DWP and the current rate of Jobseeker's Allowance.

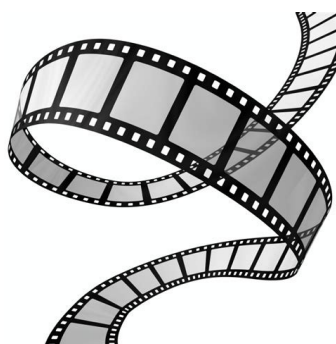
The first top up supplement will be paid in a lump sum in summer 2018 and then next payment will be in autumn 2018. It will then be paid every six months, until the new Scottish Social Security Agency takes full charge of Carer's Allowance in Scotland. In future, Carer's Allowance in Scotland will be called Carer's Assistance.

If you care for a person and think you may be entitled to Carer's Allowance or to find out more about how this affects you, please contact FAIR Advice on 0131 662 1962.



### CEA Card Scheme—take someone to the Cinema with you for FREE!

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA). The Card enables a disabled cinema guest to get a free ticket for someone to go with them when they visit a participating cinema. Most cinemas in Edinburgh city are part of the scheme.



The card is also one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability, cinema staff should make it for you whether you have a CEA Card or not.

To find out more or apply online go to [www.ceacard.co.uk/apply](http://www.ceacard.co.uk/apply) or call 01244 526 016. To find participating cinemas in your area, go to [www.ceacard.co.uk/participating-cinemas](http://www.ceacard.co.uk/participating-cinemas)

### Useful Links—Carers Awareness Week

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

The campaign is brought to life by thousands of individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

The focus on this years campaign was to support the health and wellbeing of carers and here, in Edinburgh, there are many links we would like to feature here for families who support our members.

Caring can be a hugely rewarding experience but sometimes carers find it difficult to take care of their own wellbeing whilst caring. Around 6.5 million people in the UK are carers, looking after a partner, parent, child or friend.

Please find below information of various organisations offering support surgeries or events. If you require any further information, please contact Kristin on 0131 510 6930 who can put you in touch with these organisations.

### Edinburgh Headway Group—Carers Project

"We provide information, advice and support for people who care for an adult with an acquired brain injury/stroke. Our aim is to provide a person centred service to carers. Please contact 0131 537 9557 or email [carers@edinburghheadway.org](mailto:carers@edinburghheadway.org) to find out more"



### VOCAL—Voices of Carers Across Lothians

"VOCAL offers free monthly appointments with specialists on an array of topics such as:

- Power of Attorney
- Benefits Surgeries
- Debt Surgeries
- Long Term Care Planning



### Carers Learning & Leisure events are also being held between July—September 2018.

Again, these are free courses for carers to develop skills and knowledge to support them in their caring role, increase confidence and improve stress levels and wellbeing such as:

- Employment rights
- Caring for someone with dementia
- Self Directed Support
- Computers for beginners
- For more information or to have a look at the entire calendar of events, please visit [www.carerevents.co.uk](http://www.carerevents.co.uk) or call VOCAL on 0131 622 6666 or email [centre@vocal.org.uk](mailto:centre@vocal.org.uk)