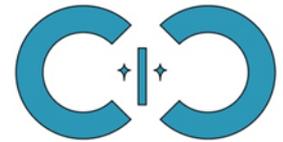


Caring in Craigmillar

Issue 11



Welcome to our last newsletter of a very strange year for us all. We hope that you and your families are looking forward to Christmas and are keeping well.



Inside this edition, you will find hints and tips to stay warm during the winter months, help with any energy payments, useful links, some puzzles and recipes..

As you all know, Caring in Craigmillar began an Outreach Service back in September and, in this edition, our Day Care Team Leader Sharon explains all about it and will share some lovely stories about our one to one time with our members.

CiC Outreach Service - Sharon Maloney, Day Care Team Leader

“Since the centre closure in March, the CiC Team have worked so well to adapt to the different way of working that we are used to. In September, we were given the news that we were able to offer an Outreach Service to our members which was very well received by our members and their families.

It has been wonderful, and I think I speak for all our team, when I say we have the most welcoming and friendly members. Its really refreshing to have that interaction with you all again, and hear the humor that we miss so much!

Since the start of the outreach service, the CiC team have carried out, in total, nearly 400 home visits! If you are not choosing to have these visits just now, there is still time to take this offer up.



“I would like to thank you for the fantastic service that you are providing during these difficult times. I feel that this service is fantastic for older people who would suffer from social isolation. My Mum really looks forward to the visits and I really feel this cheers her up!”

The home visits are very relaxed and its entirely up to the member what they wish to do while a staff member is with them. Some like a cuppa and a blether, some are doing Christmas arts and crafts and we've had many games of dominoes and even some dancing with our members using their Alexa's! There is also an opportunity to make a Life Story Book. These are proving to be a lovely activity using photos from the past and sharing memories.

All our members know, if there is anything else we can do, we will. We have had team hanging up pictures, dropping off knitting wool and even wrapping Christmas presents!



The team have also delivered over 60 gift bags to you all and we hope you enjoyed these and our wishing tree is now looking nice and full!

We thank you all for making such lovely decorations for the tree and the wish leaf's are just wonderful and we aspire to make these come true for you all!

Christmas will of course, look quite different this year, but please remember, the team are always here for you if you need anything at all. Even a chat on the phone or a one off visit can be arranged at any time.

We miss you all so much and we hope the recent news of the vaccine means the light at the end of the tunnel is getting brighter for us all."



Feeling lonely in lockdown?

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 service to you—funded by the Edinburgh Health and Social Care Partnership, 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:

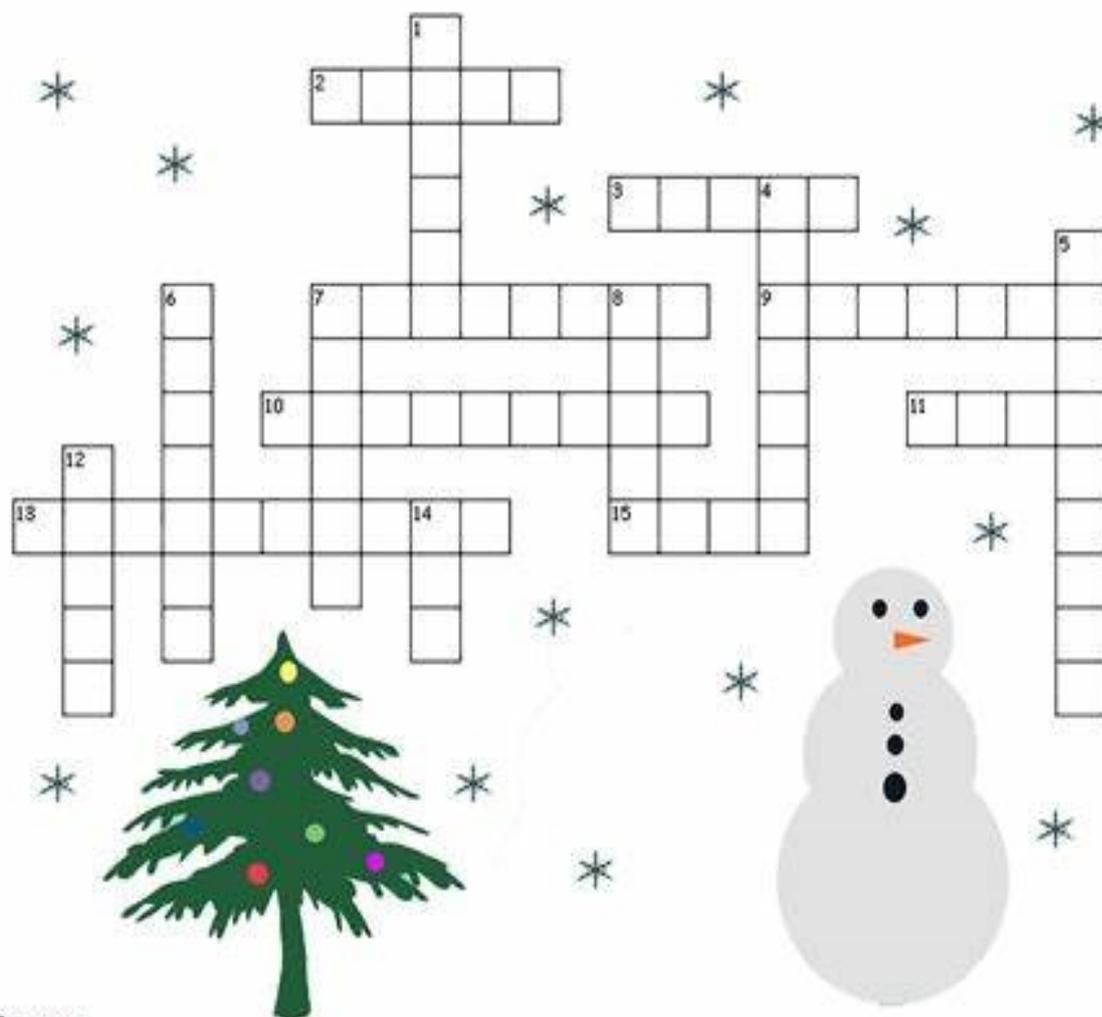
- Reducing loneliness
- Checking your welfare
- Medication prompting
- Offer advice on other services available in your community

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 us know.

- **“It makes me feel that there is somebody at the other end of the phone if I need to talk to someone”**
- **“Give us reassurance that every morning Mum is checked on and if no answer, we would be notified”**
- **“I have 3 special girls! They take the time to listen to my moans and groans and anything that’s happened yesterday. I feel I know them so well. I feel confident and tell them everything and I know they know me very well too.**
- **It feels like I am talking to friends and we love a banter together”**

Puzzle Pages

Christmas Crossword Puzzle



Across

2. Song or Movie Title: " ____ Christmas"
3. "Not a creature was stirring, not even a ____"
7. This 1984 comedy horror taught us not to feed our mogwai after midnight
9. Glowing red nose
10. Jack tries to take over Santa's role in " ____ Before Christmas"
11. Alternative name for Christmas
13. Christmas ballet
15. Kevin McCallister defends his house against two crooks in " ____ Alone"

Down

1. Turboman was the sought after toy in this Christmas comedy, ____ All the Way"
4. "Bah, humbug!"
5. Roasted on an open fire
6. ____ on 34th Street
7. "How the ____ stole Christmas"
8. Direction of Santa's Workshop
12. Santa's tallest helper
14. Will Farrell leaves the North Pole to find his father

Puzzle Pages

MERRY CHRISTMAS

Wordsearch

Search for the words going up, down, left and right.

T	U	K	E	B	S	N	Y	Y	V	G	I	I	O	X
L	D	P	Y	O	O	V	F	Q	S	N	O	G	N	U
U	S	G	N	I	T	E	E	R	G	I	W	Q	Z	B
J	D	X	D	E	J	O	W	E	I	L	L	T	K	R
J	J	O	B	E	K	T	O	D	N	O	W	N	E	Q
Q	U	S	R	R	N	E	B	D	G	R	R	E	C	K
Q	S	A	N	T	A	L	R	M	E	A	E	M	X	V
P	R	E	S	E	N	T	S	X	R	C	A	A	I	Y
I	Z	M	J	X	F	S	F	U	B	M	T	N	Y	U
J	E	D	Q	T	E	I	Z	B	R	C	H	R	M	L
X	B	D	N	R	L	M	M	C	E	K	V	O	K	E
M	L	M	X	S	T	R	M	F	A	X	N	I	Q	T
M	S	Z	Z	E	Q	S	W	U	D	N	D	L	Q	I
H	I	H	A	N	U	T	C	R	A	C	K	E	R	D
V	R	F	A	B	K	W	T	S	E	V	L	E	N	E

YULETIDE
GREETINGS
CAROLING
PRESENTS

WREATH
NUTCRACKER
TREE
MISTLETOE

SANTA
GINGERBREAD
ORNAMENT
ELVES










www.mamofmanyroles.com

Winter One-Pot Sausage Casserole



Preparation time: 20 minutes | Cooking time: 40 minutes | Serves 2-4

Ingredients

- 1 tbsp oil
- 6-8 pork sausages (depending on how many people you're feeding or how hungry you are!)
- 1 red onion, diced
- 2 cloves of garlic, minced
- 1 red pepper, cut into large chunks
- 1 tsp chilli powder
- 1 tsp paprika
- 400g chopped tomatoes
- 1 tbsp tomato puree
- Glug of Worcestershire sauce
- 200ml beef stock
- 1 small can (210g) butter beans
- Salt and pepper to taste
- 1 tbsp gravy granules (optional)

Method

1. In a large saucepan, heat the oil and add the sausages. Cook on a medium heat for about 5 minutes or until browned on the outside. Don't cook through. Remove the sausages from the pan and set aside.
2. Reduce the heat and gently fry the onions and garlic in the remaining oil until soft. Add the chilli powder and paprika to the onion mixture and cook for another 2 minutes. If you like your food spicy, you could add a sprinkling of chilli flakes too.
3. Add the chopped tomatoes and tomato puree. Then pour in the beef stock and stir well. The mixture will look quite liquid - don't worry, it'll reduce. Add the red pepper chunks and Worcestershire sauce.
4. Return the sausages to the pan, bring to the boil then cover. Reduce the heat and simmer for around 20-30 minutes, stirring occasionally.
5. Drain the butter beans and add to the pan. Season with salt and pepper to taste. Cook for a remaining 10 minutes. If the sauce isn't as thick as you'd like, or you'd prefer a meatier taste, add 1 tbsp of gravy granules.
6. Serve with mashed potatoes, rice or crusty bread.

Keeping warm in Winter

As we get older, our bodies respond differently to the cold but with a little preparation and by following some simple suggestions, you can stay healthy, safe and comfortable this winter.

- **KEEP MOVING**

Staying active will not only keep you fit and healthy, it will also generate heat to keep you warm

- **EAT AND DRINK WELL**

Eating and drinking well over winter is important. Eat at least one hot meal and have hot drinks throughout the day

- **HAVE YOU HAD YOUR FLU JAB?**

The flu is not only unpleasant, it can also develop into something more serious. Your flu jab is free—if you require support to get this organised please let us know

- **KEEP YOUR HANDS CLEAN**

Good hand hygiene is the simplest way to avoid getting colds or flu or stop it spreading to other people

- **ORGANISE YOUR MEDICATIONS**

Its important that you don't run out of your medications over winter. Make sure you order your prescriptions ahead of time, just in case there is bad weather or you are too unwell to go to the pharmacy

- **KEEP YOUR SPIRITS UP**

It's not unusual to feel down in winter—particularly as the days get shorter. Try to do something you enjoy every day



ENERGY AND HEATING ADVICE AND SUPPORT

Start saving money on your electricity and heating bills now, before the busy winter period begins.

Changeworks advisors provide specialist advice and practical support to help you stay affordably warm in your home.

Find out if you qualify for the Warm Home Discount. Don't miss out on £140 off your electricity bill!

Tel: 0131 539 8574 to speak to an advisor or visit www.changeworks.org.uk/referral



CHANGWORKS

Useful Links and Online resources

CARING FOR THE CARER FUND

The 'Caring for the Carer Fund' has been launched by the Life Changes Trust in recognition of the immense pressure that the COVID-19 (coronavirus) outbreak, and associated restrictive measures, have placed on the unpaid carers of people living with dementia. It is aimed at supporting the wellbeing of unpaid carers during this time and focuses on the following:



- Coping with social distancing and isolation
- Improving/maintaining mental health
- Improving/maintaining physical wellbeing and health

You are eligible to apply for this funding if you live in Scotland and care for someone living with dementia for more than four hours a week, and are not paid for doing so.

The deadline for applications is 5pm on Friday 22 January 2021. Here are some examples of what you could apply for:

- purchase or replacement of an item that helps you in the home
- technology to aid communication
- gym/exercise equipment
- hobby materials to pursue a pastime such as art or music
- subscriptions to a TV streaming service, website or magazine
- counselling
- a short break
- something that helps you make better use of your garden or other outside space

The maximum grant you can apply for is £1,000.
To apply call: 0141 212 9600

Food Train Malnutrition Advice Line: 0800 13 88 220

Free advice line for practical tips and information to stay well-nourished

Breathing Space: 0800 83 85 87

Feeling anxious or depressed

Citizens Advice Scotland: 0800 028 1456

For Social Welfare and Financial Help

Sundown Stories—Online

Every Monday a new story will be released that is an invitation for people at home and in care settings to relax, slow down and enjoy 6/7 minute short stories that share moments and memories from the lives of the various writers.

The aim is that Sundown Stories will offer short storytelling films for anyone experiencing the anxiety/ distress that can come if experiencing the phenomenon of sundowning, as the day changes to night, or indeed anyone who will enjoy an early evening, relaxing story.

Each story is set in different areas of The Festival and King's Theatres that we long to go in to again soon and read by Scottish actor Adam Robertson with BSL signed performance by Amy Dawson. The stories have been written by residents from the Elms Nursing Home, family members and members of the Dunbar Dementia Carers Group and I am truly thankful to have had these stories shared with us and permission to recreate them in this way.

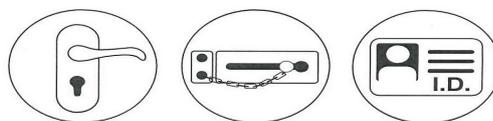
To watch this story - 'Breakfast at Tiffany's' written by Dr Lorna Hill you can access via you tube by accessing the link below:

<https://www.youtube.com/watch?v=vBNg4xEWWTU>

Door Step Crime

We would like to bring to your attention to door step crime at this time of year.

Please remember these 3 steps when someone comes to your door that you are not expecting:



Think

Secure

Question

If in doubt, keep them out!

Who Should I Call...

If you feel threatened, unsafe or suspicious of a caller?

- contact the police immediately on **999**

If any member would like and door signs or window stickers to tackle these callers, please ask us and we will get these organised for you.



SAVE THE DATE FOR A SPECIAL DELIVERY!



As we cannot be together to celebrate Christmas this year with our annual Party, we have arranged a special delivery to you all.....

The week of: 14th December 2020

The staff team will call ahead to check you are in to receive this.

**MERRY
CHRISTMAS**

Wishing you and your families a very merry Christmas from all the Team at Caring in Craigmillar.

