

Caring in Craigmillar Issue 2



A Message from our Chair:

"I hope you are all enjoying these newsletters and are finding them helpful and informative.

Over the past year, CiC Continues to grow from strength to strength. We have many new members attending our day care and we are pleased that they have settled in very well and forming lovely friendships with the existing members.

We hope you are all enjoying the outings and activities on offer here at CiC, we have been lucky to have experienced some sunny days in between a quite wet Scottish Summer!

The Board of Trustees would like to thank our staff and volunteers for the magnificent work they do and the continued support from our members and families.

I hope to see you all at the Christmas Party (yes I mentioned Christmas!)"

Jan Myerthall

Activities

Our members have enjoyed a wide range of activities over the last couple of months and we are certain a great time was had by all!



We secured a number of barge trips along the Union Canal and spread these over a period of time to ensure each member had the opportunity to attend. The Wednesday Club had a great night out on Wednesday 30th August and crossed the new Queensferry Crossing on the day it opened to the public.

2 members enjoying the recent barge trip. These trips are provided by the Seagull Trust.

We also enjoyed a great musical session with Liz Macewan. Liz has enjoyed a varied and successful career spanning over 40 years and now enjoys singing old songs to residents at day care centres and nursing homes all across Scotland. In between songs, she likes to reminisce with the members about the area and tie stories into her songs. Liz was fantastic and the feedback from our members was excellent—hopefully we'll see a lot more of Liz over the next few months.



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Upcoming Trips/Activities

- More Barge Trips along the Union Canal
- Musselburgh Harbour
- Reminiscing Groups
- Life book making and many more.....



The Wednesday Club enjoying a night out at Gullane!

Phonelink

Last issue, we featured Janetta and Sandra to introduce you to the faces behind the voices!

This edition features our 2 weekend call handlers who most Phonelink clients will hear from each week.



Meet the Phonelink Team (Part 2)

Caitlin Welsh

Hey everyone, I'm Caitlin and I am part of the Phonelink Team. I have been with Phonelink for 4 years now covering the weekends and I love chatting to you all! I am the young one on the team however I get on really well with the clients.



In my spare time, I love taking my 2 dogs out (one is a Lhasa Apso and the other is a Westie) They keep me very busy. Also I enjoy going for meals and watching a good film. If you see me around at Caring in

Craigmillar come and say Hi!

Maggie Reynolds

"Hi, I'm Maggie and I've been part of the Phonelink team for around 5 years. I live in the Leith area of Edinburgh.



Phonelink is a great service and I really enjoy speaking to all the different clients and hearing about their week. Any spare time I have I like to do my garden."

Just a little reminder....

If you are in receipt of the Phonelink service, please remember to let the team know if anything changes. We understand that you may take the opportunity to go and stay with friends or family for the night, or pop out for a meal or you simply want a longer lie in the mornings, just to save any concern arising. If you wish to discuss Phonelink further or would like information passed on to anyone you feel would benefit from this service please contact Kristin on 0131 510 6930 or phonelink@caringincraigmillar.org

Garden Project

We are pleased to announce that our outdoor environment here at Caring in Craigmillar will be developed over the next few months.

Here & Now (Landscape Architects) and Karin Chipulina (Carr-Gomm) visited the centre a few months ago and consulted with the members. This involved getting members out in the garden and asking what they would like in the garden—the smells, sounds, colour, textures have triggered memories such as bird watching, going on walks and generally enjoying the sunshine. We have used the feedback and ideas from the consultation sessions to create a plan of the garden, the design which will start in the next few weeks will be a special space for all our members to enjoy and will also allow us to provide a range of outdoor activities. We will keep you all updated on our exciting plans. **WATCH THIS SPACE!**



Feel

CONNECTED

Feel

VALUED

Feel

SAFER

Big Lottery Award for Caring in Craigmillar

More great news for CiC to announce to you all...

CiC has been successful in securing a 5 year grant to deliver activities and social events for all our members!



This grant will allow us to employ 2 specialist dementia activity workers, who will design and deliver a varied programme of activities using a person-centered approach. This is a fantastic opportunity for all the members to experience new activities and new environments, including connecting members with opportunities and integrating them into their local community.

Kellie is currently recruiting for these 2 new positions and will keep you all posted with progress.

Kellie and Stuart, our Fundraiser, have worked extremely hard to secure this grant—a huge thanks to them both!

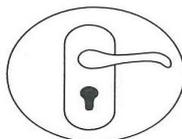


**NATIONAL
LOTTERY FUNDED**

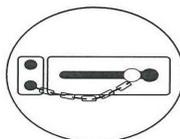
Beat Doorstep Crime

We would like to bring to your attention a recent campaign carried out by Police Scotland. They have focused on Doorstep Crime in the area and we have a range of window signs, door signs that we can provide to any members to prevent any unwanted callers knocking on your door.

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



Think
Only let callers in if they have an appointment.



Secure
Use your door chain/spy hole before open-



Question
Ask for callers ID. Verify, but if in doubt, keep them out.

If in doubt, keep them out!

Criminals who commit doorstep crime are very convincing, believable and take advantage of the most vulnerable/trusting people often in their own homes.

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 your key worker and we will get these organised for you.



Caring in Craigmillar

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Email:
info@caringincraigmillar.org

Caring in Craigmillar aims to provide for the welfare of older people in the Greater Craigmillar area.

We offer specialist day care for people with a diagnosis of dementia as well as day care and practical help and support for older people generally.

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Useful Links

Carer Support:

Unpaid adult carers can contact Social Care Direct on 0131 200 2324 to arrange an assessment of their own needs.

Benefits Advice:

VOCAL can provide benefit advice, and/or signposting and support to complete forms. 0131 622 6666

BE Able:

Support to improve mobility 0131 664 7424

LOOPS:

Helping older people find activities 0131 553 2559

Did you know.....

Craigmillar is a fascinating area as you all know and this made us have a delve into the history of our building.....

In 1936, for a what seems a tiny fee of £350, the council conveyed a small parcel of land at Niddrie Mains Terrace to the trustees of the Edinburgh University Settlement Association for the purpose of the erection of a building "to be used for social purposes"

Reporting in the Scotsman newspaper from that year, the initial use of the building was described as follows:-

"On the educational and development side there will be book-keeping and boxing, languages (reading and writing), thrift, cooking and keep fit classes. There will be health talks to women. The unemployed men wishful of improving their minds will have competent lecturers to explain "the background of today" historical and economic.

There is a separate entrance to a part of the building dedicated to health and welfare. There is a kitchen and cooking department, where meals would be served to expectant mothers and other women "not in a condition to prepare proper meals in their own houses"

Focusing on the life of the community , it is observed that this new social centre is something which is "really necessary for an intelligent and agreeable social life in a new housing area which has not developed its own means of social life and recreation."

At much the same time of 1936, another addition of the newspaper reported on the importance of community centres in Scotland which included another focus on this building's use...

"Edinburgh has 3 such centres, including Craigmillar College. The people of Craigmillar were products of recent housing changes and it is noted that "community ties must be created, outlets obtained for community effort, otherwise women will become neurasthenic, men grow dull and children get into mischief."

In 1943, The Edinburgh University Settlement Association handed over the operation of the College to Edinburgh Council on the understanding that the building would continue to be used as a community resource to serve the people of Craigmillar and 73 years and many tenants later.....Here we are!



We have space available for hire within our centre and if anyone would like more information or to book space, please contact Kellie Mercer at kelliemercer@caringincraigmillar.org