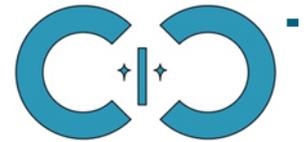


Caring in Craigmillar

Issue 10



We miss you....

As you are all aware, due to government guidelines and to best protect our members and staff, we have temporarily closed our Day Service.

At this time, it is difficult to confirm how long the service will remain closed but we will continue to communicate with you and keep you all as updated as we possibly can.



Please remember, we are here for you and the Care Team are continuing their work here at the centre and are on hand via the telephone should you need any advice or immediate help.

So what have we been up to: -

- In March, Kellie was approached to lead and manage the North East of Edinburgh's response team. This includes the delivery of, sometimes, over 70 boxes of essential foods, household supplies, shopping and collecting people's medications—every day! This has been no mean feat for the team here and they have worked together so well to ensure that people receive the help they need during this unprecedented time.
- The Care Team have been making lunches for our members and delivering these Monday to Friday since lockdown began—over 1500 packed lunches!
- Our Phonenumber service has increased capacity to meet the demand of new clients being referred to us as we have been asked to call many people who are unable to see family, friends etc to help combat loneliness.

- We celebrated a very special birthday for our team member Elaine! You can see from the pics below we made sure we embarrassed her as much as possible....



**Happy Birthday Elaine! From all the Team at CiC
XXXX**

Useful Numbers

During these times, we have tried to, where possible, collate as much information as we can from other community support networks, partner charities and our health and social care colleagues in Edinburgh to ensure we have access to the latest information to respond to life concerns such as online shopping, money worries, mental health needs etc. We have included some information below but again, if anything is worrying you, please call us.



National Assistance Helpline: 0800 111 4000

If you are over 70 or receive the flu vaccine for medical reasons and do not have access to the internet and have no family support, this helpline will help you access essential supplies like food or medicines.

Breathing Space: 0800 83 85 87

Feeling anxious or depressed

Citizens Advice Scotland: 0800 028 1456

For Social Welfare and Financial Help

At Home Gentle Exercise

You all know we LOVE a gentle exercise in CiC and yes we know we like to keep telling you all about how important it is and we have covered it in a previous issue, but we are at it again! :)

During these times that you are home more and not moving around as much as you normally do, its very easy to not stay as active as you can be.

You can take simple steps to keep you moving and maintain your balance and steadiness.

We have enclosed a leaflet called “Super Six” Take the Balance Challenge. If you are able to so, safely please use this tool to self assess how you are on your feet just now.

This is a short safety check and if done 3 times per week can really make a difference.

The enclosed leaflet also explains when and where to get help should you notice a difference in your balance.



At (Home Baking) - see what we did there?

From homemade bread to tasty cakes (to accompany all those cups of tea we're drinking) there's a baking frenzy sweeping the nation and it seems we've all gone a little, well, bananas for Banana Bread!

Aside from the obvious—it's delicious—why is banana bread the nations choice of bake as we adjust to life in lockdown?

First of all it fairly simple and quick to make, which means not having to stand in the kitchen for long with people can find difficult. Secondly, the lovely aroma of home baking provides a great source of comfort, something we all need in challenging times.

Baking also engages all five of our senses. This is a great way of feeling a sense of achievement and give a sense of comfort.

We've included a recipe that slightly differs from traditional banana bread—this one can be decorated with chocolate because.....Well why not?

Ingredients

1 ripe banana (peeled weight 100g/4oz)

1 tbsp milk

50g/2oz soft butter or baking spread

75g/3oz plain flour

75g/3oz caster sugar

½ tsp bicarbonate of soda

½ tsp baking powder

1 free-range egg

50g/2oz dark chocolate chips

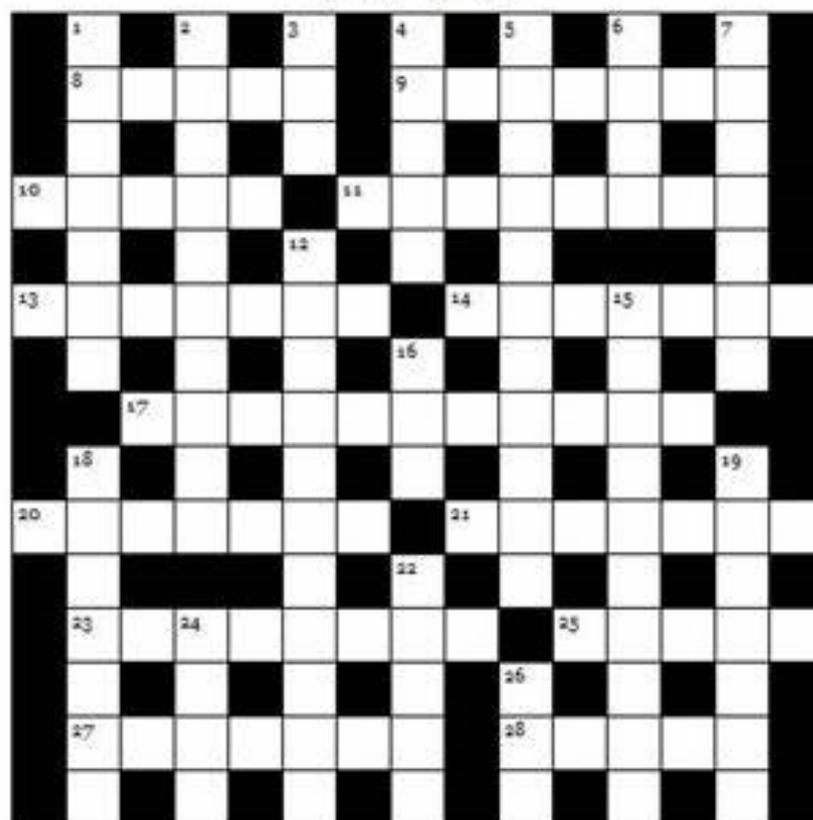
To decorate : 50g/2oz dark chocolate

Method

- Preheat the oven 160C/140C Fan/Gas 3. Grease and line a 450g/1lb loaf tin with non-stick baking parchment.
- Use a fork to mash the peeled banana in a mixing bowl. Add the remaining cake ingredients (except the chocolate chips) and beat with an electric hand whisk until combined and smooth.
- Stir in the chocolate chips and spoon the mixture into the prepared loaf tin. Level the top.
- Bake for 40-45 minutes or until well risen, shrinking away from the sides of the tin and golden-brown.
- Set aside to cool for 10 minutes, then remove from the tin and leave to cool on a wire rack.
- For the decoration, break the chocolate into small pieces and add to a heatproof bowl.
- Melt the chocolate in the bowl over a pan of simmering water (ensuring that the bowl does not touch the water). Stir regularly, until almost completely melted, then remove from the heat. The heat of the bowl will melt any remaining lumps.
- Spoon the melted chocolate into a piping bag and pipe zig-zags across the top of the loaf. Set aside for the chocolate to set. Slice and serve.



8 4 17, 24 my 6!

**Across**

- 8 A little tipsy, having good spirits (5)
 9 One boy takes on English and Spanish, perhaps (7)
 10 Commercial describing revolutionary felt for... (5)
 11 ...a rest went on, so to speak (2,2,4)
 13 Illuminate church fairly unusually (7)
 14 Being embraced by sweetheart, for me is like poetry, say (3,4)
 17 Girl arrives flustered by year's celebration of a special date (11)
 20 A no good biblical priest initially claiming to be saintly (7)
 21 Embark upon a journey with 24 (3,4)
 23 Menial worker for Spooner in Israel (4,4)
 25 Poor person - not posh - with a rag (5)
 27 Heron is flying towards the land (7)
 28 Burn with love for American and entrance by the sound of the voice (5)

Down

- 1 Laugh and dump heartless lowlife (7)
 2 A clergyman, dead at heart, was in charge of church in advent (10)
 3 Twelve months after the beginning of alliance in a place in Scotland (3)
 4 Holy one under a tree - that's original! (5)
 5 Be worried about money, like the bride at a wedding, perhaps? (11)
 6 Bride in white oddly embracing father (4)
 7 Makes popular windup organs (7)
 12 Mad fool, crazy about France, here in French administration (11)
 15 Beforehand, point to short trees, then how about a redwood at the end? (10)
 16 You and I had, in short, got married! (3)
 18 Release uncle by moving an inch (7)
 19 Spent the coldest season wasting time in Burgundy (4-3)
 22 Go in, always taking books (5)
 24 Girl is in US city (4)
 26 Shall I come in Spring? (3)

Word Search

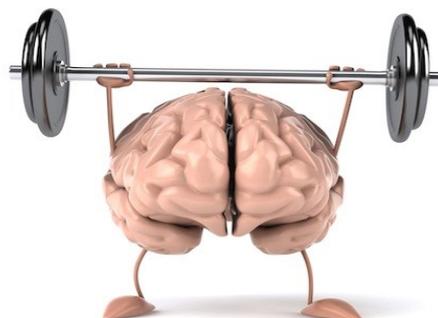


ACCELERATE
AVERAGE
CONDITIONER
DEMONSTRATE
GRANDFATHER
LISTENING
NAIL
SATISFIED
TECHNOLOGY
UNDERNEATH

AGO
BINOCULARS
CONVERSATION
DISAPPOINTED
GRANDMOTHER
MATHEMATICS
PLEASURABLE
SHY
TOE
UNDERSTOOD

AIR
COMPLIMENTS
COUCH
EXPLANATION
INVITATIONS
MICROSCOPIC
PRINCIPAL
STRAIGHTEST
TREMENDOUS
WAGON

www.youhavekids.com



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 your key worker know and we will come through and have a chat.

- **“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”**

CARING IN CRAIGMILLAR

0131 510 6930

63 Niddrie Mains Terrace, Edinburgh, EH16 4NX