



Caring in Craigmillar

Issue 5

Staff News

We would like to welcome Angie Weddell to the team.

Angie Weddell “Hi, my name is Angie and I have been working here at CiC since August 2018. I am a Social Care Worker and previously worked in the community looking after clients in their homes.



I thoroughly enjoyed being a carer, getting to know everybody and listening to their life stories so when I heard about the post at CiC, I jumped at the chance—what better way to meet new people and also join in with all the fun!

I love music, singing (badly) and having a chat when I’m not working. I am kept busy with my family. Coming to work is a pleasure as every day is different.”

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Christmas Party 2018—Save the date!

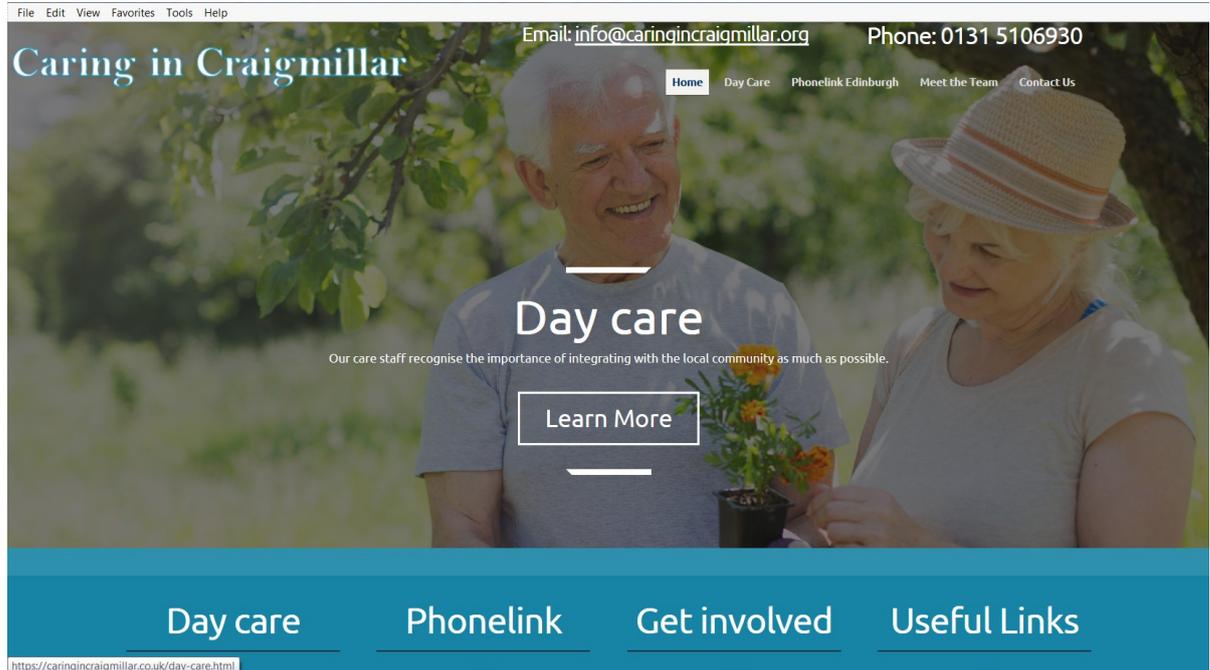


This year’s Christmas Party will be held on :

Friday 21st December 2018

Official invites will follow in due course.

[New Website—www.caringincraigmillar.co.uk](http://www.caringincraigmillar.co.uk)



We now have a lovely, brand new website which is now live and can be accessed at the address above.

[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 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.

Wednesday Club

Our Club Members have continued with their weekly plans. Not as many outings had recently with it being a bit colder so the members have been creating these wonderful rag dolls and cushions!



Very talented craft makers we have here :)

They also have their annual trip to the Christmas Panto booked—this years offering is Beauty and the Beast!



Activity Update—from Jonelle and Veronica

“Over the past few months we have been focusing on introducing a variety of new arts and crafts that involve fine motor skills maintenance and also working on stimulating the senses. We have been using elements from nature from our walks to Bridgend Farm and within the centre's garden, making crafts such as leaf printing and collages.

In collaboration with Karin, we have planted flowers from seed, witnessed the process of growth and learner how to look after them. This has resulted in the members taking pride and responsibility in their environment.

Within the centre, we have been personalizing the rooms with items that members have made. We made bunting with initials on them, to help identify everyone at the centre. This provides a sense of belonging and achievement and in the future we are planning to create a picture gallery of past and present portraits, which will help facilitate reminiscence. Hopefully the portraits will increase confidence and develop social interactions between members.

To make the most of the warm summer weather, we took our members to Ratho on Barge Trips and also to the Scottish Seabird Centre. Being outdoors promotes physical and mental well being and some of our members enjoy our weekly walking group.

To create a greater connection with the local community, we are developing our relationship with the Thistle Foundation, enabling members to participate in organized events such as afternoon tea and reminiscence activities.

In the coming months we will be concentrating on Christmas activities and creating a festive environment for all.”

Garden—COMPLETION

Our garden space is now complete and been given a new lease of life thanks to the teams of volunteers from Fort Kinnaird Environmental Team and consultants Gleeds, Thomas & Adamson and Royal London staff.

Lindy Watson, Deputy Centre Manager at Fort Kinnaird said: *“We are extremely proud to have worked together to transform the garden at Caring in Craigmillar.”*

The centre does an incredible job of looking after members in our local community, so donning some gardening gloves and picking up some tools was the least we could do.

We hope the Caring in Craigmillar community enjoy the new space and feel inspired and very much at home in the garden.”



Kellie Mercer, Manager said *“Everyone at Caring in Craigmillar would like to thank the volunteers who gave their time, effort and put in so much hard work to help us achieve a lovely space for our members. It has made a huge difference for our members who now enjoy spending time in the garden. Some of our members are no longer able to get outside in their own gardens at home, so with your help we have achieved a fabulous, bright and safe space for everyone to enjoy!”*

We would also like to take this opportunity to thank the following Trusts who by kindly donating towards our garden, have allowed the transformation of the space to happen!

We hope you are continuing to enjoying the space. We have outdoor activities planned for you all for when the sunshine returns!

Postcode Local Trust, The Corra Foundation, Edinburgh Airport, Nancie Massey Charitable Trust, Queensberry House Trust and The Robertson Trust

THANK YOU



Before



After

Get ready for 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 your key worker 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**
It's 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**



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