

Caring in Craigmillar

Issue 3



Staff News:

We would like to congratulate Sharon Maloney and Maggie Daly who recently achieved their SVQ Level 3 in Health and Social Care!

A SVQ (Scottish Vocational Qualification) is an accredited qualification which is obtained by studying in the workplace and assessed by an external assessor and can take around 12 months or more to complete—Sharon and Maggie achieved their pass within 10 months!!

They have both worked extremely hard and passed with flying colours!

Well done to you both from all the Team at CiC!

| Inside this issue: | |
|--------------------|---|
| Staff News | 1 |
| Christmas | 2 |
| Activities Update | 3 |
| Phonelink | 4 |



New additions to our Team....

You may remember from our last edition that we brought you very exciting news regarding our success in securing funding from The Big Lottery to allow us to employ two specialist dementia activity workers.....

We would like to take the opportunity to introduce Jonelle and Veronica who have now been in post since October and have settled in very well. They have been taking time to get to know the members and find out more about each individual to allow them to plan and implement an exciting activity programme for everyone to enjoy. You will see overleaf on Page 3 just how they have delivered an array of activities already!

Here is a bit more about them and we welcome them both to the CiC team.

Jonelle McArdle



"Hi I'm Jonelle and I've been an Activity Worker at CiC since October. I have lived in Edinburgh all my life and I'm passionate about working within the community. I have a variety of experience including, counselling, youth work and voluntary work. Previously I have worked with older people with dementia, teaching arts/crafts and organising events for fundraising."

I really enjoy meeting and talking with new people and learning about their lives, which makes my job extremely satisfying and rewarding. I have always believed in treating others the way I would like to be treated and I hope I demonstrate this when working with everyone at Caring in Craigmillar."

Veronica Martin

"Hi! My name is Veronica and I am originally from Spain. I hold a degree in Psychology and a diploma in Art Therapy. I have been working with elderly people for years and I really enjoy it as I love listening to life stories and learning from the voice of experience. To me the day centre is providing a great service that brings like minded people together.

In my free time I enjoy drawing, painting, crocheting and taking care of the millions of plants I have at home! I also like to ride around Edinburgh on my blue bike, so if you see it parked outside, come and say hello!"



Day Care Christmas Party 2017

Friday 22nd December was our Annual Christmas Party where everyone attends for a fun filled day!

The members enjoyed a delicious Christmas lunch of Soup, Turkey with all the trimmings and a lovely Christmas pudding with brandy sauce.

Entertainment was provided by the fabulous Dougie Smith.

Dougie sang a range of Irish, Scottish and Christmas songs and threw in a few jokes along the way. The sound of laughter from the members beckoned throughout the centre and we thank Dougie for coming along! We hope to see him back in the centre throughout the year! Santa also took time out his busy schedule to pay us a visit and delivered presents to all the members before his busy Christmas Eve shift :)



Wednesday Club Christmas Party 2017

The Wednesday Club group also enjoyed a fun filled Christmas Party on Wednesday 20th December, just before the festive break.

They enjoyed a lovely Christmas Dinner, party games and entertainment from a DJ! Lots of dancing and singing went on and the members fed back that they had a great time. They like their music to be loud! :)

They were also lucky to have a special visit from Santa.

The Club members are looking forward to their many trips and activities they have planned for 2018.

Recent Activities—from Jonelle and Veronica

Since starting our role, our priority was to get to know the service users and find out about their interests and willingness to try new things. We found that quizzes were popular and incorporated reminiscence work by playing “Name That Tune”, using music from the 40’s and following decades, often resulting in a singalong! We are always amazed at how many of the song lyrics everyone remembers!

Word games are used to encourage cognitive development as well as social interaction, with hangman and countdown style games. Floor games bring everyone together and facilitate group discussion and help strengthen peer relationships. Everyone is given a choice to participate in activities and it is always reiterated that individuals only do what they are comfortable with.

A small group of women are dedicating some time to knitting and crocheting and are happy to pass on tips and teach others, creating positive self-esteem and a sense of achievement.



We are always delighted to hear about the lives of our service users and by circulating old photos of times gone by, we can help recall past experiences, people and places prompt discussions. Over Christmas we helped individuals to make cards and decorations and we will be introducing and developing more arts and crafts over the Easter period.



The staff here at CiC would like to thank our members for the Christmas cards, chocolates and biscuits they received over the festive period.

A special thanks to all the Day Care team for delivering a fantastic, fun Christmas Party. We hope you all had a great time!

Phonelink



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:

Feel

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

Feel

It would be lovely for the Phonelink callers to link up with you all to make our CiC community feel more supported.

Feel

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.

VALUED



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!

SAFER

Feel

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

63 Niddrie Mains Terrace, Edinburgh, EH16 4NX Phone: 0131 510 6930

Email: info@caringincraigmillar.org

SUPPORTED BY

EDINBVRGH.
YOUR COUNCIL - YOUR CITY