

Caring in Craigmillar

Issue 14



Our weekly sessions with The Scottish Chamber Orchestra's ReConnect programme continue to wow and delight our members who take part.

Our last session before the winter break was full of Christmas cheer!

It is such a joy to listen to our members playing the instruments and singing along to the most beautiful songs echoing through our centre on Fridays. We simply cannot illustrate the difference the ReConnect programme has made to our members and after every session we have many smiles and comments that their day has been magical!

Evidently, our Care Team are also feeling many benefits from these sessions. Music is a great tool to sooth the soul and after a busy week, we really enjoy the time to see their smiles, join in and use the beautiful sound for our own wellbeing all the while seeing the light in our members faces.

We wish the SCO ReConnect Team a very Merry Christmas and we look forward to seeing you all and working together again in the New Year.



"We are getting better every week!"
"I've had a BRILLIANT day"
"I look forward to this."

Some recent comments from our members



"We have loved every minute of these projects since they returned in September and we cannot wait to return in the New Year." Member of the Ensemble



There are many ways to support and show appreciation to the Scottish Chamber Orchestra by visiting their website where you can donate to help create digital and live concert experiences or help nurture future generations.

www.sco.org.uk/support-us/donate

Funding Success for Caring in Craigmillar

We are delighted to announce, Caring in Craigmillar have been successful in obtaining **£20,000** of funding from Queensberry House Trust which is celebrating 25 years in giving with an anniversary grant fund of £500,000, to enhance our members experience while they attend CiC.

Here at CiC, we ensure our members voices are heard by way of our Member Focus Groups and during recent focus groups our members have expressed their wishes where this funding will be used.

We are very excited to involve all members in planning and designing a new **Dining Experience** where our members can have their lunch in all-new dining lounge with their friends and for all our budding gardeners, a new and improved **Garden Experience** where we can plant, grow and (during the better weather) play games for example, bowls or skittles or simply sit and enjoy the sun with friends.

Work is already underway on the dining experience. We have captured our members feedback and actioned their small but effective suggestions so far.... The main consensus from the comments are to include features on tables to mirror a restaurant feel.

We wish to express our most heartfelt thanks to the Queensberry Trust for this fantastic opportunity.

See page 4 for our “You said, We Did” visual action plans and other new displays in our Main Hall here at CiC.



QUEENSBERRY HOUSE TRUST

25TH ANNIVERSARY GRANTS

Even more GOOD FUNDING NEWS!!



We are delighted to share that we have been successful in gaining a continuation of funding for a further 2 years to continue our Dementia Activity Service.

The award from the National Lottery Community Fund, made possible by the National Lottery players, will enable us to keep delivering our varied programme of activities for our CiC community.

The National Lottery Community Fund Scotland Chair, Kate Still, said “This project, delivered by Caring in Craigmillar, is a great example of community activity in action, showing just what can be achieved when people come together for a common cause or to help others. It’s all thanks to National Lottery players that we can help give charities and community groups throughout Scotland greater certainty during challenging times. “

We couldn't be more thankful to The National Lottery for their support. Watch this space.....2023 is going to be a jam-packed year of fun!

Remember you can see our Activity Plans on our website.



Visual Information Displays (VIDS)

We have many new VIDS in our centre for our members information.

These include our “You Said, We Did” board where we display our action points from our Focus Groups and as mentioned on Page 2, members have gave us new suggestions and here is where they find the actions...



YOU SAID WE DID

This board will be added to as more Focus Groups take place.

Examples of Actions featured here...

YOU SAID

To have background music playing while dining

Homemade soup & crusty bread

WE DID

song choices from members and play them low and softly in the background

Soup is widely available at present, we will add crusty bread to the menu

MEET THE TEAM

Where our members can easily see who's who within the organisation (currently with a festive twist)



POSITIVE OUTCOMES

A board displaying comments from members on “Why do you enjoy coming to CiC?”

“The atmosphere is heaven”

“The company”

“Staff are kind and patient”

“Choice...and lots of it”

“Friendship”

“I get fed up talking to myself at home”

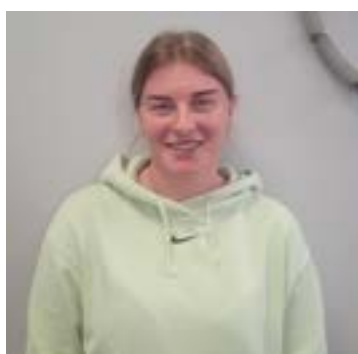
“I feel happy the day I come”



Staff News—Welcome to the Team

“Hi I am Jaymieleigh and I recently joined the team here at CiC. I enjoy going out for long walks and doing activities with my daughter Charley, who is 8. I feel like I have been here for years, you have all made me feel so welcome and I love it! I always look forward to coming to work”

Jaymieleigh Gorrie—Social Care Worker



Cont...

Staff News continued —Welcome to the Team

“Hi I’m Cherrell and I recently joined CiC as a Social Care Worker. You have all made me feel so welcome and I am enjoying my time here. I’m look forward to getting to know you all more! “

Cherrell Cosgrove —Social Care Worker



“Hi I am Lorna and I am part of the Phonelink Team. I am really enjoying speaking to all the lovely clients on Phonelink and getting to know them. The team have made me feel so welcome and I hope to meet the day service members soon. ”

Lorna Ford—Phonelink Contact Worker





Gallery

In-house activities have included: - soap making, chocolate making, planting, dominoes, dancing and all the crafters enjoyed making Halloween decorations for the centre.





Gallery

Scrap book making following the news of The Queens Death



Sewing group making bean bags



Prize Bingo—always a favourite





Gallery

Trips have included, A Tour of Glenkinchie Whiskey Distillery, Lunch at the Melville Inn and our ever popular Barge Trip





Gallery



Football Reminiscence Session with UThink



VOCAL Carer Assistance Fund



VOCAL Edinburgh has received funds from the Scottish Government to support unpaid carers who are experiencing financial difficulty, due to the ongoing impact of the COVID pandemic and the pressures of their caring role and unable to access funding from alternative sources.

Each unpaid carer household can apply for a one off £250-£500 grant. The fund can be used to support one of the following, or a combination of all three:-

- **Fuel Support**
- **Food Support**
- **General Assistance (basic furniture including white goods, seeking employment, cost associated with caring ie, transport, training equipment)**

The fund is open to all unpaid carers. VOCAL are keen to support as many carers as possible but must meet the following criteria.

- **The carer must be unpaid**
- **The carer must be registered with VOCAL Edinburgh or willing to register with VOCAL**
- **The support require must complement and not replace any existing services with local authorities, the NHS or other agencies**
- **The application must be endorsed by someone who has supported the carer and/or the person they care for in a professional capacity.**
- **Carers must demonstrate why they are in need of a grant.**

If you have someone who is an unpaid carer and would like to apply for this grant, please speak to your Key Worker who can help with this.

Useful Links—Winter Support

Carer Support

Carers Scotland Advice Line—0808 8087777

Food

Edinburgh Community Food—0131 467 7326. Help for people to access food over the winter if no income

Edinburgh Food Project—0131 444 0030. Provides emergency food and support to local people.

Practical Support

Gas Helpline—0800 111 999. Support about any queries regarding gas

Electricity Helpline—Call 105. Support with any queries regarding electricity

Scottish Water Helpline—0800 0778 778. If any problem with your water supply.

Edinburgh Council Emergency—0131 200 2000. Support if you are facing a critical situation.

Sign up for 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 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:

- 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.

Funded by

Edinburgh **Health and
Social Care** Partnership



Winter Warmer Recipes

While this December is proving to be a very cold one, we have featured a few Winter Warmer recipes in this edition that we know are easy, budget-friendly, and mainly will warm the cockles! We have increased the ingredients slightly to allow these to serve 4 if you are entertaining over the holidays or make enough to freeze for yourself.

All in One Chunky Winter Broth

A wholesome broth that takes just 20 minutes to warm you up in the winter

Ingredients

2 x 400g tins of chopped tomatoes
2 litres/3 1/2 pints of vegetable stock
4 carrots, peeled and sliced
2 x 420g cans of mixed beans, drained and rinsed
175g spinach
1 tbsp. roasted red pepper pesto.

Method

Step 1: Tip the canned tomatoes into a saucepan along with the stock, bring to the boil, then turn down the heat and throw in the carrots. Gently simmer the soup until the carrots are cooked, about 15 minutes.

Step 2: Stir in the pulses and spinach and heat until the spinach has wilted. Spoon in the pesto and gently mix into the soup. Serve with some nice warm crusty bread.

Cook: 20 mins Serves: 4



Winter Warmer Recipes

Hearty Winter Veg Soup

The perfect soup for those warm cozy nights—its vegetarian and a good source calcium, folic acid and vitamin C too!

Ingredients

1 tbsp. olive oil
2 garlic cloves, crushed
1 swede, peeled and cut into chunks
4 large carrots, peeled and cut into chunks
3 sprigs of thyme, leaves removed and roughly chopped
850ml vegetable stock
500ml semi-skimmed milk
2 x 410g cans mixed beans in water, drained.

Method

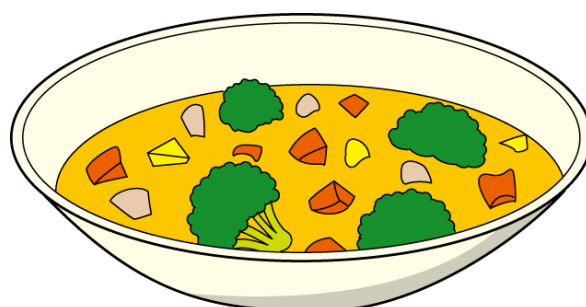
Step 1: Heat the oil in a large saucepan, then gently soften the garlic with colouring. Tip in the swede, carrots and two-thirds of thyme (I found using the pre—chopped thyme is just as good, but just a little bit) then pour in the stock and milk. Bring to the boil, then simmer for 15 mins

Step 2: Ladle a third of the soup into a blender, whizz until smooth, then pour back into the pan along with the beans. Check for seasoning, then return to the heat and warm through. Serve with a sprinkle of the remaining thyme and some warm, crusty bread.

Prep: 5 mins

Cook: 20 mins

Serves: 4



Winter Warmer Recipes

Winter Vegetable Pie

One portion of the delicious shepherds pie contains all 5 of your recommended 5 a day intake.

Ingredients

2 tbsp. olive oil
2 onions, sliced
1 tbsp flour
300g (about 2 large) carrots, cut into small batons
1/2 cauliflower, broken into small florets
4 garlic cloves, finely sliced
1 rosemary sprig, leaves finely chopped
400g can of chopped tomatoes
200g frozen peas
900g potatoes, cut into chunks
200ml milk (semi skimmed is better)



Method

Step 1: Heat 1 tbsp. of the oil in a flameproof dish over a medium heat. Add the onions and cook for 10 mins until softened, then stir in the flour and cook for a further 2 mins. Add the carrots, cauliflower, garlic and rosemary, and cook for 5 mins, stirring regularly, until they begin to soften.

Step 2: Tip the tomatoes into the vegetables along with a can full of water. Cover with a lid and simmer for 1 mins, then remove the lid and cook for 10-15 mins more, until the sauce has thickened and the vegetables are cooked. Season, then stir in the peas and cook for 1 min more.

Step 3: Meanwhile, boil the potatoes for 10-15 mins until tender. Drain, then place back in the saucepan and mash. Stir through enough milk to reach a fairly soft consistency, then add the remaining olive oil and season.

Step 4: Heat the grill. Spoon the hot vegetable mix into a pie dish, top with the mash and drag a fork lightly over the surface. Place under the grill for a few minutes until the top is crisp golden brown.

Prep: 15 mins Cook: 45 mins Serves: 4

And last, but no means least.....



We would like to take this opportunity to send a HUGE thank you to Steven Gorrie, our JET Student from Holyrood High School, who started with us in the Summer and will be with us until Christmas.

Steven is working towards attending college and is gaining Health and Social Care experience before his end goal of becoming a Paramedic.



His kind nature and warm smile has been a joy to see everyday and our members and staff will be sad to see you go.

Thank you for all your help and assistance Steven and we all wish you well in your studies.

Thank you for reading.

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