

We are pleased to announce that *Carers of East Lothian* have secured funding from NHS Lothian to deliver new projects in the county, as part of the Carers Information Strategy.

We will be starting a new carers' surgery at North Berwick Health Centre on Friday mornings from 1<sup>st</sup> May; a new carer support café at Leuchie respite centre from July; a new support group for carers; and will be promoting rights to a Carers' Assessment.

We will also be forming closer links with Roodlands Hospital and are delighted to welcome Marilyn Dunbar to the team as our new Hospital Link Worker.

### North Berwick

#### **"Surgery within a Surgery"**

There is a new Information and Support "surgery" every Friday morning in North Berwick Health Centre starting on **Friday 1st May 2009.**

Carer Support Worker, Kathleen Jack, will offer information, advice and support on all aspects of caring including:

- How to get help from Social Services
- How to access Occupational Therapy support
- Information on Carers groups in the area
- Information on and help with Welfare Benefits
- Someone to talk to in confidence

### Carers Surgery at Roodlands

The pilot project to reach carers of patients of Roodlands Hospital has been extended until at least the end of June 2009.

Our Carer Support Worker will hold a surgery giving information, advice and help with forms etc. in **Ward 1A sitting room between 2.30 and 4pm**

on the following dates:

**Wednesday 15<sup>th</sup> & 29<sup>th</sup> April**  
**Wednesday 13<sup>th</sup> & 27<sup>th</sup> May**  
**Wednesday 10<sup>th</sup> & 24<sup>th</sup> June**



### Carers' Week Coach Trip

Join us on a day visit to

**Royal Botanic Garden**  
**Thursday 11<sup>th</sup> June 2009**



A coach will pick up carers from various points in the county and take you to the Royal Botanic Garden, where you will be free to wander around the garden at your own pace. There is a café within the garden if you would like to stop for a coffee or a light lunch and the coach will leave again for the return journey at 2.30pm.

Pick up points

Dunbar (Old Post Office) – **9.45am**  
East Linton (bus stop opp Bridge St) **10.00am**  
Haddington (outside Boots) - **10.20am**  
Musselburgh (Brunton Hall) - **10.40am**

Return coach leaving the  
Botanic Garden at **2.30pm.**

**Please note that lunch is not provided but feel free to bring a packed lunch.**

If you would like to book a place please contact the carers centre as soon as possible and no later than **Tuesday 26<sup>th</sup> May.**

### New Carers Support Group in Tranent

We are proposing a new support group for carers in Tranent and surrounding areas.

If you live in the area and are interested in joining the new group you can come along to an initial meeting to plan and create the new group on

**Wednesday 29<sup>th</sup> April**

**East Lothian Co-op Bowling Club**

**11.30am – 1pm.**

A light buffet lunch will be provided and we can help with transport or sitter costs if needed.

For more information contact Graham at *Carers of East Lothian* – 0131 665 0135.

# Carers' Information

## Older People's Strategy

East Lothian Council and NHS Lothian have launched a consultation document for their Older People's Strategy 2009-2020.

The full strategy is available to download on East Lothian Council's website or a shorter, easy-read version is available from East Lothian Community Care Forum (Tel: 01620 822 212).

In addition there have been 6 "drop-in" sessions arranged throughout the county during May and June. The sessions are open from 6.30pm-9.00pm on the following dates:

**Monday 11<sup>th</sup> May - Musselburgh**  
Brunton Hall Conference Room 1

**Monday 18<sup>th</sup> May - Prestonpans**  
Community Centre

**Wednesday 3<sup>rd</sup> June - Tranent**  
Loch Centre, Tranent

**Wednesday 10<sup>th</sup> June - North Berwick**  
Community Centre, North Berwick

**Wednesday 17<sup>th</sup> June - Haddington**  
Conference Room 1 + 2  
John Muir House, Haddington

**Tuesday 23<sup>rd</sup> June - Dunbar**  
Halhill Healthy Living Centre, Dunbar.

There are also presentations being made in day centres and care homes throughout the county. If you would like details of these please contact the Carers Centre on 0131 665 0135.

## Women's Weekly and The Princess Royal Trust for Carers

The Women's Weekly magazine has chosen the Princess Royal Trust for Carers as their charity partner for 2009. There will be articles about carers in the magazine throughout the year recognising and celebrating the work of carers, and also a special fund raising month later in the year.

## Musselburgh Wireworks Project

As part of the public consultation on the proposed new Health Centre in Musselburgh, NHS Lothian is planning an Open Day on:

**Wednesday 13<sup>th</sup> May in  
Brunton Hall, Musselburgh.**

Morning, afternoon and evening sessions will take place with an update, presentation and Question and Answer session. Times of the sessions have still to be confirmed.

## Weekly Benefit Rates 2009/2010

### Carers Allowance

£53.10

Earnings limit for claimant

£95.00

### Disability Living Allowance

Highest rate care £70.35

Middle rate care £47.10

Lowest rate care £18.65

Higher rate mobility £49.10

Lower rate mobility £18.65

### Attendance Allowance

Higher rate £70.35

Lower rate £47.10



# Carers' Information

## Help from the World Wide Web

### Care and Repair

Care and Repair East Lothian has a new website, and all of its services are now available online. As well as lots of information about the services available, the website has a "Live Help" service which means staff are able to answer any online queries "live" during normal office opening hours by "chatting" to people visiting the site over the internet.

Log on to:

[www.careandrepaireastlothian.co.uk](http://www.careandrepaireastlothian.co.uk)



### Lothian Centre for Inclusive Living

The website has been redesigned with new features including information about services available to disabled people. There is even a "soap box" where you can share your views on anything to do with disability.

Visit the site at:

[www.lothiancil.org.uk](http://www.lothiancil.org.uk)

### I.S.E.A. Scotland

Independent Special Education Advice for parents/carers of children with additional support needs.

[www.isea.org.uk](http://www.isea.org.uk)

### Humanware

Interesting gadgets for those who are blind or partially sighted:

[www.humanware.com](http://www.humanware.com)

### DisabledGo

DisabledGo provides free detailed access information for disabled people across the UK and Ireland. Their detailed access information will empower you to judge the disabled access to venues for yourself.

[www.disabledgo.info](http://www.disabledgo.info)

### East Lothian Council

For local council information including Social Care, local councillors, libraries and much more, visit East Lothian Council's website at:

[www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)

## Carer Poverty Campaign



Carers groups have come together to hold a protest march on 22<sup>nd</sup> April 2009, to highlight the financial hardships faced by Scotland's half million carers, especially the impact on carers of the rising cost of living and an inadequate benefits system.

The march begins at 1pm at Edinburgh Castle then walking right down the Royal Mile to Holyrood. VOCAL offices (13-15 Johnston Terrace) will be open from 12 noon for teas and coffees. People who are unable to march can join outside the Scottish Parliament from around 1.45 pm.

Carers of East Lothian staff will be attending the march and rally, and invite all carers to join them.

If you are interested in joining the march and/or rally, you can contact the centre for up-to-date information, or just turn up on the day.

## Adult Social Care Services Home Care Procurement

East Lothian Council has just completed an extensive procurement exercise to appoint three agencies to provide continued general, and not specialist, 'home care' services to people throughout the county.

An experienced team of council officers conducted the evaluation of tenders, and carers of people who use the Care at Home service were also involved at a presentation stage of the procurement exercise.

Tony Segall of Carers of East Lothian, said: *"What carers look for are high quality services with trained, knowledgeable staff. It was clear that the council shared our priorities during the procurement exercise and we are reassured that the companies contracted are likely to deliver to the expected standards. I know many carers were initially apprehensive about this process but I'm optimistic many anxieties will now be allayed."*

All service users or carers who are affected by a change in agency will be notified in writing and a special helpline has been set up to answer any questions or concerns for those affected. **Tel: 01620 827805 or by email to [cah@eastlothian.gov.uk](mailto:cah@eastlothian.gov.uk)**

If you have any problems please contact the Carers Centre on 0131 665 0135.

# Carers Support Groups

Our support groups offer information, peer support and the opportunity to share experiences. They are informal and welcoming. If you are interested in learning more about our groups or coming along please call the Carers Centre and we will be happy to discuss this with you.

We currently run groups in the following areas:

**Dunbar** - second Wednesday of each month 10.30am - 12noon

**East Linton** – first Thursday of each month 10.30am – 12noon

**Haddington** – last Wednesday of each month 1pm – 2.30pm

**Dirleton** – first Tuesday of each month 10.30am – 12noon

**Musselburgh** – every three months (Thursday) 10.30am – 12noon

**North Berwick** – second Tuesday of each month 10.30am – 12noon

In addition to the above groups we hold a **Drop-in group** at the Centre on the third Tuesday morning of each month. We also run the **Long Term Care Group** which is specifically for those carers whose loved ones are in long term care. This group meets on the second Thursday of each month from 1.30pm – 3pm in Musselburgh.

For full details of all our groups and activities please contact the centre as detailed below.

## Dates for Your Diary

May 2009	June 2009	July 2009
5 <sup>th</sup> Dirleton Group	2 <sup>nd</sup> Dirleton Group	2 <sup>nd</sup> East Linton Group
7 <sup>th</sup> East Linton Group	4 <sup>th</sup> East Linton Group	7 <sup>th</sup> Dirleton Group
12 <sup>th</sup> North Berwick Group	9 <sup>th</sup> North Berwick Group	8 <sup>th</sup> Dunbar Group
13 <sup>th</sup> Dunbar Group	10 <sup>th</sup> Dunbar Group	9 <sup>th</sup> Long Term Care Group
14 <sup>th</sup> Long Term Care Group	11 <sup>th</sup> Long Term Care Group	14 <sup>th</sup> North Berwick Group
19 <sup>th</sup> Drop-in Group	16 <sup>th</sup> Drop-in Group	21 <sup>st</sup> Drop-in Group
27 <sup>th</sup> Haddington Group	24 <sup>th</sup> Haddington Group	29 <sup>th</sup> Haddington Group

## **Have your details changed?**

We try to ensure that our mailing list details are correct. If your details have changed please let us know and we will update our database or remove you from our list if you no longer wish to receive information from us. Thanks for your help.

Remember though, that you do not have to come off our mailing list if your caring role has ended and you still feel in need of support.

**Carers of East Lothian 149 North High Street Musselburgh EH21 6AN**  
**Tel: 0131 665 0135 E-Mail: [centre@coel.org.uk](mailto:centre@coel.org.uk) Website: [www.coel.org.uk](http://www.coel.org.uk)**

**Carers of East Lothian is a charity registered in Scotland No.027000**