

# Carer Centre News

## We have moved!

We have now moved into our new Carers Centre at 94 High Street, Musselburgh. The new premises are much more spacious and allow us to have our own meeting rooms, which have already been very much in demand.



## Annual General Meeting

### “CARERS ARE GOOD FOR THE NHS”

Thursday 30<sup>th</sup> September

11.00am-1.30pm

Ravelston House Hotel

Musselburgh

Featuring:

- Information on new Scottish Carers Strategy.
  - Showcase of good practice.
- Discussion with Professor James Barbour, Chief Executive, NHS Lothian.

The meeting will close with a light lunch at 1pm.

For more information and to book a place please contact the Carers Centre on 0131 665 0135.



## Caring Together:

### The Carers Strategy for Scotland

2010 – 2015

The Scottish Government have launched the new Carers Strategy for Scotland to ensure that carers are supported to manage their caring responsibilities with confidence and in good health, and to have a life of their own outside of caring.

Copies of the strategy can be found online at

[www.scotland.gov.uk/Publications/2010/07/231553304/2](http://www.scotland.gov.uk/Publications/2010/07/231553304/2) or by telephoning **0131 244 4040**.

## INSIDE THIS ISSUE

- 1 News from the centre; Carers Strategy;
- 2 Volunteer Project; PASDA; Botanic Garden Outing; North Berwick Surgery;
- 3 Useful websites; Wellbeing Group; Health Information Service; New Occupational Therapy Service
- 4 Carers Groups and Events;

**PASDA** – Parents of Autistic Spectrum Disorder Adults – is a support group for parents of adults on the autism spectrum. The group consists of parents from Edinburgh and the Lothians who have sons and daughters with diagnosed (or suspected) Autism Spectrum Conditions.

PASDA have recently employed a Development Worker called Karina Williams. She is working on a number of projects for PASDA and also offers one to one advice to parents and links carers in with each other.

If you would like to find out more about PASDA, please contact Karina. Tel: 0759 200 6222

Email: [karina.williams@aiscotland.org.uk](mailto:karina.williams@aiscotland.org.uk)

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

### North Berwick Surgery

Every Monday morning between 9.30am and 11.30am, Kathleen Jack, Carer Support Worker, is available at North Berwick Health Centre. Kathleen can provide advice, information and support to all adult carers.

### Blue Badge Reform

A consultation on the reform of the Blue Badge Scheme in Scotland is currently underway. The consultation covers: eligibility, eligibility assessments, enforcement, badge design and security, administration, organisational badges and concessions. It will run until 8<sup>th</sup> October 2010.

For details visit:

[www.scotland.gov.uk/Publications/2010/07/12102032/0](http://www.scotland.gov.uk/Publications/2010/07/12102032/0)

Join us on a day visit to

## Royal Botanic Garden

### Thursday 7<sup>th</sup> October 2010

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.**

Places are limited so if you would like to book a place please contact the Carers Centre on 031 665 0135 as soon as possible and no later than **Tuesday 28<sup>th</sup> September**.



## Carer Volunteer Development Project – update

Carers interested in a volunteering role with CoEL were invited to an informal meeting during Carer's Week.

The meeting was well attended and held over lunch. It provided carers who were interested with an opportunity to discuss what CoEL has to offer volunteers.

So what do we offer? The opportunity to work alongside existing CoEL staff, learning new skills and contributing in the team service delivery and a choice of volunteering roles; office support, group support, fundraising assistance and advice and information, as well as an induction programme, ongoing support, personal development opportunities and expenses!

The first Induction Programme took place over a 4 week period (one afternoon per week) during July and August. The Programme was run by the staff and included sessions on; About the Organisation, Useful Organisations, Community Care Services, Role of Carer Support, Confidentiality, Introduction to Benefits and Listening Skills. The programme was well attended by both potential volunteers and new Board members.

I am pleased to report that 5 volunteers successfully completed the programme and are looking forward to taking up a variety of roles at with CoEL.

Marilyn Dunbar

Volunteer Co-ordinator (Sessional)



## Useful Websites

### [www.careinfoscotland.co.uk](http://www.careinfoscotland.co.uk)

A website with a range of useful material about community care.

### [www.direct.gov.uk](http://www.direct.gov.uk)

The government website gives lots of information on many issues involving public services. There is lots of information on your rights in various situations including employment, education and disability.

### [www.scotland.gov.uk](http://www.scotland.gov.uk)

The website of the Scottish Government, giving information a whole range of Scottish topics including Health and Community Care.

### [www.nhsinform.co.uk](http://www.nhsinform.co.uk)

Health information for patients and carers from NHS Scotland.



## Carers Wellbeing Group

This group is aimed at those carers who are unable to attend our regular support groups due to their caring role.

The group welcomes both the carer and the person they are caring for in more of a social setting.

**Carers Centre**  
**94 High Street**  
**Musselburgh**  
**12.30 – 2.30pm**

**Wednesday 27<sup>th</sup> October**  
**Wednesday 24<sup>th</sup> November**  
**Wednesday 22<sup>nd</sup> December**

For more information, or if you would like to attend any of these sessions, please contact Elaine or Marilyn at the Centre, on **0131 665 0135**.

## Carers of East Lothian Social Group

We have set up a new group for carers whose role is changing or has ended. The Social Group meets on the second Thursday of each month and will be organising outings to places of local interest, art galleries, exhibitions, country parks, museums and much more!

Every 4 months we will hold a meeting to plan future outings, so you will have the chance to share your ideas about places you would like to visit. We will try to keep the outings as varied as possible, so that there is something for everyone throughout the year.

There is no commitment to come along on every outing, you can just choose the ones that interest you. You can also still continue to be involved with the support group which you currently attend.

This is a great opportunity to enjoy socialising with other carers, some of whom you may not have met before. If you are interested, please phone **Linda** on **0131 653 1057** or email **[linda@coel.org.uk](mailto:linda@coel.org.uk)** for more information.



## New Health Information Service

NHS Scotland has launched a new national health information service for Scotland called **NHS inform**. NHS inform will provide the public, patients and carers with a wide range of quality assured health information online at [www.nhsinform.co.uk](http://www.nhsinform.co.uk), over the telephone at 0800 22 44 88 (between 8am and 10pm) and in the future, face-to-face.

Shared Care Scotland is working with the NHS to develop their information on short breaks (respite care) for a new Carers Zone which will feature as part of the NHS inform service. This is due to be launched later in the year.

## Occupational Therapy Self Selection Service

The above service has been developed by East Lothian Council in partnership with NHS Lothian. The aim is to give people in East Lothian quick and easy access to equipment and adaptations to help them at home. The equipment and minor adaptations will help people who are having difficulty because of age, disability or illness. These range from key turners and walking sticks to grab and handrails for inside and outside the home and all are free of charge. You can pick up a catalogue from your local council office, social work centre or by telephoning **0845 603 1576**. Information and order forms are also available online at : **[www.eastlothian.gov.uk/selfselection](http://www.eastlothian.gov.uk/selfselection)**. All applications will be screened and processed by a member of social work staff.

# Carer 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

## Tranent

last Friday of each month in Tranent Co-op Bowling Club 11am -1pm

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 **Wellbeing Group**, which is for carers (and those they care for) who are unable to attend regular support groups because of their caring role.

If you would like further information on either of these groups please contact the centre.

\*Please note the Haddington Group for September will take place on the 6<sup>th</sup> October.

## Are you reading someone else's copy?

If you would like to join our mailing list and receive our newsletters and information about free training courses and events for carers, please send this slip back to us at:

Carers of East Lothian  
FREEPOST SC02413  
Musselburgh  
East Lothian EH21 0BR

You do **not** need a stamp.

Name .....

Address .....

Postcode .....

Telephone .....

Email .....

Your personal information will be treated in confidence and will not be passed on to other organisations.

## 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.

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.

Thanks for your help.

Carers of East Lothian  
94 High Street  
Musselburgh

East Lothian EH21 7EA

Tel: 0131 665 0135

Email: [centre@coel.org.uk](mailto:centre@coel.org.uk)

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

## Dates for Your Diary

### September 2010

2<sup>nd</sup> East Linton Group  
7<sup>th</sup> Dirleton Group  
8<sup>th</sup> Dunbar Group  
14<sup>th</sup> North Berwick Group  
21<sup>st</sup> Drop-in Group  
24<sup>th</sup> Tranent Group  
30<sup>th</sup> AGM

### October 2010

5<sup>th</sup> Dirleton Group  
6<sup>th</sup> Haddington Group  
7<sup>th</sup> East Linton Group  
7<sup>th</sup> Botanic Garden Trip  
12<sup>th</sup> North Berwick Group  
13<sup>th</sup> Dunbar Group  
19<sup>th</sup> Drop-in Group  
27<sup>th</sup> Haddington Group  
27<sup>th</sup> Wellbeing Group  
29<sup>th</sup> Tranent Group

### November 2010

2<sup>nd</sup> Dirleton Group  
4<sup>th</sup> East Linton Group  
9<sup>th</sup> North Berwick Group  
10<sup>th</sup> Dunbar Group  
16<sup>th</sup> Drop-in Group  
18<sup>th</sup> Musselburgh Group  
24<sup>th</sup> Haddington Group  
24<sup>th</sup> Wellbeing Group  
26<sup>th</sup> Tranent Group

### December 2010

2<sup>nd</sup> East Linton Group  
7<sup>th</sup> Dirleton Group  
8<sup>th</sup> Dunbar Group  
14<sup>th</sup> North Berwick Group  
21<sup>st</sup> Drop-in Group  
22<sup>nd</sup> Haddington Group  
22<sup>nd</sup> Wellbeing Group