

Carers of East Lothian



News Update January 2008

Welcome to our first newsletter of 2008. The new style of newsletter appears to be quite popular and we are keen to develop this further. Please get in touch if you have a story to tell or any suggestions for the type of articles you would like to see in the newsletter.

The staff would like to take this opportunity to say thank you for the donations made to the centre and for all the cards and gifts received over the Festive Season.

Moffat Project

Carers of East Lothian is delighted to announce that it has received funding from the Moffat Charitable Trust for a new post of Carer Practitioner. This post is one of four new posts based in the PRTC Carers Centres across Lothian. Their work will focus on the need to prevent crises for carers and put in place long-term support systems when carers are under particular pressure. There are similar projects funded by the Moffat Charitable Trust in PRTC Carers Centres in the Borders, Glasgow and East Ayrshire. All the projects have been funded for a period of two years. The East Lothian Carer Practitioner will focus on developing Carers Assessments as part of improvements to the Single Shared Assessment process and the work will have two main objectives:

- To support an increase in the number and quality of Carers Assessments carried out by social work and health staff.
- To provide direct support to carers, through helping with Carers Assessments, providing ongoing individual support and facilitating peer support groups.

We expect our new staff member to start in April. Watch this space!

Free Complementary Therapy Treatments



We are pleased to say we will once again be offering free Complementary Therapy sessions for carers. We have renewed our agreement with

Napier University for students in their final year of study to offer sessions in the Carers Centre. The carers who have received these treatments in the past have given very positive feedback. If you are interested in receiving treatments please contact the centre as soon as possible.

Free Holidays for Carers

Once again we will be offering free holiday places at Pontin's, Blackpool during Carers Week (9th to 13th June 2008). The holiday is courtesy of the Princes Royal Trust for Carers and sponsored by Norwich Union. In the past this initiative has proved to be a great opportunity for carers to get a break from the pressures of their caring role. The offer is open to both carers going by themselves and those travelling with family/companions. If you think you may be interested please contact the centre for more information.



East Lothian Young Carers

East Lothian Young Carers support all young carers (under 18) across East Lothian. They have recently moved to:
Suite 8, Stuart House,
Eskmills,
Station Road,
Musselburgh
EH21 7PB
and can be contacted on 0131 665 8990.

What's On



Caring with Confidence
Training for Carers

Information Day for Carers Wednesday 19th March 2008 Pennypit Community Centre Prestonpans 9.30am – 3pm

This event has been arranged to give carers information about help and services available in East Lothian.

It will include information on:

- ✚ Social Work Services
- ✚ Aids and Adaptations
- ✚ Benefits Information
- ✚ Power of Attorney
- ✚ Changing Relationships

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

If you are interested or would like more information please contact the centre as soon as possible as places are limited.

Spring Coach Trip Join us on a day visit to Royal Botanic Garden Tuesday 22nd April 2008

Pick up points
Dunbar (Old Post Office) –
10.00am

Haddington (outside Boots) - **10.20am**
Musselburgh (Brunton Hall) - **10.40am**

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

If you would like to book a place please contact the carers centre a.s.a.p. and no later than **Tuesday 15th April**.



Expert Carer Training for Carers of Older People St Andrew Blackadder Church North Berwick



Tuesday 26th February &
Tuesday 4th March
10.00am – 3pm

A two day Expert Carer Training Course to support carers to look after an older person in the community and lessen the risk of them being admitted to hospital.

The course will cover topics like Safe Moving and Handling, Preventing Falls, Getting Respite and information on available Local Services and how to access these services.

The course is free (including a light lunch) and we can help with transport or sitter costs if needed.



Caring with Confidence
Training for Carers

Contact the centre if you would like more information or to book a place.

Places are limited so please book early.

IT Tutorials

Our year-long series of computer workshops is continuing to prove very popular. The Musselburgh sessions at Interesk café will continue through the project – until June 2008 and, due to the demand in the area, we will continue with the sessions at Prestonpans library. If you are interested in taking advantage of the opportunity to learn or advance your computer skills with other carers, please contact Ingrid at the Carers Centre on 0131 665 0135. If you are already on the waiting list we would ask you to be patient and we will contact you as soon as a suitable place becomes available.



Capital Sevens

This is a rugby event at Boroughmuir's ground, Meggetland, Edinburgh on **Sunday 20th April from noon - 6pm**.

There will be 16 teams participating most from the Lothian area.

We are able to offer half price tickets to carers in the Lothians. This makes the tickets £5 instead of £10.

If you are interested please contact the centre as soon as possible.

Carers Information

Support for Carers of People with
Mental Health Problems

Open Consultation Meeting

As part of the redevelopment of mental health services in East Lothian, additional funding has been agreed to support carers.

It is assumed that this support will be delivered by a new specialist post, a Mental Health Carers Support Worker.

The new post will focus on supporting carers of people with moderate mental health problems and severe and enduring mental illness.

To find out what type of support will be most valuable, *Carers of East Lothian (CoEL)* and NSF (Scotland) are running a consultation process to gather carers' views.

An open meeting for carers has been arranged on:

Monday 18th February 2008

at Tynepark Arts Centre, Haddington
from 1pm to 3pm (lunch provided)

Please come along and give us your views and suggestions.

You can also comment online by visiting CoEL's website www.coel.org.uk and completing a web-based survey.

For further information, contact either:
Tony Segall at Carers of East Lothian on
(0131) 665 0135 or
Lorraine Keith at NSF (Scotland) on
(0131) 557 9162.

Crossroads Caring Scotland - Midlothian & East Lothian

Crossroads Caring Scotland - Midlothian & East Lothian is a local organisation providing short breaks for Carers. Some of you may know or have benefited from its service?

The local Crossroads Scheme was formed in 1991 in response to the recognition that Carers sometimes need a break from caring, especially those Carers who cannot leave their cared for person on their own.

The Scheme was set up by volunteer Board members representing the local communities of Midlothian and East Lothian. However, when the existing Board felt they had "served their time" there were insufficient people willing to take over. In September 2007 Crossroads Midlothian & East Lothian became directly managed by Crossroads Scotland in Glasgow. The local service very much remains the same.

The Scheme is keen to establish a small group of Carers (or past Carers) who might give it a "local connection" and help with fundraising and expressing Carers' views on short breaks to local and national politicians. If you are interested in joining this "Friends of Crossroads" please contact the Scheme's previous Chairperson, Mrs Liz Foy, or the Manager, Ian Huggan by phoning (0131) 665 3810 or by email:

xroadsemlothian@btconnect.com

VOCAL Training Courses

VOCAL, the Edinburgh Carers Centre, has a range of training courses coming up, which are open to carers in East Lothian. The topics are:

Caring for someone with Diabetes
Tuesdays 22 January – 26 February, 10am-12.30pm

Looking to the future with someone with Dementia
Fridays 1st February – 14 March, 10am-12.30pm

Caring for someone with a long-term illness or disability.
Mondays 11 February - 17th March, 10am-12.30pm

Caring for someone with Multiple Sclerosis
Tuesday 5 February - 18 March, 10am-12.30pm

Caring for someone with a lung condition
Thursdays 7 February -20 March, 1-3.30pm

Planning financially for the future
Wednesday 30 January 10am-12.30pm

Continence management
Thursday 21 February, 10am-12.30pm

Foot care
Tuesday 4 March, 10.30am-12.30pm

For more information, or to book a place, please contact Jane Greenacre at VOCAL on 0131 622 6666.

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

Open Arms* – first Tuesday of each month 10.30am – 12noon

Ormiston/Pencaitland – last Monday of each month 2pm – 3.30pm

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

North Berwick – 2nd 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 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

February 2008	March 2008	April 2008
5 th Open Arms Group*	4 th Open Arms Group*	1 st Open Arms Group*
7 th East Linton Group	4 th Carer Training	3 rd East Linton Group
12 th North Berwick Group	6 th East Linton Group	8 th North Berwick Group
13 th Dunbar Group	11 th North Berwick Group	9 th Dunbar Group
14 th Long Term Care Group	12 th Dunbar Group	11 th Long Term Care Group
18 th Consultation Meeting	13 th Long Term Care Group	15 th Drop-in Group
19 th Drop-in Group	18 th Drop-in Group	22 nd Trip to Botanic Garden
21 st Musselburgh Group	19 th Information Day	28 th Ormiston Group
25 th Ormiston Group	26 th Haddington Group	30 th Haddington Group
26 th Carer Training	31 st Ormiston Group	
27 th Haddington Group		

*This group meets in the Open Arms in Dirleton

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.

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