



Dear everyone,

Welcome to our Carers' Focus Newsletter for December 2023. We hope you and your families are all well.

2023 has certainly been an interesting and challenging year for the organisation and all the carers we support. In February we said farewell to Ruth Rooney who had led and grown the organisation for 16 years. At the same time we had to deal with some major organisational changes with loss of funding streams, TUPE transfers, directly employing our own staff and improvements to our governance by becoming registered as Scottish Charitable Incorporated Organisation (SCIO). Our Trustees, who are all carers themselves, felt strongly that we continue to meet the gaps in individual, collective and peer advocacy and support for carers. In May they agreed an ambitious fundraising target, see page 3 for an update.



We are currently providing:

- Individual advocacy for carers of people with eating disorders and people in mental health settings who are in a period of transition
- Collective advocacy for carers to work together to bring about change and raise awareness of issues that affect them
- Peer advocacy and support for carers of people with mental illness, eating disorders, dementia, learning disabilities, autism and acquired brain injury. This includes volunteering opportunities for carers to use their experience to help other carers on a 1:1 basis



We have published new [leaflets](#) about these services. Please get in touch with us if you would like copies of the leaflet or to chat about our services. We are now looking forward to developing our services and working towards our goal for carers to be respected, valued and their rights and views to be taken seriously.

## **Christmas Hours 2023**

Monday 25th December (Christmas Day) - Closed

Tuesday 26th December (Boxing Day) - Closed

Wednesday 27th December – Open 9am-5pm

Thursday 28th December—Open 9am-5pm

Friday 29th December—Open 9am-5pm

Monday 1st January 2024 (New Year's Day) - Closed

Tuesday 2nd January 2024 (Public Holiday) - Closed

Our office will resume normal working hours 9am-5pm on Wednesday 3rd January 2024.

If you need support while we are closed, please call the [Edinburgh Crisis Centre](#) which is open 24/7, 365 days of the year and provides emotional and practical support at times of crisis.

You can reach the Edinburgh Crisis Centre by telephone, text message, or email:

**Telephone (free):** 0808 801 0414

**Email:** [crisis@edinburghcrisiscentre.org.uk](mailto:crisis@edinburghcrisiscentre.org.uk)

**Text:** 0797 442 9075

**Website:** <http://www.edinburghcrisiscentre.org.uk/>



## Welcome to New Staff—Josh and Sarah

A warm welcome to Josh Cox and Sarah Nelson, who are the newest additions to the Edinburgh Carers Council team! Josh and Sarah are working together to develop our peer services for carers who are supporting an individual with an eating disorder. These services are for carers across NHS Lothian.

Josh is focusing on supporting carers and siblings of children & young people with an eating disorder, while Sarah is taking over the peer worker role for carers of adults with an eating disorder. Our carer peer support groups are facilitated both in the community (at our office at 14 Links Place) and in hospital, including the Regional Eating Disorder Unit at St John's Hospital. You can find details of the groups on page 7 of this newsletter.



**Josh Cox**



**Sarah Nelson**

## Next Carers Forum—18th January 2024

Our next **Carers Forum** will be on 18th January 2024 from 11:00am-1:00pm in the Links Room at Great Michael House, 14 Links Place, Leith, Edinburgh EH6 7EZ.



We are pleased to have Lynsey Walker, Hospital Discharge Carer Support Worker from the Carer Support Team joining us on 18th January to speak about her work and Adult Carer Support Plans. **To book your place or to find out more, please email [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk) or call us on 0131 322 8480.**

The Carers Forum is open to all unpaid carers supporting someone with mental illness, dementia, learning disability, autism, or acquired brain injury. It is a relaxed setting which enables carers to meet and look at information about current changes and developments within mental health and to discuss and collectively address issues to move them forward to make a difference. The Forum is a great place to meet other carers and share your experiences. We can also arrange for speakers to join us to talk about issues that are meaningful for you.

### **Carers Forum Dates in 2024:**

18 January, 21 March, 23 May 2024, 11 July, 19 September, 21 November



### Glen Completed the KiltWalk!

We would like to thank our wonderful colleague and advocate Glen Scott, who completed the Mighty Stride (21-mile route!) in the Edinburgh KiltWalk on 17th September. Glen raised an incredible £770 for Edinburgh Carers Council.

### The Robertson Trust

We are delighted to receive a grant of £8,000 per year, for three years, from [The Robertson Trust](#).



### PF Charitable Trust

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Many thanks also to PF Charitable Trust, who has awarded our charity a grant of £3,000!

### People's Postcode Trust



[People's Postcode Trust](#) is a grant-giving charity funded entirely by players of [People's Postcode Lottery](#). We are also very happy to announce that we have received funding of £25,000 from this Trust to help us continue delivering our individual, collective and peer advocacy services for unpaid carers.

**Thank You!** to everyone who has donated over the past few months. These contributions have helped us enormously as we continue to fundraise. We will need to raise a challenging £80,000 per year to continue with all current services and posts.

If you would like to donate, please visit our [JustGiving](#) page:  
<https://www.justgiving.com/edinburghcarerscouncil>

### Volunteers Needed

Do you have experience caring for a family member or friend with mental illness (including an eating disorder), autism, learning disability, dementia, or acquired brain injury?

If you would like to share your experiences to help support others who may be going through a similar situation, we would love to talk with you about our opportunities for **Carer Peer Support** volunteering. We are also always looking for people with experience of caring to join our **Board of Trustees**. The Board meets on the last Monday of each month to look at Trustee business, and have an Annual General Meeting.



The work is on a voluntary basis, but out of pocket expenses will be paid.

If interested or to find out more, please get in touch by emailing [rachael@edinburghcarerscouncil.co.uk](mailto:rachael@edinburghcarerscouncil.co.uk) or calling our office on 0131 322 8480.



## Keeping Edinburgh Podcast

We are pleased to share that we will be featured in the new 'Keeping Edinburgh podcast', which recently launched for people across the Capital, and is available to download on Apple and Spotify.

The series is an investment by the Edinburgh Health and Social Care Partnership, with the podcast designed and delivered in collaboration with partners across NHS and third and independent sectors. Each half hour episode is released monthly providing an immersive audio journey into some of the many free-to-access experiences that are helping individuals and communities have more good days.

**Edinburgh Carers Council will proudly feature in Episode 4, 'Keeping Edinburgh Talking', which will be launched Friday 1st March 2024.**

We are enormously thankful to our attendees who participated on the day to share their stories and experiences and look forward to hearing them and other organisations in the upcoming episodes!

### **Episodes 1 and 2 are out now:**

Listen now: <https://keeping-edinburgh.captivate.fm/>

Find out more: <https://www.edinburghhsc.scot/moregooddays>



### **#1 Keeping Edinburgh Connected**

For this first ever episode, we are starting as we mean to go on by exploring a wide range of ways that are Keeping Edinburgh... Connected. Our host, singer-songwriter Gus Harrower, explores ways people are keeping up social links across the capital—from city-wide volunteer projects to organisations that provide spaces and activities to bring people together.

Featured in this episode:

[Volunteer Edinburgh](#)'s Community Taskforce—use [this contact form](#) or call 0131 225 0630

[The Eric Liddell Community](#)'s Community Living Room—use [this contact form](#), call 0131 447 4520, or email: [frontdesk@ericliddell.org](mailto:frontdesk@ericliddell.org)

Capital Theatres 'Tea and Jam' music sessions—booking and dates for 'Tea and Jam' sessions [at this link](#), or contact Capital Theatres [online here](#) or by calling 0131 662 1112

### **#2 Keeping Edinburgh Active**

It's no secret that exercise keeps us physically fit—but did you know it can also improve our mental health, quality of life, and overall wellbeing? Host Gus Harrower meets groups and organisations in Edinburgh that are working to make exercise more accessible and inclusive for everyone, including those facing personal challenges.

Featured in this episode:

[Edinburgh & Lothians Greenspace Trust](#)—use [this online form](#) or call 0131 445 4025

[Streetfit Scotland](#)—use [this online contact form](#)

[Edinburgh Leisure](#)—[contact details and online contact form](#)



25 years of advocating for carers

## **Carers Consultation—Eating Disorders**

Do you support someone with an eating disorder? You might be a family member, partner or a friend. We would like to hear your views to feedback to the Scottish Government on the National Specification for the Care and Treatment of Eating Disorders in Scotland.

Find out more here: <https://www.gov.scot/publications/national-specification-care-treatment-eating-disorders-scotland-consultation/pages/10/>

This document was developed in response to the National Review of Eating Disorder Services (2021) and outlines ambitious outcomes for services to work towards including the appropriate inclusion of family and/or carers in the support of individuals with eating disorders.

### **In-person**

**When:** Wednesday the 10th of January, 10:30am-12:00pm

**Where:** 'The Shore' meeting room, Great Michael House, 14 Links Place, EH6 7EZ

OR

### **Online**

**When:** Wednesday the 17th of January 7:00pm-8:00pm

**Where:** Online via Microsoft Teams

**For more information or to book a place, please email [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk) or call us on 0131 322 8480**



25 years of advocating for carers

## Carers Peer Support Groups

Do you care for a relative or friend with mental illness, dementia, learning disability, autism or an acquired brain injury? Edinburgh Carers Council facilitates peer support groups which are a safe space to meet others, share experiences and feelings, and to get information and support.

Our groups typically run on two different dates in the month in two different locations: Great Michael House in the Leith Links and Redhall Walled Garden

### **Leith Carers Peer Support Group**

**Where?** Great Michael House, 14 Links Place, Leith, Edinburgh EH6 7EZ

**When?** Second Tuesday of the month from 11am – 12:30pm

**Next meeting dates:** 12th December, 9th January, 13<sup>th</sup> February, 12<sup>th</sup> March

### **Redhall Walled Garden Carers Peer Support Group**

**Where?** SAMH Redhall Walled Garden, 97 Lanark Road, EH14 2LZ

**When?** Last Friday of the month from 2:00pm-3:30pm

**Next meeting dates:** 26th January, 23<sup>rd</sup> February, 29th March

To book your place or for more information, please email

[rachael@edinburghcarerscouncil.co.uk](mailto:rachael@edinburghcarerscouncil.co.uk) or call us on 0131 322 8480.

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

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Funded by NHS Lothian



25 years of advocating for carers

## ED Carers Peer Support Groups

Do you support someone with an eating disorder? Edinburgh Carers Council facilitates peer support groups which are a safe space to meet others, share experiences and feelings, and to get information and support.

### **Peer Support Group for Carers of Children and Young People**

**Where:** Great Michael House, 14 Links Place, Leith, Edinburgh EH6 7EZ

**When:** Second Monday of the month from 1:00pm-2:30pm

**Next meeting dates:** 15<sup>th</sup> January, 12<sup>th</sup> February, 11<sup>th</sup> March

### **Peer Support Group for Carers of Adults**

**Where:** Great Michael House, 14 Links Place, Leith, Edinburgh EH6 7EZ

**When:** Last Tuesday of the month from 1:00pm-2:30pm

**Next meeting dates:** 30<sup>th</sup> January, 27<sup>th</sup> February, 26<sup>th</sup> March

We also run a group for families and carers of individuals who are inpatients at the Regional Eating Disorder Unit at St John's Hospital in Livingston.

Interested in attending or finding out more? Please email [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk) or call us on 0131 322 8480.

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