



Carers of
East Lothian

East Lothian Carers News

SPRING 2017



CARER POSITIVE
Employer in Scotland

Is your employer Carer Positive?

(There aren't any who
are in East Lothian!)

Around 250,000 employees are now working in organisations proud to call themselves “Carer Positive” – but there are NO such employers in East Lothian (though CoEL is on it's way).

Launched by the Scottish Government in June 2014, the ‘Carer Positive’ scheme aims to raise awareness of carers in the workforce and award recognition to those employers with good practice in supporting carers. **If your employer hasn't joined Carer Positive, why not suggest to them that they do so?**

One of the key messages is that supporting employees who are carers is not only beneficial to the carer, but also to the employers. Having ‘carer friendly’ policies and working practices can include reduced levels of stress and sickness absence, lower recruitment and training costs, increased staff retention, better morale and higher productivity levels.

To be awarded Carer Positive status, employers must show how they support carers in their workforce through things like work-life balance policies, flexible working and steps to identify carers and signpost them to support services like CoEL. In practice the support provided will vary from employer to employer but CoEL is happy to help any employer in East Lothian to become Carer Positive or for more general information see www.carerpositive.org.

News
from
Carers
of East
Lothian
(CoEL)

CoEL is a
registered
Scottish Charity
no. SC027000 and
company no.
SC366908

Changes to the Council's tenders for social care means anxiety for carers.

The Council is re-tendering for care at home services and this may mean that SOME people may end up with different organisations providing their care. CoEL Director

Andrew noted “the Action Group have said they will not tender so some families are already facing the anxiety caused by possible changes to support arrangements and this may effect more families as the process continues”. While CoEL does not have any input into the tendering, we can provide advice about SDS so that people can take more control of their situation and possibly be less effected by tendering. If you want more information call us on 0131 665 0135.





Could you help our office to run smoothly?

We are looking for a couple of committed people to join our Admin team as volunteers to help our office to run smoothly.

Sharon, Admin and Finance Coordinator explained "we are looking for people who are both sensitive and positive and who could help brighten up someone's day as the first point of contact with CoEL. Ideally they will also be comfortable using computers but we can support the right person people to learn new skills."

Interested? Please speak to Sharon on 0131 665 0135

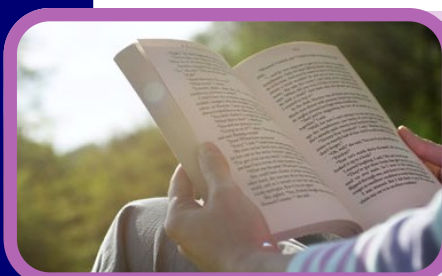
Meet the Chairman - David Binnie



Hi my name is David and I've volunteered as a Trustee at CoEL for 3 year and have recently become Chair of the Board of Trustees. Trustees are the people who form our Board which helps run our organisation. I've worked as a civil servant for many years, have experience of being a Trustee previously and have a keen interest in carer issues with my support for my daughter and my mother. When I saw a CoEL advert looking for new Trustees I thought I could put my experience to good use and applied. It's good fun and feels very positive in being able to play a part in helping CoEL meet the many challenges it faces and continue to develop its great services and support for carers.

Could you be one of our Trustees?

We are now looking to appoint some new Trustees so if you think your experiences can help CoEL then phone or e-mail Andrew (0131 665 0135 or andrew@coel.org.uk) and he will tell you more about it and answer your questions. It would be great if there was someone with some experience of working in finance, HR, public relations or the media as these are skills we need on our Board but the most important thing is an interest in carer issues and a commitment to work together to make CoEL stronger.



Do you enjoy a good read? Want to share with others?

Please come along to our new monthly book group at the Maitlandfield Hotel in Haddington. This is a book group with a difference. Instead of a set book to read and discuss, we are inviting you to bring along something from your own collection that means a lot to you so that you can share it with others. It could be your "goto" book, a favourite poem or even a quote. It doesn't matter how highbrow it is or it isn't! The group will run on the second Wednesday of every month, starting on the 8th of March at 7pm and is open to all carers. If you would like any more information please contact Julie on 0131 653 1052 or julie@coel.org.uk.

We have a new series of workshops and social gatherings for carers over the next few months. Details are on the enclosed sheet and give us a call in interested





Lessons from the carers of people with dementia:

An insiders view

In 2016 CoEL, working with the Day Centres and Dementia Friendly EL, asked dementia carers what caring is like from the inside and what needs to change. A big “Thank you” to the carers that told us their stories and these are the key lessons.

Carers support every aspect of life for the people they care for. It's essential & hard work & also very emotional. Carers live daily with grief and loss. Caring is often done with minimal support but support can make a big difference.

A major source of stress was the quality of formal care at home services. Visits seemed rushed and focus on tasks rather than care. The quality of care was inconsistent often because staff changed and didn't know the

person they were meant to be caring for and didn't seem to understand dementia. Care services also didn't involve, respect or understand the role of the family carer .

Carers wanted to see things change (& they wanted to be part of that change) including:

- ♦ Better quality care services that do the things that need done
- ♦ To work with professionals and paid care workers as respected partners
- ♦ Easier access to information over time
- ♦ More emotional help and support

For full details of the report please speak to Andrew or see <http://dfel.org.uk/blog/>. CoEL and DFEL will try to get these insights acted on by Health and Social Care.

Are you a Young Adult Carer or do you know someone who is?

Are you looking for employment or training opportunities?

The Bridges project has a specialist worker whose role is to help young people who are carers with the transition in particular to overcome the many barriers that carers face with this step. She provides a free service to help develop skills and progression into a career of the young carers' choice. She can help with employability support (CVs, application forms, interview techniques), getting a flexible and tailored support package taking in to account caring responsibilities, after care support to help once in a job or course.

For more info please call them on 0131 665 1621 or via mail@bridgesproject.org.uk or see www.bridgesproject.org.uk.

“My job is great. Colleagues are coming down to ask me to do things all the time and it's just refreshing. They are all lovely here and I love the company. Usually I wait until dinner to tell mum about my day but I get over excited and tell her on the phone!”

(A young adult carer's comments on her first job!)

from school to work and



BRIDGES PROJECT



Keep up to date with news for Carers on Facebook

Facebook is the best way to let carers know what's happening quickly as we often get little notice.

[Find out about discounts or benefits for carers! Keep in touch with events! LIKE our page](#)

Spotlight on Useful Services

Autism Friendly Trampolining

Air Space in Glasgow is offering Autism Friendly sessions running every Sunday from 9-10am. These have been designed specifically to cater for the needs of autistic children aged 5+ as well as providing families the opportunity to meet others who face similar day to day challenges. What can you expect?

- ◆ The centre will be opened exclusively to the Autistic community
- ◆ Music and disco lights will be turned off
- ◆ Variety of games using parachutes, coloured balls etc
- ◆ Rooms opened for relaxation & free diluting juice and biscuits
- ◆ One parent/carer has free access with each child

Early booking advised and for more info see <https://air-space.co.uk/autism-sessions/>

Mentoring support for people with M.E.

Action for M.E. are now looking for people living with M.E. in the Edinburgh, Lothians and Fife area who would like to have peer mentor support. They will be matched with a mentor who will use their knowledge and experience to support people living with M.E. to manage their condition and live a more fulfilling life whatever their present circumstances. On-going support will also be available from Action for M.E. If you are interested, please contact Avril McLean, Project Worker on 07753 247099 or through email, avril@actionforme.org.uk.



Carers Day Out in April – Book your place now!

Join us for a day out in Gifford on 27th April. We will meet for tea & coffee

at 10.30am and then have a guided walk with a countryside ranger for about an hour and a half. Lunch will be provided at the Goblin Ha Hotel & the day out will end around 2.30pm. These days out are always popular and are a great way to meet other carers and relax in good company. There is no charge but you do need to book your place in advance. Please contact Julie on 0131 653 1052.

Up to £300 grants to help carers get a break Apply by 7th May

CoEL has funds to provide small grants to carers who need help to get a break. We are keen to get applications from people who haven't had a grant or who don't have other access to breaks. The grants are very flexible but funds are limited so don't delay. Call the office for more info.



Contact Us

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📘 www.facebook.com/coel92

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