

Covid-19 – Latest Guidance

All Covid restrictions in Scotland have come to an end, but the virus has not gone away.

You can continue to protect yourself and others by:



- getting your vaccine when offered to make sure you are fully protected
- staying at home if you are unwell with symptoms or have a fever
- opening windows when socialising indoors
- wearing a face covering on public transport and in indoor public places
- washing your hands to protect yourself
- taking a lateral flow test before visiting someone in a hospital or care home

Care for yourself and others to help slow down the spread of the virus and take some of the pressure off our health services.

Scottish National Standards for Information and Advice Providers

The Scottish National Standards for Information and Advice Providers (SNSIAP) make sure that agencies are providing good advice. These standards are awarded by the Scottish Government.

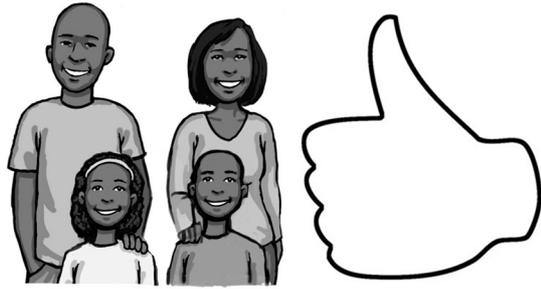


FAIR have been successful in being awarded these standards again. We provide advice on welfare benefits issues and some money debt issues. These standards have been awarded until 2025.

FAIR will continue to work to meet these standards and to provide the best service to our clients that we can!

Extra Support for Families

The Scottish Government has announced plans to remove all income thresholds from Best Start Foods by 2023-24 as part of the second Tackling Child Poverty Delivery Plan, 'Best Start, Bright Futures'.



This will increase eligibility to all people who get a qualifying benefit. As a result, an additional 30,000 people are expected to benefit from Best Start Foods.

Best Start Foods is given through a prepaid card and provides £18 every four weeks throughout pregnancy, £36 every four weeks from birth until a child turns one, then £18 every four weeks from one until a child turns three.

The card can be used to buy healthy food, including eggs, milk, fruit and vegetables.

To find out more and if this affects you, call FAIR on **0131 662 1962** and talk to one of our *Advice Workers*.

New staff at FAIR!

FAIR have 2 new members of staff that we would like you to meet.

Kizzie is FAIR's new Early Years Advice Worker. She will work one to one with families that have a child with a learning disability, autism or global development delay.



Tasneem is FAIR's new Development Worker. She will support people to access social opportunities and benefits to promote good mental health.



You can get in touch with them both by calling FAIR on **0131 662 1962**.

Capital Carers – Dementia Inclusive Singing Group

Capital Carers hold afternoon Singing Sessions for unpaid and paid carers and the person they care for. This is a chance for those living with Dementia or Cognitive Impairment to meet others in a safe, friendly and relaxed environment for an afternoon of familiar songs, tea and chat. The words to the music are put up on a screen and musicians play music to singalong to (if you want).



The sessions are on the 1st and 3rd Tuesday of the month from 2.00 pm - 3.45pm at Queensferry Parish Church, The Loan, EH30 9NS.

Former Carers are welcome. Please note: if you are a carer supporting a frail, older person and you think they would benefit, then pop in and see us to find out more.

To book a place, contact Rosie on **07407 427773** or email **rosie@nwcarers.org.uk**

Dementia Information Sessions for Carers

Dementia Training, part of Age Scotland, are delivering a free, six-week programme of practical advice and support to help those unpaid carers of people living with Dementia. The sessions will run from 2pm to 3.30pm, and will include a presentation, as well as the opportunity for group activities and discussion. You are welcome to join as many as you like.

The sessions in June and July are:

Monday 6th June - Carers' rights in relation to hospital admission and discharge

Monday 13th June - Self-directed support

Monday 20th June - Welfare benefits and income maximisation for carers

Monday 27th June - Dementia and Communication

Monday 4th July - Making home an enabling environment for people living with dementia

All sessions will take place on Monday afternoons at St Margaret's House, 151 London Road, EH7 6AE.

To find out more or book a place, call **0131 661 2077**.

Care for Carers - Events in June

Dynamic Earth – Carers Open Day - Tuesday 21st June, 10am - 3.30pm
Dynamic Earth, Holyrood Rd, Edinburgh EH8 8AS – Carer and cared-for person are welcome to come together.

A day of celebration and learning to mark Carers Week. There will be a selection of music, science and art-based activities for you to take part in as well as a buffet lunch and refreshments. There will also be the opportunity to visit the Dynamic Earth gallery tour and Showdome cinema.

Traquair House Guided Tour - Wednesday 29th June, 10am - 4pm
Traquair House, Traquair, Innerleithen EH44 6PW

The visit includes a guided tour with a focus on Mary Queen of Scots, lunch in the garden cafe, and time to explore the grounds.
Travel will be by minibus leaving from and returning to St Margaret's House.

To find out more about upcoming Care for Carers events or book a place, call **0131 661 2077** or email **events@care4carers.org.uk**

The Third Symposium - Cancer Screening

An event for professionals to share good practice in cancer care and cancer screening for people with intellectual disabilities. The Third Symposium: Reducing inequalities in cancer and cancer screening in people with intellectual disabilities will take place on 13th – 15th June 2022.

The event is brought to you by Edinburgh Napier University in conjunction with the East of Scotland Learning Disability Managed Care Network, Family Advice and Information Resource (FAIR) and NHS Lothian Screening and Early Detection team, Public Health and Health Policy.

You can register for the event online at:

<https://www.eventbrite.co.uk/e/3rd-symposium-on-cancer-and-cancer-screening-in-pwid-tickets-335207232857>



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