



Dear everyone,

Welcome to our Carers Focus Newsletter for Spring 2024. We hope you and your families are well. In this newsletter you can find upcoming dates and details of our next Carers Forum and peer support groups, the 'Keeping Edinburgh' podcast, and information on a consultation we are holding for carers around the Scottish Government's LDAN Bill. Keep reading below for more information.



Have your say on the Scottish Government's Consultation on the Learning Disabilities, Autism, and Neurodivergence (LDAN) Bill

At the end of 2023, the Scottish Government published a consultation paper on its proposed Learning Disabilities, Autism and Neurodivergence (LDAN) Bill. You can see all of the Consultation documents online, [here](#).

The scope of the bill is vast and it is easy to get overwhelmed by the scale of it. However it is a unique opportunity to give feedback to the Scottish Government and it is really important that the views of carers are heard. To that end we propose to hold two short consultation events for carers on:

Tuesday 9th April 2024 at 1pm-2:30pm in the Shore Room, 14 Links Place
Wednesday 17th April 2024 at 6:30pm—8pm Online via Microsoft Teams

Please contact Rachael (rachael@edinburghcarerscouncil.co.uk) to book your place at either of these events.

We will focus on the following areas to get your feedback and if you have time you could refer to the short guide [here](#).

- The scope of the bill—which people it should include
- Independent advocacy
- Health and wellbeing
- Social care
- Housing and independent living
- Relationships
- Justice
- Children and young people, transitions to adulthood
- Accountability—how the legislation will be implemented and if there is a new organisation to oversee this implementation

If you are unable to come to any of the events but want to send us your views we will be happy to incorporate them into our response. Please email your comments to Rachael by 4pm on Tuesday 16th April.



Keeping Edinburgh Podcast

Edinburgh Carers Council will proudly feature in the next episode of the 'Keeping Edinburgh podcast', which will soon be 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.

We are incredibly thankful to our attendees who shared their stories and experiences, and look forward to hearing them and other organisations in the upcoming episodes!

The next episode #4, 'Keeping Edinburgh Talking' will feature Edinburgh Carers Council. The release date has been delayed unfortunately but will hopefully be available to listen to soon.

Watch this space!

Episodes 1-3 are out now:

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

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



Next Carers Forum—23rd May 2024

Many thanks to all who could attend our last Carers Forum on 21st March where we heard from Cathy Asante, Legal Officer from the Scottish Human Rights Commission.

Our next Carers Forum will be on 23rd May from 11:00am-1:00pm in the Links Room at Great Michael House, 14 Links Place, Leith, Edinburgh EH6 7EZ.

The Carers Forum is open to all unpaid carers supporting someone with mental illness, eating disorder, 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.

If you have any queries or would like to book on to the Forum on 23rd May, please email Rachael at rachael@edinburghcarerscouncil.co.uk or call our office on 0131 322 8480.

Carers Forum Dates in 2024:

23 May 2024, 11 July, 19 September, 21 November

Carers Peer Support Groups (General)

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

Our general groups typically run on two different dates 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: Usually second Tuesday of the month from 11:00am-12:30pm

Next meeting dates: 9th April, 14th May, 11th June

Redhall Walled Garden Carers Peer Support Group

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

When: Usually last Friday of the month from 2:00pm-3:30pm

Next meeting dates: 19th April (rescheduled from the 26th), 31st May, 28th June

To find out more or to book your place, please email Rachael at rachael@edinburghcarerscouncil.co.uk or call 0131 322 8480.

Eating Disorder Carers Peer Support Groups

In addition to our more general groups, we also run peer support meetings specifically for carers and families of adults, or children and young people, with an eating disorder.

Peer Support Groups for Carers of Children and Young People

When: Usually second Monday of the month from 1:00pm-2:30pm

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

Next meeting dates: Tuesday 16th April (different day than usual, due to Easter holidays), 13th May, 10th June

We also run a group for carers of children & young people who are accessing CAMHS at the Royal Edinburgh Hospital on the second Friday of the month.

Peer Support Groups for Carers of Adults

When: Usually last Tuesday of the month from 1:00pm-2:30pm

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

Next meeting dates: 30th April, 28th May, 25th June

We also run a group for carers of individuals who are inpatients at the Regional Eating Disorder Unit at St John's Hospital Livingston on the last Wednesday of the month.

To find out more about any of the above groups or to book your place, please email info@edinburghcarerscouncil.co.uk or call 0131 322 8480.

You can also scan the QR code to the right, which will take you to the ['Events' page on our website.](#) →

