

THE CA(I)RE PROJECT

Free courses and information for people who are caring for someone on an unpaid basis, and also for former carers.

2009

Spring Programme



◆ EDINBURGH ◆

THE CITY OF EDINBURGH COUNCIL

Children and Families

ALEXANDER TECHNIQUE

With Sandra Riddell



"The most valuable knowledge we can possess is of the use and functioning of the self." (F. M. Alexander)

The Alexander Technique is a practical method of learning to reduce stress and release harmful habits of muscle tension, restoring ease and freedom of movement

You will begin to rebuild strength in your postural systems, so you can sit, stand, walk, lift and carry more safely and effortlessly. Problems related to tension and misuse of the body, such as back pain, headaches or breathing difficulties, are often relieved. As you increase your 'body-mindfulness', you may find other benefits such as improved awareness and general well-being.

During each session, we will practise the Alexander position of constructive rest (semi-supine) which both releases tension and also strengthens and energises you. For this you should *wear clothes which are easy to move and lie down in (shoes off), bring along three or four slim paperback books (to rest the head on), and a mat or towel to lie on.*

No experience required. During the course there will be an opportunity for a brief one-to-one hands-on session with your tutor.

Sandra Riddell is a qualified and experienced teacher of the Alexander Technique and is a member of the Society of Teachers of the Alexander Technique.

Starts on Wednesday 18th March for 6 weeks.

2.00 - 4.00pm

Robertson Suite at Eric Liddell Centre

15 Morningside Road

Edinburgh.EH10 4DP

Buses: 11, 15, 16, 17, 23, 45.

An Introduction to Awareness
With
Margaret Knops



"Let us not look back in anger or forward in fear, but around in awareness." - James Thurber

This enjoyable and stimulating course will show you how to get in touch with what your body can tell you, including your five senses and your imagination.

Come and discover your own level of awareness and how to develop it more fully, using a series of explorations opening up to wider choices and experience in your day to day life.

It could be a revelation!

Margaret is an enthusiastic and experienced teacher of awareness and has worked with carers before.

Starts on Monday 2nd March for 6 weeks.

10.30 - 12.30pm

At Sighthill Community Education Centre

(next to the Sighthill Library)

1A Sighthill Wynd

Edinburgh

EH11 4BL

Buses: 3, 3a, 20, 25, 32, 34, 35.

Computers for Beginners



With **Mike Dillon**

This course is designed to give complete beginners and those with little experience, a grounding in basic IT skills. Sets of tutorial exercises will be introduced and explained by the tutor who will guide you through them.

The following is a guide to what may be covered in 6 weeks but there are no hard and fast rules and you will be able to learn at your own pace and gain confidence in the use of computers.

- ⇒ **Hardware & Software:** Windows & Mouse exercises
- ⇒ **The Internet:** Internet Explorer - Changing & Navigating sites
Search Engines: Google
- ⇒ **Email:** Hotmail Registration, sending emails, opening and replying to emails, adding to the contact list, opening and sending attachments
- ⇒ **Word Processing:** Microsoft Word - Input of text and Saving Files, Opening and Closing Files, Editing text & Printing, Print Preview & Page Break, Changing the screen display using the View Menu.
Highlighting & Toolbars - Formatting: Bold, Italics & Underline, Font & Font Size, Headers & Footers, Undo & Redo.

Starts on Tuesday 10th March for 6 weeks.

12.30 – 2.30pm

At The Learning Centre
Edinburgh Central Library
George IV Bridge
Edinburgh, EH1 1EG

Buses: 23, 27, 35, 41, 42, 45, N27

Faith in Older People (FiOP) is a charity which works to celebrate the lives of older people by promoting and supporting their spiritual care and works with *all faiths and those who have no faith affiliation*, in a collaborative way, with organisations throughout Scotland.



There are many definitions of spiritual care but central to them all is "*developing an understanding of what gives meaning to peoples' lives*". For some this might include religion but it encompasses many different factors including relationships with family and friends to love of music.

In this series of participative workshops, FiOP will explore with you ways of understanding spiritual care and lifting your own spirits as well as, by association, the people you may care for.

Monday 2nd March - The Revd Malcolm Goldsmith - Spiritual Care & people with Dementia

Monday 9th March - Dr Fran Faulkes - Dreams and Spiritual Care

Monday 16th March - Penny Grieve - Understanding the long term effects of pain.

Monday 23rd March - The Revd Alison Newell - Spiritual Care and the importance of mutuality using the mnemonic SPICE (spiritual, physical, intellectual, creative and emotional)

Monday 30th March - Maureen O'Neill - Reflection, discussion and way forward

Starts Monday 2nd March for 5 weeks

2.00 - 4.00

At The Eric Liddell Centre

15 Morningside Road

Edinburgh, EH15 4DP

Buses: 11, 15, 16, 17, 23, 45

GUIDED WALKS

With Karen MacCormick

Religious Buildings in Edinburgh

Come and explore some of the most beautiful churches and places of worship in Edinburgh and learn more about their fascinating history.

1200 years of Christian worship at the West End

St Johns and St Cuthbert's

Thursday 5th March

11.00 - 1.00pm

Meet inside St Cuthbert's Parish Church, off Lothian Road at West End of Princes Street Gardens.

One Church's Journey Through Time

St Patrick's Roman Catholic Church

Wednesday 11th March

1.00 - 3.00pm

Meet outside St Patrick's RC Church in the Cowgate (near St Mary's Street).

Islam in Edinburgh

Tour of the Edinburgh Central Mosque

followed by a Curry Lunch (optional at under £5) at

the Mosque Café

Monday 16th March

11.00 - 1.00pm

Meet outside Mosque on 50 Potterow, opposite Crichton Street at the University of Edinburgh.

Royalty, Rogues and Religion in South Leith

South Leith Parish Church

Friday 27th March

11.00 - 1.00pm

Located by Kirkgate in Leith, the Church is of historical importance, having been built around a chapel of c. 1483, which was badly damaged in the bombardment of Leith in 1560.

Meet at Queen Victoria Statue (foot of Leith Walk) and we will make our way to the Parish Church.

Very Holy Morningside!

Includes a visit to St Bennett's Chapel

Tuesday 31st March

10.00 - 12.00

The name Holy Corner derives from the Victorian era when a church was built on each of the four corners. Today, three of the church buildings are occupied by thriving modern congregations and the fourth is now the Eric Liddell Centre which continues to provide essential services through its caring programmes.

Meet at the Eric Liddell Centre, 15 Morningside Road.

Two Cuthbert's and a Cuddy!

St Cuthbert's Episcopal Church

Wednesday 8th April

1.00 - 3.00pm

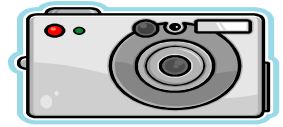
More than 120 years old, the Church has a long history of providing community services through its action programmes. A particular feature of the inside of the Church is the richly decorated ceiling in both the nave and the chapel.

Meet at St Cuthbert's Episcopal Church, situated on the corner of Westgarth Avenue and Colinton Road. Buses: 10,16,18 and 45.

Please note that you can choose to go on all or as many of these walks as you like. Please indicate your choices on the Booking Form enclosed.

DIGITAL PHOTOGRAPHY

With Alicia Bruce



This course will teach you how to take better photographs as well as all you need to gain confidence in using your digital camera. The course will adapt to the needs of the group, helping you get the most out of your digital camera. Participants can learn at their own pace, but we will aim to cover the following:

- ⇒ Introduction to digital photography
- ⇒ Composition
- ⇒ Photographing People
- ⇒ Digital Printing

There will also be an opportunity for participants to bring in old photographs to share with the group and to use a professional photography studio.

Alicia Bruce is a renowned and award winning professional photographer. Last year, she was appointed as Aberdeen Arts Centre's Artist in Residence and has actively worked with many community groups as a tutor.

Beginners welcome! Please bring along your digital camera if you have one

Starts on Thursday 5th March for 6 weeks.

10.00 - 12.00

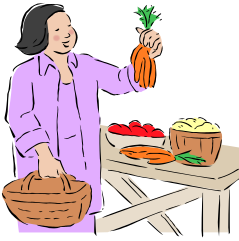
Room 10, Gilmerton Community Education Centre

4 Drum Street

Edinburgh

EH17 8QG

Buses: 3, 3a, 18, 29.



NUTRITION AND HEALTH

With Gail Neill

You are what you eat. A good diet is central to overall good health, but which are the best foods to include in your meals, and which ones are best avoided? This course will look at the facts to help you make realistic and informed choices.

- ⇒ **Week 1- Healthy Eating on a Budget.** Ideas and recipes for cheap, easy to prepare meals, shopping tips as well as nutritional advice on how to eat and keep well on a budget.
- ⇒ **Week 2 - Eating Well on a Small Appetite.** Focus will be on promoting and encouraging good nutrition in elderly people, as well as guidance on eating well for anyone with a small appetite, whatever their age
- ⇒ **Week 3 - Food Labels.** Focus will be on understanding food labels and guidance on making more informed choices for a healthier diet
- ⇒ **Week 4 - Common Nutrition Related Health Problems.** In this final session, you will be provided with practical information and guidance on common nutritional problems and how to avoid them.

Starts Friday 3rd April for 4 weeks

10.00 - 12.00

At The Eric Liddell Centre

15 Morningside Road

Edinburgh, EH15 4DP

Buses: 11, 15, 16, 17, 23, 45



MALE CARERS

Being a Male, Being a Carer

It surprises many people when they are told that 42% of all carers are male. What is perhaps not so surprising is that male carers experience caring in quite a different way to women, although many caring activities are the same.

We need to hear more about the experiences of male carers in order to better understand their role and how it can be better supported. We would like to know your views on how services provided by the Ca(i)re Project meets your needs as a male carer and if there are other things you feel we should be doing to help.

You are warmly invited to come to an informal meeting to discuss your experiences and help us to better understand your needs as a male carer.

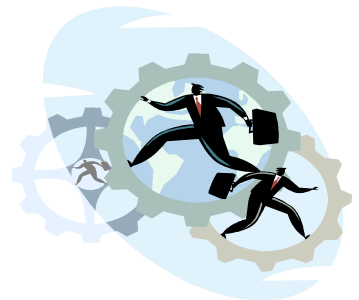
Thursday 7th May, 2.30 - 4.30pm

The Eric Liddell Centre

15 Morningside Road

Edinburgh, EH10 4DP

Buses: 11, 15, 16, 17, 23, 45



Lunchtime Drop-In



Just a reminder that we hold a weekly informal get-together for carers and former carers every **Tuesday lunchtime from 12.00 - 2.00pm** at the Eric Liddell Centre.

Information of relevance to carers will be available.
Invited speakers on topics of interest on the last Tuesday of each month

Please let us know if there are any particular topics you would like covered by our guest speakers.

Bring your sandwiches or buy a snack from Café Gold.
Tea and coffee will be provided.

EVERYONE WELCOME

Group Room 2
The Eric Liddell Centre
15 Morningside Road
Edinburgh, EH10 4DP

Buses: 11, 15, 16, 17, 23, 45.



The CA(I)RE Project supports anyone living in Edinburgh who is caring for someone on an unpaid basis or whose caring role has lessened or ended

Are you a carer?

If you spend time looking after someone who could not manage on their own then you are a carer.

Putting the "I" into Care

We understand that caring for someone brings many demands and pressures and that it's too easy for carers' own well-being and interests to take second place.

The CA(I)RE Project puts carers' needs first by providing support, learning opportunities and information.

That's why we are called The CA(I)RE Project—putting the "I" into care. Please contact us if you have any suggestions for courses you would like to attend, or to discuss any aspect of The CA(I)RE Project.

Sunil Bhatnagar, Co-ordinator

The CA(I)RE Project

**The Eric Liddell Centre, 15 Morningside Road
Edinburgh, EH10 4DP**

Tel 0131 446 3321 or 3317

Email: bhatnagars@ericliddell.org