

**UK General Election – 4<sup>th</sup> July 2024**

There will be a General Election on 4<sup>th</sup> July 2024. Voters in Scotland will need to show photo ID to vote at polling places.

You can find out more about accepted forms of photo ID, how to apply for a free Voter Authority Certificate, and what to expect on polling day, here:

**[www.electoralcommission.org.uk/voting-and-elections/voter-id](http://www.electoralcommission.org.uk/voting-and-elections/voter-id)**

**Take a Break Funding**

Take a Break gives grants to unpaid parent carers of disabled children and young people, aged 0 to 20, who have complex additional support needs. It is funded by the Scottish Government and administered by Family Fund.

The fund aims to give unpaid carers better quality of life, health and wellbeing. It gives cash grants to help them take a short break from the day-to-day routine of caring. Take a Break grants can be used flexibly, to help meet the needs of the carer.

You can apply for a Take a Break grant if you are a UK resident and have lived in Scotland for at least six months. They can only accept one application per household or family unit. Take a Break is open for a limited time each year, depending on funding. 2024 applications are open until 5pm on **Monday 24<sup>th</sup> June 2024**.

Follow the Take a Break Facebook page to see regular updates:  
**<https://www.facebook.com/takeabreakscotland>**

**FAiR – Living Wage Employer!**

FAiR is now an accredited Living Wage Employer. This means we are committed to paying all our staff the Living Wage, which is higher than the UK minimum wage.



## ***FAIR & WELL Events – June and July***

The FAIR & WELL project aims to provide activities for people with learning disabilities and their carers. Part of the project involves a coffee morning, where you can come together for chit-chat, coffee and snacks!



There are several activities planned throughout June and July:

### **Events in June:**

Wednesday 5 <sup>th</sup>	<b>Saughton Park:</b> 10.00am - 1.00pm
Wednesday 12 <sup>th</sup>	<b>Coffee morning at FAIR:</b> 10.30am - 12.30pm
Wednesday 19 <sup>th</sup>	<b>Deep Sea World:</b> 10.00am - 3.00pm
Wednesday 26 <sup>th</sup>	<b>Coffee morning at FAIR:</b> 10.30am - 12.30pm

### **Events in July:**

Wednesday 3 <sup>rd</sup>	<b>Portobello Beach:</b> 10.00am - 1.00pm
Wednesday 10 <sup>th</sup>	<b>Coffee morning at FAIR:</b> 10.30am - 12.30pm
Wednesday 17 <sup>th</sup>	<b>Botanic Gardens:</b> 10.00am - 1.00pm
Wednesday 24 <sup>th</sup>	<b>Coffee morning at FAIR:</b> 10.30am - 12.30pm
Wednesday 31 <sup>st</sup>	<b>Queensferry Village:</b> 10.00am - 1.00pm

If you want to come along or find out more, please contact Tasneem:

Email **[tasneem@fairadvice.org.uk](mailto:tasneem@fairadvice.org.uk)**

Phone **0131 662 1962** or **07513824259**.

Don't forget, you can follow FAIR on Facebook for updates:

**<https://www.facebook.com/FAIREdinburgh>**

## ***Beach Wheelchairs***

The Beach Wheelchairs hire service wants to help everyone get on the beach and make special memories with friends and family. They have projects in Portobello and North Berwick and a joint project at Haven Seton Sands. They have a large selection of wheelchairs in north Berwick and Portobello (including an all-terrain power wheelchair) as well as a hoist that takes a loop style sling. Hires are always FREE and they also take group bookings.

You can find full details on **[www.beachwheelchairs.org](http://www.beachwheelchairs.org)** or find them on Facebook.

## ***Carers Week 2024***

Carers Week is from 10<sup>th</sup> – 16<sup>th</sup> June 2024. It is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the work they do for families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and get the support they need.



'**Putting carers on the map**' is the theme for this year, where they want to make sure that the voices of unpaid carers are heard by politicians, employers, service providers, educational establishments, journalists and throughout our communities. They want caring to be made more visible so that carers feel seen and respected and that they can access the services and support that they need.

There will be plenty of ways to get involved in the lead up to Carers Week - or by taking part in the hundreds of events and activities that will be promoted throughout the UK and online during the week itself.

You can find out more and sign up to the newsletter at **[www.carersweek.org](http://www.carersweek.org)**

## ***ELREC Creative Kitchen Cooking Project***

The Creative Kitchen Community has been set up by Edinburgh & Lothians Regional Equality Council (ELREC) to support people who depend on food banks by teaching them how to cook healthy meals from minimal ingredients, and on a limited budget. The project will give people skills so they can become independent, confident and creative in the kitchen, whilst using a sustainable approach to reduce food waste.

The free workshops will run across Edinburgh, and will be open to anyone who is interested. A trained Chef will teach individuals how to eat healthier, save money, reduce food waste, come together and enjoy food.

To find out more, email Bolyn Alexander at **[bolyn@elrec.org.uk](mailto:bolyn@elrec.org.uk)**, or call **0131 556 0441**.

## ***PIP Benefit Changes***

The UK government is planning to make major changes to the disability-benefits system.

It has announced that changes to personal independence payments (PIP) could include stopping regular cash payments and instead offering claimants one-off grants for things like home adaptations.



In Scotland we have Adult Disability Payment, which took the place of PIP back in 2022. This means that the UK Government's plans to change the benefits system would not affect people in Scotland.

If you are still receiving PIP and not Adult Disability Payment and would like to change to the Scottish system, please call one of our Advice Workers on **0131 662 1962**.

## ***Change of Circumstances Reminder***

People whose benefit awards have not switched from the Department for Work and Pensions (DWP) to Social Security Scotland should still tell the DWP of any changes in their circumstances as soon as possible. Changes can be reported to Social Security Scotland online at:

**<https://www.gov.uk/carers-allowance-report-change>**  
or by calling **0800 182 2222**.

If you are not sure if this applies to you, you can call our advisors on **0131 662 1962**.

## ***Capital Carers – Adult Carers Programme***

Capital Carers support unpaid carers and those they care for. They give advice and information, have peer support groups, singing groups and social groups for carers and the people they care for.

Their groups and activities are open to all adult carers and former carers. Their full programme for June is available now. For full details and to register, call Rosie on **07407 427773** or email **rosie@nwcarers.org.uk**



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