

Covid-19 – Latest Guidance

Some of the rules are being relaxed.

More people can move to a mixed system of working. This can include both working from home and the office.

Face coverings will no longer be needed for adults taking part in organised events with children under five.



Adults and children aged 12 and over should still wear face coverings in indoor places like shops, hospitality venues and public transport.

In hospitality, face coverings can be removed while dancing, drinking and eating. Indoor venues are required to reduce crowding. They must collect contact details of customers to help with Test and Protect.

Retail and other sectors also must ensure social distancing and manage the number of customers.

The two-metre distancing rule remains in healthcare settings like hospitals, doctors' surgeries and dentists.

Missed Your Vaccine or Booster?

If you missed your vaccine appointment, or think you may have been missed, you should contact the Vaccination Helpline on **0800 030 8013**.



You can also fill out the missing appointment form on the NHS Inform website: **<https://www.nhsinform.scot/covid-19-vaccine/invitations-and-appointments/missing-appointment-details>**

VOCAL - Online Carers Events and Training in February and March

VOCAL continue to run a mix of online sessions on Zoom and face-to-face sessions at their Edinburgh Carers' Hub. You'll find short courses (running between 2-6 weeks), one-off information sessions, and social groups. Whether you are looking to learn, socialise or unwind, there is something for everyone. Booking is open online or by phone. We hope to see you soon!

Dealing with anger - Tue 8 Feb (10.30am - 1pm), Edinburgh Carers' Hub, 60 Leith Walk, EH6 5HB. This workshop helps us to think about and learn to cope with feelings of anger.

Tackling loneliness - Tue 22 Feb (1.30pm - 3pm), On Zoom. This British Red Cross workshop gives carers the chance to speak about how it might feel to be lonely or isolated, and to learn skills to help others who may be feeling the same.

Changing relationships - Wed 2 Mar (2pm - 3.30pm), On Zoom. This workshop helps carers understand how relationships work, what they mean to us, and how caring affects them.

Working carers network meeting - Tue 8 Mar (12.30pm - 1.30pm), On Zoom. Working carers are invited to join VOCAL on their lunchbreak for a short workshop to discuss issues that matter most to you, and have an opportunity to meet others!

Switching energy providers - Mon 21 Mar (10.30am - 11.30am), On Zoom. Learn how to compare costs between companies and choose the best deal for you.

Caring for a child with additional support needs and coping with behaviour that challenges - Thu 24 Mar (10.30am - 12pm), On Zoom. Led by VOCAL and a Clinical Psychologist from CAHMS, this session explores behaviour that challenges, and shares tips and advice for coping with this.

You can find out more and book your place by phoning **0131 622 6666**, emailing **carertraining@vocal.org.uk** or by visiting VOCAL's website: **www.carerstraining.co.uk/event/**

Young Persons' (Under 22s) Free Bus Travel

All young people and children aged 5-21 years who live in Scotland can apply for a card from January to access the Young Persons' (Under 22s) Free Bus Travel Scheme. You can apply online at getyournec.scot/nec/.

The Scottish Government would like people to stay at home as much as possible for now - until the situation with the pandemic improves. They ask that only those with an essential need to travel by bus apply at this time. That might be for work, education, health or care reasons. If travelling, you should always follow the latest advice to keep yourself and others safe.

If you cannot or do not want to apply online, you will have to contact your local council. For City of Edinburgh Council, call **0131 200 2351** or email one-edinburgh@edinburgh.gov.uk

Family Fund – Winter Support!

The Scottish Government have given the Family Fund extra money, so if families applied before April 2021 then they can apply again now and don't need to wait for the full 12 months.

If you think this applies to you and you want to know how to apply, call FAIR on **0131 662 1962** to talk to one of our advisors.

What is Important to You? – Questionnaire

Edinburgh Health and Social Care Partnership want to find out what is important to people in their lives and in their support. They want to use this information to make services truly about the person. Instead of focusing just on people's support needs they want services to be about helping people live their lives to the fullest.



There is a new online questionnaire which will give people the chance to say what is most important to them. You can find that here: consultationhub.edinburgh.gov.uk/hsc/d1e38f7e/

A Word version is also available for people who cannot or would rather not fill in the questionnaire online. This is available from FAIR. Call us on **0131 662 1962** and we can send you a copy.

Please give your answers to the questionnaire by **14th March 2022**.

Food Train – Grocery Shopping for Over 65s!

Food Train is a new service for people in Scotland who are over 65 and need help with their regular grocery shopping. They can arrange a connection with a local volunteer who will do regular food shopping, deliver it, and also put items away if necessary.



To find out more about Food Train's services or become a volunteer, call **0800 304 7924**, email **connects@foodtrainconnects.org.uk** or go to their website: **www.foodtrainconnects.org.uk**

Food Train – Meal Makers

Food Train also run a service called Meal Makers that connects local people who love cooking (Cooks) with an older neighbour (Diner). The cook then makes an extra portion of home cooked food for the Diner and they share a nice meal together.

Anyone over the age of 55 can sign up to be a Diner. Call **0800 783 7770** to be paired with a local Cook.

To sign up as a Cook, go to **www.mealmakers.org.uk/**, create a profile and Food Train will connect you with a Diner in your area.

FAIR Evaluation – 2020-2021

Every year, we do an evaluation of the service we give. This helps us to find out if people are happy with the work FAIR does or if we could be doing better.

We would like to hear from everyone who used our service between 2020 and 2021. We have a form that people can fill in online. It won't take long to fill in and will help to make sure FAIR's service is the best it can be.

To fill in the form, please go to: **https://forms.office.com/r/DaWA3HdGpA**



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Website www.fairadvice.org.uk

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