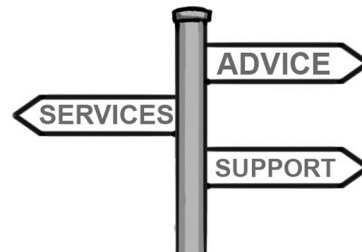


**PARENT'S Carewell Partnership**

FAIR is part of the Parents Carewell Partnership along with The Action Group, EDG and VOCAL. Our aim is to provide Edinburgh parent carers with the support and advice they need at every stage of their loved-one's life.

We're part of the **Parents Carewell Partnership**



As well as 1-1 supports, our partnership also runs group supports so you can meet and learn from other parent carers.

If you would like any support or would like to find out more, email [careradvice@actiongroup.org.uk](mailto:careradvice@actiongroup.org.uk) or call FAIR on **0131 662 1962**.

**Learning Disability Week 2023**

The Local Area Coordination Team is organising a Celebration for Scottish Learning Disability Week 2023 at Meadowbank Sports Centre on Thursday 4<sup>th</sup> of May 2023, 12noon-3pm.

There will be stalls from lots of organisations and all kinds of fun activities. For more information, go to the LAC's Facebook page.

**Orcadia is Moving!**

Orcadia creative arts centre is a safe and friendly place for adults with learning disabilities to take classes and develop a wide range of skills. In early May, the centre is moving from Windsor Place in Portobello to Ratcliffe Terrace, Newington. All phone numbers will be the same and all the staff will also be the same, and they look forward to seeing you all there old and new.



To contact Orcadia, phone **0131 669 1075** or email [info@orcadiacentre.org.uk](mailto:info@orcadiacentre.org.uk)

## **FAIR & WELL Events – April and May**

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 April and May:

### **Events in April:**

- |                            |   |
|----------------------------|---|
| Wednesday 5 <sup>th</sup>  | <b>Coffee Morning at FAIR:</b> 10.30am - 12.30pm, |
| Thursday 6 <sup>th</sup>   | <b>Edin Central Mosque tour:</b> 10.30am -12.30pm |
| Wednesday 12 <sup>th</sup> | <b>Spring Outing to Botanics:</b> 1.30pm - 2.30pm |
| Wednesday 26 <sup>th</sup> | <b>National Art Gallery:</b> 10.30am – 12.30pm    |

### **Events in May:**

- |                            |  |
|----------------------------|--|
| Wednesday 3 <sup>rd</sup>  | <b>Coffee morning at FAIR</b><br>(with guests People First): 10.30am – 12.30pm |
| Wednesday 10 <sup>th</sup> | <b>Corstorphine Walled Garden:</b> 11.00am -1.00pm                             |
| Wednesday 17 <sup>th</sup> | <b>Coffee morning at FAIR:</b> 10.30am - 12.30pm                               |
| Wednesday 24 <sup>th</sup> | <b>Princes Street Gardens:</b> 10.30am - 12.30pm                               |
| Wednesday 31 <sup>st</sup> | <b>Coffee morning at FAIR:</b> 10.30am - 12.30pm                               |

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 **07570949378**.

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

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

## ***Edinburgh Community Food – Information and Courses***

Edinburgh Community Food is all about helping people enjoy delicious, fresh, healthy food and making sure everyone in our city has access to an affordable, healthy diet.



### **Being Energy Efficient in the Kitchen**

We're all more aware of our bills right now and kitchens use up a lot of electricity. Edinburgh Community Foods have worked with Changeworks to come up with some tips that could save you money. You can find these online here: [www.edinburghcommunityfood.org.uk/blog/being-energy-efficient-in-the-kitchen](http://www.edinburghcommunityfood.org.uk/blog/being-energy-efficient-in-the-kitchen)

### **Course - REHIS Food and Health Training**

Edinburgh Community Food are running a course with Royal Environment Health Institute of Scotland (REHIS) to help you learn about good nutrition and getting a healthy balanced diet. The courses will be held at Pilton Community Health Project, 18<sup>th</sup> and 19<sup>th</sup> April, 9.30am-1pm.

For more information, call **0131 467 7326**  
or email [admin@edinburghcommunityfood.org.uk](mailto:admin@edinburghcommunityfood.org.uk)

### ***Cyrenians Golden Years Lunch Club***

Hybernian Community Foundation and Cyrenians have a lunch club every Monday. It is a great chance to share good food and good company. It is at 12.30pm, Easter Road Stadium, West End Entry. Everyone is welcome, free of charge!

### ***Edinburgh Food Project – Where to Find a Foodbank***

The Edinburgh Food Project gives emergency food supplies and support to people in crisis and works to break the cycle of food poverty through their More Than Food programme. Their website has the opening times and locations for their foodbank centres. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher/referral number.

The list of locations can be found here:  
<https://edinburghfoodproject.org/locations/>

## ***Edinburgh Carer's Council – Support for Carers***

Edinburgh Carer's Council is a charity that provides peer support services on a 1-to-1 and group basis, matching volunteer peer workers with carers, additionally hosting a peer support group once a month at Redhall Walled Garden.



They also provide an eating disorder peer support service. This covers all areas of NHS Lothian. This is also on a 1-to-1 and group basis.

There is a local peer support group meeting once a month at their offices in Leith, at Great Michael House, 14 Links Place. Additionally, they are in the process of setting up a peer support group for carers at the Regional Eating Disorders Unit at St. Johns Hospital. This is for carers of inpatients and recently discharged patients of up to one year.

For more information, call **0131 322 8480**.

## ***The Edinburgh Indie Flea Market - Summerhall***

Go along to the Edinburgh Indie Flea Market on Sunday 7<sup>th</sup> May from 10.30am - 4pm at Summerhall.

The Indie Flea is a celebration of all the amazing creatives from around the UK, a lovely indie shopping experience including Jewellery, Plants, Gifts, Homeware, Stationery, Art Prints & Fashion. They've got music, fun and lots and lots of indie shopping. So, gather your friends together and pop along for a social shopping experience and a fun day out!

Adults (10:30am - 4pm) - £2.50, free for kids under 12. Card payments are preferred.

If you have any questions about accessibility or visiting the event if you have a disability please call Summerhall on **0131 560 1580** or email **info@summerhall.co.uk**.



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