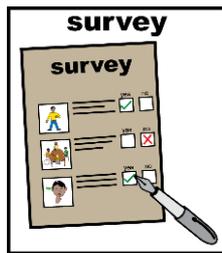


Issue date - Wednesday 8 July 2020



### Update

This newsletter will now come out every 2 weeks.



### Personal Assistant Survey

If you employ your own Personal Assistant, we would appreciate if you could complete this short survey.

<https://tinyurl.com/y74gm22b>

The Employers Quality Standard is an accreditation for people who receive direct payments to employ a personal assistant.

By completing the accreditation, employers can show that they understand and meet all the responsibilities expected of them.

## Contents

Cantonese Test and Protect Info (Page 2)

Free bike hire for Carers (Page 3)

Call for Mattress Donations (Page 3)

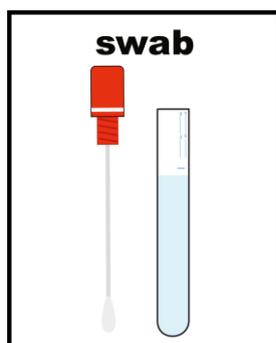
Free Upskilling Courses (Page 4)

Young Carers Summer Programme (Page 4)

Help with Energy Costs (Page 5)

Free Mental Wellbeing Sessions (Page 5)

Peer Led Wellbeing Café (Page 6)



### **Test and Protect Information in Cantonese**

MECOPP Carers Centre and the Scottish Government have created a video in Cantonese giving information about the current **Test and Protect Service**.

The video can be watched [here](#).

A video in Urdu is set to come out soon.



## **Free bike hire for carers and key workers in Dundee**

Carers and key workers needing to travel are encouraged to avoid public transport by taking using the free bike offered by Volunteer Dundee.

People can borrow the eBikes and eTrikes for as long as a week.

For more information please email [ReDiscover@dvva.scot](mailto:ReDiscover@dvva.scot).



## **Mattress Donations Needed**

Lochee Community Group are asking people to help out by giving away old mattresses.

Due to the services being shut during lockdown, there is a shortage of mattresses available to go to people who would usually receive furniture donations.

3 single and 1 double mattress are needed.

For more information please email Alison at [locheecommunitygroup@outlook.com](mailto:locheecommunitygroup@outlook.com).



## Free courses for furloughed workers

The Open University is offering people who have been furloughed or facing redundancy free courses to gain new skills.

The time commitment for the modules is roughly 8 hours a week and anyone that is interested must register their interest by **24th July**.

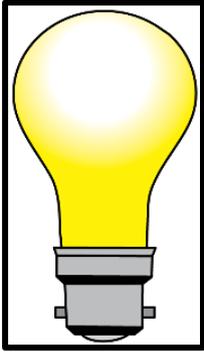
More information on the courses and how to register can be found [here](#).



## Young Carer Summer Programme

Take part in the Summer Programme weekly challenge.

Follow Dundee Carers Centre on [Facebook](#), [Twitter](#) or [Instagram](#) every Monday for weekly announcements.



## Help with Energy Costs

**Hillcrest Top-up Fund** – People living in Dundee can be referred by an agency to receive a £30 top up for their energy meters.

This form must be filled in and sent to [topupfund@hillcrest.org.uk](mailto:topupfund@hillcrest.org.uk)

**Home Energy Scotland** – People living in the North East of Scotland can apply for £49 vouchers to help pay for energy costs.

You can apply by calling **0808 808 2282**.

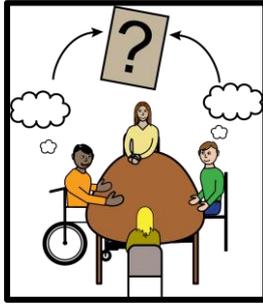


## Free Mental Wellbeing Sessions to help people cope during Covid-19

Re-connect CBT is a series of short mental wellbeing group sessions through Zoom, to help people cope during the COVID-19 pandemic and beyond.

For more information call **0800 731 5678** or email [reconnect@thewisegroup.co.uk](mailto:reconnect@thewisegroup.co.uk).

To book a session please visit [www.thewisegroup.co.uk/re-connectcbt](http://www.thewisegroup.co.uk/re-connectcbt).



## Peer Led Wellbeing Conversation Café

A chance to have an open, friendly conversation about your Wellbeing with our Peer Workers who have their own lived experience of mental challenges.

Tell us what Wellbeing Works (POWWOWs) you would like to see planned.

Topics include:

- Anxiety Matters
- Healthy Food Healthy Mind
- Sleeping Well and many more.

The Café happens every Wednesday from 1.30 pm to 2.30 pm.

No referral forms required. Contact us through phone or [email](#) to find out more.

### Contact phone numbers:

Louise Mackinnon (Peer Worker) – **0775 4754 867**

Anne Barclay (Peer Worker) – **0771 7618 722**

Dundee Office – **01382 223 487**