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Face Covering Guidance and Information

It is now mandatory to wear a face covering when going shopping or using public transport in Scotland.



Face coverings include cloths that covers your mouth and nose, religious coverings and visors.

You can find out more about the new laws here.

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



People are exempt from wearing face coverings if:

- They have a disability or health condition that means they cannot wear one
- A covering will cause them severe distress or anxiety
- They need to communicate with someone who relies on lip reading

- They have a reasonable need to eat, drink or take medicine.

For more information visit:

www.disabilityequality.scot/face-covering



Near Me Consulting Feedback

What do you think of having appointments by video?



Please share your views by answering this [10 minute](#) survey which will run until **Friday 24 July 2020**

Your feedback will help improve video consulting services across Scotland.

You can find more information about Near Me [here](#).

If you would like further information, help with completing the form or wish to feedback in some other way, please contact nss.nearme@nhs.net 07522 516043.



Digital Advice for Carers

Carers can receive impartial advice on over 90 topics to help make daily living easier with the **AskSara** site.

<https://carersuk.livingmadeeasy.org.uk/>

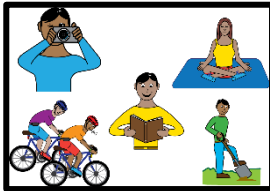


MS Tayside Project

The My MS, My Way project aims to provide services throughout Tayside such as support for those attending MS Clinics, Free Counselling, Peer Support Programmes, Information and Wellbeing Events and Living Well Programmes.

You can view the programme of free events and get updated on news on the [MS Society Facebook](#) page.

You can sign up to any of the sessions through [here](#).



Sense Scot Activities

Sense Scotland have a series of activities to **Be Well, Be Creative and Be Playful.**

These resources have been inspired by the people Sense Scotland supports to thank them for giving ideas and teaching just what we are all capable of when it comes to communicating with each other.

You can find the range of activities [here](#).



Maryfield Online Carer Support

Do you help look after a family member or friend?

Do you live in Maryfield?

Would you like to find out what support is available to you in your area?

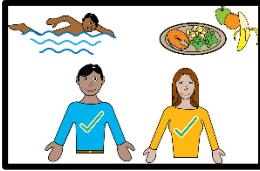
If yes, then contact us Dundee Carers Centre on 01382 200422 or email maryfield@dundeecarerscentre.org.uk to arrange a 15 minutes one to one video chat with one of the workers.



Am I a carer?

A 'carer' is an individual who provides or intends to provide unpaid care for another individual.

A carer could be caring for someone of any age, with a physical or learning disability, elderly, mental illness, drug or alcohol dependency or who is living with cancer or any other critical or chronic illness.



Wellbeing Trainings

[Eat Well, Age Well](#)

Raising the Issue of Malnutrition training aims to increase practitioners' knowledge and confidence around identifying and supporting older people at home in the community who are at risk or are suffering from malnutrition.

[Mental Health e-Learning](#)

NHS Tayside have put together a guide linking courses you can undertake on range of mental health & wellbeing and suicide awareness topics.

breakfast	lunch	evening meal	supper
✓	✓	✓	

Nourishment Advice Line

Have you – or someone you care for recently lost weight without meaning to?



Jewellery and clothing a little looser?

Lost motivation for cooking?

Call our Tayside wide advice line: **01738 450556**

Monday and Friday 9:30am – 12:30pm

Wednesday 12:00pm – 3:00pm.



Women's Abuse Services

Have a read of the leaflet created by Dundee Violence Against Women Partnership explaining services and resources available [here](#).