



Memorial Bench for Jimmy McIntosh



In 2019 we spent the year fundraising to get a memorial bench for our late friend and colleague Jimmy McIntosh MBE. With great support from Peter Sabine who championed the cause, we reached our target. Unfortunately due to the pandemic we were unable to get the bench put in place last year.

We are now happy to let you know that the council have agreed to place the bench for us at the foot of Leith Walk near the Kirkgate. We are hoping this will happen over the Summer. This was a place Jimmy frequented regularly going to Leith Community Centre weekly for the Sticking Up For Your Rights Group. Once it is in place, If you are passing and get a chance, take some time to sit awhile and think about Jimmy.

Emergency Planning



Do you have an emergency plan in place? If you have one, is it up to date?

At EDG we offer emergency planning tools such as information sheets which can be kept in a safe place and bottles for the 'Message in a Bottle Scheme' which is detailed information kept in the fridge.

These are useful tools for lone parents who have their adult son or daughter living in the family home. These emergency information sheets and emergency bottles inform medical emergency staff that they are a carer of someone who lives with them as well as giving their own detailed medical information and emergency contacts. It also will state that the son or daughter will need a paid carer, whilst the parent is away in hospital due to an accident, ill health or any other medical emergency.

We also offer Life Books which are a more detailed book for your son or daughter about their daily routines, people in their lives, likes and dislikes and medical information. A bit like 'This is your life'!

If you would like us to update your emergency plan or If you would like an emergency plan or a Life Book Please contact us on 476 0522 or hels@edg-sco.org or maureenmartin@edg-sco.org

Belonging Network

We recently had a special event called 'Inspire Yourself' where the group shared their hobbies, talents passions and interests. It turns out we are a talented group! People read their own poetry, played the piano, told stories, showed us crafts and talked about happy times in their lives.

Peter Sabine wasn't able to join on Zoom but he sent in these pictures of a boat he made out of clay: an ambitious task which he pulled off very successfully!



We're taking a little bit of a break at the end of July so the rhythm of our fortnightly meeting is changing. Here are our upcoming dates:
Thursdays 2pm-3.30pm on Zoom -

1st July
15th July
5th Aug
19th Aug
2nd Sep
16th Sep
30th Sep



Our meeting on the 5th Aug will celebrate International Friendship Day (which is actually on 2nd but better late than never!).

We'd love to welcome some new members! Please email gillian@edg-sco.org if you want to know more.

Summer photos



We have some lovely Summer photos to share in this issue of the newsletter.

Ronald Akey is pictured here at Saughton Gardens on a lovely sunny day.

Ronald has been enjoying the summer with some days trips to North Berwick and Peebles.



Frances MacDonald sent us these colourful photos from her walks around Edinburgh. She made a special trip to Dalkeith Country Park at the end of May to see the bluebells while they were in bloom. Thanks Frances. Lovely photos!





The EDG team came together recently for an outside team meeting in the Meadows. Although we have been able to have Zoom meetings this was our first face to face meeting in nearly 18 months. It was great to see each other!



Thanks to Fee Henderson for this photo of a Swan and her cygnets in Harrison Park.

If you would like to send a photo for our next edition please contact Hels by email : hels@edg-sco.org



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2021

Scottish Charity

Empathy Training Launched

PUTTING EMPATHY AT THE HEART OF SUPPORT WORK



AJP Dreams and EDG are offering a training course to grow empathy in your organisation

**Next Edition
August 2021**

Transition for
school leavers

Update on Our
Street Our Town
Project in South
Queensferry

Crafty Brunch
Club date

Deadline for
sending us
photos -
Tuesday 3rd
August 2021

EMPATHY TRAINING

AJP Dreams, with support from EDG, has conducted research into empathy in support work: what empathy is, why it is important in support work, what gets in the way and what helps support workers overcome the barriers. We have used this learning to create a training course and peer support programme for support workers.

'I liked the mix of learning styles, some drawings, some written, some reading and some videos. It breaks each section up nicely and it's easy to take in information.' - course participant



empathyinsupportwork.co.uk gillian@edg-sco.org



KEY LEARNING

- What empathy is
- Why it is important in support work
- How it can be learned
- Good listening skills
- Link between empathy and living your dreams
- Self Care Skills
- Good boundaries with empathy
- How to cultivate empathy in your work

Please Note:

**Views expressed in this newsletter
are not necessarily those of the
organisation and staff**