



Included with your magazine, is an Easter Card from Leith Walk Primary School pupils, information on if you are worried about money, and information about NHS services for Older People. This magazine's content is shaped by you – if you would like to contribute or have ideas for content, please do get in touch.

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EMERGENCY NUMBERS

Police, Fire, Ambulance: 999 **Police (non emergency):** 101 **NHS24:** 111

Social Care Direct: 0131 200 2324 for help with illness, frailty, disability or concerns about safety of an adult or child at risk of harm. Out of hours: 0800 7316969

Samaritans: 116 123

Edinburgh Crisis Centre: 0808 801 0414

Scotland's Domestic Abuse and Forced Marriage Helpline : 0800 027 1234

Mental Health Assessment Service : 0131 286 8137 for people in crisis who need an emergency mental health assessment.

Benjamin Zephaniah, a pioneering British writer and poet, who passed away at the age of 65, in December 2023 was renowned for his work on race, racism, and a variety of social issues. His work spanned across several genres, including children's literature, music, television, and radio, leaving behind a legacy as vibrant and dynamic as the life he led.



The British by Benjamin Zephaniah

*Take some Picts, Celts and Silures
And let them settle,
Then overrun them with Roman
conquerors.*

*Remove the Romans after approximately
400 years*

*Add lots of Norman French to some
Angles, Saxons, Jutes and Vikings, then
stir vigorously.*

*Mix some hot Chileans, cool Jamaicans,
Dominicans,
Trinidadians and Bajans with some
Ethiopians, Chinese,
Vietnamese and Sudanese.*

*Then take a blend of Somalians, Sri
Lankans, Nigerians
And Pakistanis,
Combine with some Guyanese
And turn up the heat.*



*Sprinkle some fresh Indians, Malaysians,
Bosnians,
Iraqis and Bangladeshis together with some
Afghans, Spanish, Turkish, Kurdish, Japanese
And Palestinians
Then add to the melting pot.*

Leave the ingredients to simmer.

*As they mix and blend allow their languages to
flourish
Binding them together with English.*

Allow time to be cool.

*Add some unity, understanding, and respect for
the future,
Serve with justice
And enjoy.*

*Note: All the ingredients are equally important.
Treating one ingredient better than another
will leave a bitter unpleasant taste.*

*Warning: An unequal spread of justice will
damage the people and cause pain. Give justice
and equality to all.*

EDINBURGH TAXI SERVICES

Taxicards Edinburgh	Cab Assist Card (City Cab)												
How does the scheme work? The Taxicard scheme is designed to help disabled people get about by making taxi journeys cheaper. The Taxicard can also be used to travel on trains within the Lothian area for free. It's available to Edinburgh residents with a severe, permanent disability who can't use ordinary buses or can only use buses with assistance.	Cab Assist Card enables members who have difficulty in using buses, trains and trams to get out and about. The scheme provides trips for social purposes, for example going shopping, visiting friends and family, and going out to events. The scheme is paid for by City Cabs (Edinburgh) Ltd.												
Who are eligible? Live in Edinburgh; AND have a permanent disability; AND be older than two years old	Over the age of 65; OR are current users of Edinburgh Councils Taxicard Scheme												
Journey Discount Total amount on the taxi's meter (including any extras for additional passengers): No more than £5.00, pay a flat rate fare of £2.00. More than £5.00, pay £2.00 (flat rate fare) plus the amount over £5.00 Examples: <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; padding: 2px;">Total Amount on taxi meter</th> <th style="text-align: left; padding: 2px;">Flat Rate Fare</th> <th style="text-align: left; padding: 2px;">Additional amount over £5.00</th> <th style="text-align: left; padding: 2px;">What you pay in total</th> </tr> </thead> <tbody> <tr> <td style="text-align: left; padding: 2px;">£5.00</td> <td style="text-align: left; padding: 2px;">£2.00</td> <td style="text-align: left; padding: 2px;">£0</td> <td style="text-align: left; padding: 2px;">£2.00</td> </tr> <tr> <td style="text-align: left; padding: 2px;">£6.00</td> <td style="text-align: left; padding: 2px;">£2.00</td> <td style="text-align: left; padding: 2px;">£1.00</td> <td style="text-align: left; padding: 2px;">£3.00</td> </tr> </tbody> </table>	Total Amount on taxi meter	Flat Rate Fare	Additional amount over £5.00	What you pay in total	£5.00	£2.00	£0	£2.00	£6.00	£2.00	£1.00	£3.00	Up to £2.30 discount per journey
Total Amount on taxi meter	Flat Rate Fare	Additional amount over £5.00	What you pay in total										
£5.00	£2.00	£0	£2.00										
£6.00	£2.00	£1.00	£3.00										
Additional fee Administration fee £20 No call out charge, or booking fee, when you book for two passengers. Additional adult passengers incur a charge of 20p each. No additional charge for minors.	Free to join. No additional fee.												
How to use the card? Book a taxi OR ask at a rank for a taxicard booking. Can't hail a taxi in the street	Book a taxi by calling 0131 228 1211. Available 24 hours a day 365 days a year.												
Accepted by Only Central Taxis	Only City Cab												
Duration & Limits Last for 3 years, 104 trips per year (equivalent to one return journey a week)	No limit on the number of journeys.												
How to apply Contact Edinburgh Council Travel Concession on 0131 469 3891	Contact City Cab on 0131 656 0830 or email at enquiries@citycabs.co.uk												



TRANSPORT FOR PEOPLE WITH MOBILITY CHALLENGES

HcL Transport is a registered charity, which provides supported accessible transport for people with mobility challenges in Edinburgh and the Lothians. They provide two services – Dial-A-Ride and Dial-A-Bus.

Dial-A-Ride provides a door-through-door transport service for people of any age with mobility challenges. This includes older people; people with disabilities, additional support needs, illness or health condition (long term or short term) affecting mobility; or those rurally isolated. Dial-A-Ride will take you wherever you want or need to go. The service operates 7 days a week, 365 days of the year and is available in the evenings.

Do I need to be registered with Dial-A-Ride? Yes. Registration is free. The information we ask provides us with your level of mobility so we can plan timings for journeys and support required. This also allows us to manage the number of passengers in wheelchairs per journey. **Registration** can be done by completing the online form or returning the hardcopy form in our leaflet to your local office. Passengers must be resident in Edinburgh or the Lothians.

How does it work? Once registered, you simply phone your local office to enquire about availability, price and to book:

0131 447 9949 for Edinburgh, Midlothian and East Lothian journeys

01506 633953 for West Lothian journeys.

The service operates seven days a week including evenings, subject to availability. It is advisable to **book in advance**, but you can try for bookings on the same day / the day ahead. Bookings are subject to availability.

Our vehicles are specially adapted to carry combinations of wheelchair users and other passengers safely and comfortably.

Your driver will assist you from your home into the vehicle and from the vehicle into your destination - it is part of the service. This can include helping with closing / locking your door; putting your keys away; helping you with your coat; carrying any bags; providing assistance / guiding you from inside your home / your door / outside your home to the vehicle, safely onboard and seated with your seat belt.

How much does it cost? As part of the booking / enquiry process, the dispatcher will advise you the price of the journey. The price will not change, for example if any delays or traffic diversions in the journey. Dial-A-Ride is charged on a mileage basis at £6.00 for the first mile and then 75p per mile thereafter. The mileage is calculated 'as the crow flies', ie the most direct route. **You will be able to get up to £6 off of your first booking.**

Can I travel out with the Lothians? Yes. We take passengers across Scotland and to different parts of England. A different tariff is applied for journeys to destinations out with the Lothian area. Contact your local office for prices.

Dial-A-Bus Service provides a supported door-through-door transport service to access a local major shopping centre or supermarket.

The service is for people of all ages with limited mobility who are unable to use ordinary buses to access major shops. Limited mobility can be due to age, illness, health condition (long term or short term), disability or geographical remoteness. You will need to register to use the service, however this is free and very quick.

The driver will give you any help you need to get from your home and onto the bus. You will have between 1 to 2 hours at the supermarket or shopping centre and then the driver will collect you. Our driver will help you onto the vehicle, as required, and carry your shopping onto the vehicle. Each passengers has a separate space for their shopping to be stored. Once home, the driver will take your shopping into your home for you, if required.

- Each vehicle can carry two wheelchair passengers in their wheelchairs. Each route takes passengers to fully accessible shopping areas.
- Travel can be booked for the return journey or just one way.
- Booking in advance is required. Please note you can call on the day to check availability.
- Card payments are now accepted on all vehicles.

EXERCISE GROUPS AT HIBS STADIUM

Table Tennis

Hibernian Community Foundation is offering FREE table tennis sessions with a coach!



Every Wednesday, 11am-12pm
Community Hub, Easter Road Stadium

Everyone welcome to join our
Community Lunch afterwards!



Chair Yoga



Chair yoga introduces gentle movements that work on stretching the body. This helps the body become more flexible!

There are plenty of spaces available and each session is only £3!

Tuesday 10:30am-
11:30am,
Community Hub -
Easter Road Stadium

Lift access is available and we encourage you to come along and do what you are capable of!



REMINISCENCES WITH LIVING MEMORY ASSOCIATION

LIVING MEMORY ASSOCIATION is a reminiscence project based in Edinburgh and established in 1986. They believe reminiscence can bring people together, regardless of their background or age. It's a process of sharing, where we learn about other people's lives. Some life experiences can be unique, others common to us all.

Directions: Second floor next to Britannia, at Ocean Terminal Shopping Centre



'This was our last weekend hostelling as we were sailing for Canada on 5th April 1953. Our bikes already had new owners. Robert (my husband of about two weeks) took the photo.' Grace Melrose

'In the fifties cycling was a popular form of transport and recreation. Petrol was still on ration then. I was a member of the Clarion Club. There were lots of other cycle clubs; The White Heather, The Red Lion, The Lothians, Velo Sportiv, The Comet and The Port o' Leith to name a few.' Says Charlie McMaster

JOURNALING

Journaling simply writing down your thoughts and feelings to understand them more clearly. And if you struggle with stress, depression, or anxiety, keeping a journal can be a great idea. It can help you gain control of your emotions and improve your mental health.

- Journalling Reduces Stress and regulates your Emotions
- Journalling Improves your memory
- Journalling improves your communication
- Journalling improves mindfulness
- Journalling allows you to set out your day
- Journalling allows you to see the positives of life

Journalling can be writing about your day, writing about what your greatful for, jotting down your thoughts or any topic you may enjoy like your favourite cooking show!

You do not need to buy a journalling notebook, a normal notebook or even a sheet of paper is just fine. Want to give it a try? Check out the next page and take it home with you

Daily Gratitudo

Day 1 Date

Day 2 Date

Day 3 Date

Breathing exercise:

- Exhale for a count of four
- Hold breath for a count of four
- Inhale for a count of four

The dandelion flower is starting to make an appearance, here are some facts about the dandelion:

- ψ The name dandelion is taken from the French word “dent de lion” meaning lion’s tooth, referring to the coarsely-toothed leaves.
- ψ The dandelion is the only flower that represents the 3 celestial bodies of the sun, moon and stars. The yellow flower resembles the sun, the puff ball resembles the moon and the dispersing seeds resemble the stars.
- ψ The dandelion flower opens to greet the morning and closes in the evening to go to sleep.

Dandelions have one of the longest flowering seasons of any plant. Dandelion seeds are often transported away by a gust of wind and they travel like tiny parachutes. Seeds are often carried as many as 5 miles from their origin! Animals such as birds, insects and butterflies consume nectar or seed of dandelion.

If you mow dandelions, they'll grow shorter stalks to spite you. Dandelions are, quite possibly, the most successful plants that exist, masters of survival worldwide.

A not so fun fact: Every year countries spend millions on lawn pesticides to have uniform lawns of non-native grasses, and we use 30% of the country's water supply to keep them green.



- ψ Every part of the dandelion is useful: root, leaves, flower. It can be used for food, medicine and dye for coloring. Up until the 1800s people would pull grass out of their lawns to make room for dandelions and other useful “weeds” like chickweed, malva, and chamomile.
- ψ Dandelion can be used in the production of wine and root beer. Root of dandelion can be used as a substitute for coffee.
- ψ Dandelions have sunk their roots deep into history. They were well known to ancient Egyptians, Greeks and Romans, and have been used in Chinese traditional medicine for over a thousand years.

Leith Timebank Herbal Group

Lana, a Leith Timebank Member, shares her knowledge and experience of the health benefits of plants and herbs at monthly group lessons. In 2023, the Herbal Group Activities included field trips (e.g. Dr Neil Gardens), practical workshops (e.g. wild garlic & nettle soup), talks (e.g. how to boost your immune system), etc

We are looking for new members to join our group.

For more information, please contact Mary on
07534805512 or m.oconnell@pilmenydevelopmentproject.co.uk



HEALTHY EATING: FACT VS FICTION

Advice on healthy eating seems to change so fast that it's hard to keep up. But there's no need to blow your budget on superfoods or swap your Sunday roast for a salad. Here we address some of the most common food myths and ask the experts what we really should be eating.

LOW-FAT FOOD

What's the myth? Low-fat foods are best for us.

The reality: Although a diet that is low in fat can help you to control your weight and lower your cholesterol, there's no need to avoid fat altogether.

The expert opinion: 'We do need some fat in our diets,' explains Eleanor Donaldson from the British Dietetic Association. 'For example, omega fats are great for circulation and can reduce the risk of heart disease.'

Why not try...? Oily fish such as salmon, mackerel, pilchards and sardines are good sources of omega fats. Use olive or sunflower oil for cooking, and if you are trying to reduce the amount of fat you eat, there are a number of different options:

- Trim visible fat from meat.
- Choose lower-fat versions of traditional foods.
- Buy or try making your own oven chips instead of fried.
- Save cakes, biscuits, pies and pastries for an occasional treat.

FRUIT AND VEG

What's the myth? Fruit and vegetables should be eaten fresh.

The reality: Unless you're feeding a family, it can be hard to get through a variety of fresh fruit and vegetables before they go off. Buying tinned or frozen means that you only use what you need, so there's less waste.

The expert opinion: Eleanor Donaldson says: 'Freezing preserves the food's vitamin and mineral content, is a great way to get your recommended 5-a-day and there is no wastage from peel, seeds and stalks.'

Why not try...? Why not eat frozen vegetables with your meal, add them to soups and stews, stir tinned sweetcorn into a salad, or enjoy frozen berries with yoghurt, ice cream or custard.

COOKED BREAKFASTS

What's the myth? A cooked breakfast is bad for you.

The reality: Breakfast is an important meal and a cooked breakfast can be a healthy way to set yourself up for the day.

The expert opinion: Eleanor Donaldson says: 'Eggs are a brilliant source of lean protein, tomatoes are packed with antioxidants and grilled lean bacon is a tasty addition. But have a think about how you cook the foods and instead of a "fry up" have a "grill up".'

Why not try...? Give the frying pan a rest and opt for poached eggs or baked beans on wholemeal toast.

RED MEAT

What's the myth? Red meat will kill you.

The reality: Recent research has linked red meat to an increased risk of dying from heart disease and cancer. However, red meat is good for you, as it's an excellent source of protein, vitamin B12, zinc and iron. That's why the Department of Health advice says it's safe to consume up to 500g per week.

The expert opinion: Victoria Taylor, Senior Heart Health Dietician at the [British Heart Foundation](#), says: 'Red meat can still be eaten as part of a balanced diet, but go for the leaner cuts and use healthier cooking methods such as grilling.'

Why not try...? Try not to overdo any one type of food and vary the protein part of your meal. Instead of beef, lamb or pork-based meals, why not give chicken, beans or lentils a go?

SNACKS

What's the myth? Snacking is bad for you.

The reality: There's nothing wrong with snacking in between meals - provided that you don't rely on chocolate, crisps, cakes and biscuits to keep you going.

The expert opinion: Eleanor Donaldson says: 'Sometimes our appetite changes as we get older, and we don't always fancy eating big meals. This is where snacks can be helpful. Eating regularly helps our body maintain a constant source of energy, so it's fine to eat every 3-4 hours throughout the day.'

Why not try...? Starchy foods make good, healthy snacks. A bowl of cereal with semi-skimmed milk or toast with a healthy topping are great choices. You could also try a small lump of cheese with crackers or fresh fruit.

SUPERFOODS

What's the myth? It's important to eat superfoods.

The reality: We often hear that foods like blueberries, broccoli or spinach are 'superfoods' which are packed with nutrients and beneficial to health. But there's no evidence to show that they are any better for you than other fruit and veg.

The expert opinion: Eleanor Donaldson says: 'There's no legal definition for this rather unscientific marketing term, which is used to refer to foods with high levels of nutrients. These foods are no more "super" than good old potatoes, tomatoes or apples.'

Why not try...? Provided that you eat a 'rainbow' of fruit and vegetables, you'll get all the nutrients you need without spending a fortune on superfoods.



Protect yourself



from the risk of shingles



Public Health Scotland

Healthier Scotland
Government

NHS
SCOTLAND

What is Shingles?

Shingles is the chickenpox virus restarting, most people had chickenpox when they were young. Chickenpox can stay dormant in your body throughout your life. If the virus reactivates then it causes a disease called shingles.

Shingles can be extremely painful and is more frequent among older people, the older you are, the worse it can be. The pain caused by shingles can last many years, the risk and complications of shingles is high in people who have a very weak immune system.

What shingles looks like? Shingles usually affects a specific nerve and the area of skin around it, causing a rash with very painful blisters and sometimes long-term pain.



The rash is itchy and can look like blisters that ooze fluid. After a few days, the blisters dry out and scab over.



The rash can form a cluster that only appears on one side of your body. The skin remains painful until after the rash has gone.

Evidence shows the vaccine is over 70% effective at reducing the risk of developing shingles after two doses.

The shingles vaccine reduces your risk of being hospitalised with complications from shingles.

The benefits of the shingles vaccine

Getting vaccinated reduces your risk of experiencing long-term pain from shingles if you get it.

One in four adults develop shingles.

Who can get the Shingles Vaccine?

3

Age	Criteria to get Shingles Vaccine
18 and over	If you have received a stem cell transplant or a CAR-T therapy
50 and over	-If you are these ages with a very weak immune system -If you are these ages and about to start immunosuppressive therapy
65 or 70	If you were these ages on 1 st of September 2023
71-79	If you were these ages on 1 st of September 2023 and you have not had the vaccine before

NEECAG

NORTH EAST EDINBURGH
CARE ACTION GROUP



Pilmeny
Development
Project

A company limited by guarantee with number SC188129



MINUTES OF PREVIOUS MEETINGS

NEECAG Socials

Date	Topic	No	Notes
6 th Dec 2023	NEECAG Christmas Party	30	Please check out the event photos in
25 th Jan 2024	NEECAG Burn's Party	100+	PDP Post

Leith NEECAG Minutes

7 th Feb 2024	SP Energy Network	18	Please see info below and included
6 th Mar 2024	Feedback & Planning	19	Thanks for your feedback 😊

Portobello NEECAG Minutes

29 th Feb 2024	Feedback & Planning	12	Thanks for your feedback 😊
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We transmit, distribute and connect electricity to and from 3.5 million homes and businesses over our network, 24 hours a day, every day of the year.

What to do if you have a power cut? If your power goes off unexpectedly, check to see if your neighbours still have electricity. If their power is also off please contact us on **105**. Don't assume that we will know that your power has gone off, please let us know. If your neighbours still have power but your home doesn't, it's likely there is a problem with the fuses or trip switches in your home.



105 is the new number to call. You can call 105 to report or get information about power cuts in your local area. You can also call 105 if damage to electricity power lines and substations could put you, or someone else, in danger. If there's a serious immediate risk, you should call the emergency services too.

Preparing for a Power Cut:

- A torch with charged batteries or a wind up dynamo torch.
- Candles - these are useful but be careful where you put them.
- At least one phone that doesn't run off of the mains supply; i.e. an analogue telephone or mobile.
- A battery-powered radio and fresh batteries.
- A warm blanket and Portable heaters - they act as a good alternative to heating systems which often don't work during a power cut. However, take care where you put them.

Additional Support Services: At SP Energy Networks we're committed to caring for all our customers. We understand that sometimes you may require additional support but may not be sure where to find it. We work with local agencies that can provide free support services that you may be interested in. These include:

- Priority Register Service
- Help in a power cut
- Energy Efficiency Advice
- Benefits Advice
- Debt Advice
- Staying safe at home
- Help for Dementia
- Helping Carers
- Friendship/ Befriending and Hot Meals

Priority Service Register: In the event of a power cut, our teams work around the clock to restore your electricity as quickly as possible. We appreciate for some customers this may be particularly distressing and that's why we offer extra support to customers who feel they need our help. **You can join our Priority Services Register if you:**

- Are over the age of 60
- Have a special communication need
- Depend on electricity for home or medical care
- Have a child under 5 years of age
- Have chronic illness
- Or just feel you need a little extra help

What to do next?

If you are interested in any of the services offered in this leaflet please contact us on:

0330 1010 154

Lines are open 8.30am to 4.30pm Monday to Friday

Our team will be happy to talk to you and make referral arrangements on your behalf.

Details are available online at www.spenergynetworks.co.uk



DATES/ TOPICS OF NEXT MEETINGS

Date	Venue	Time	Topic
Thurs 28 th Mar	The Wash House, Portobello	2-3.30pm	Edinburgh Carer Support Team
Wed 3 rd Apr	Gordon Court, 31 Gordon St, Leith	2-3.30pm	Edinburgh Carer Support Team
Thurs 25 th Apr	The Wash House, Portobello	2-3.30pm	Edinburgh Community Food
LEITH NEECAG – First Wednesday of the month Gordon Court, 31 Gordon St, Leith		PORTOBELLO NEECAG – Last Thursday of the month The Wash House, 3 Adelphi Grove, Portobello	

EASTER PUZZLE TIME

U	P	H	G	B	K	E	G	G	S
R	X	U	M	U	S	C	E	G	N
I	U	N	Y	N	L	F	P	A	O
T	H	T	C	N	A	P	A	M	W
C	A	N	D	Y	M	B	Z	E	Q
H	V	O	F	T	B	X	P	S	C
I	O	S	R	H	A	P	P	Y	O
C	K	A	P	R	I	L	C	O	N
K	W	G	C	N	T	M	B	T	K
H	O	P	I	N	S	U	V	M	W



WORD LIST

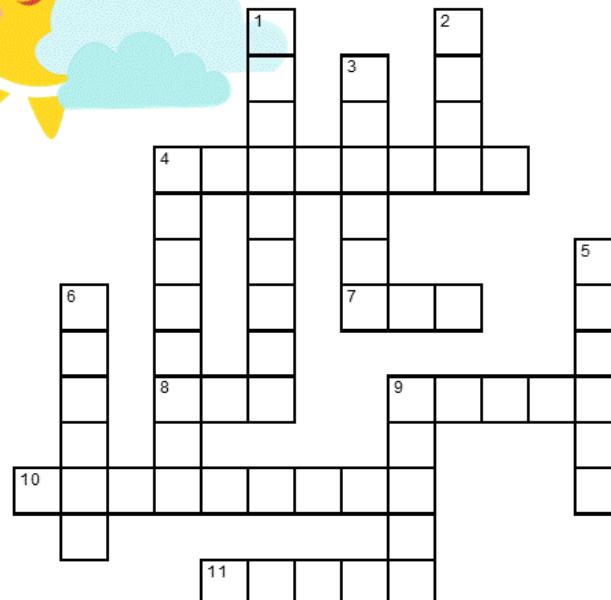
APRIL	GAMES
BUNNY	HAPPY
CANDY	HOP
CHICK	HUNT
EGGS	LAMB



EASTER PUZZLE TIME



Easter Crossword



ACROSS

- 4. You might do this to eggs for Easter
- 7. A hen makes this
- 8. Used to color eggs
- 9. The hen's baby
- 10. Colorful candy you might find in an Easter basket
- 11. Peter Cottontail is one

DOWN

- 1. Eggs might be made from this
- 2. Look for eggs
- 3. Easter Day event
- 4. Yellow or white spring flower that grows from a bulb
- 5. What the Easter Bunny brings
- 6. A pretty hat worn on Easter
- 9. Don't eat too much of this or you might get a belly ache



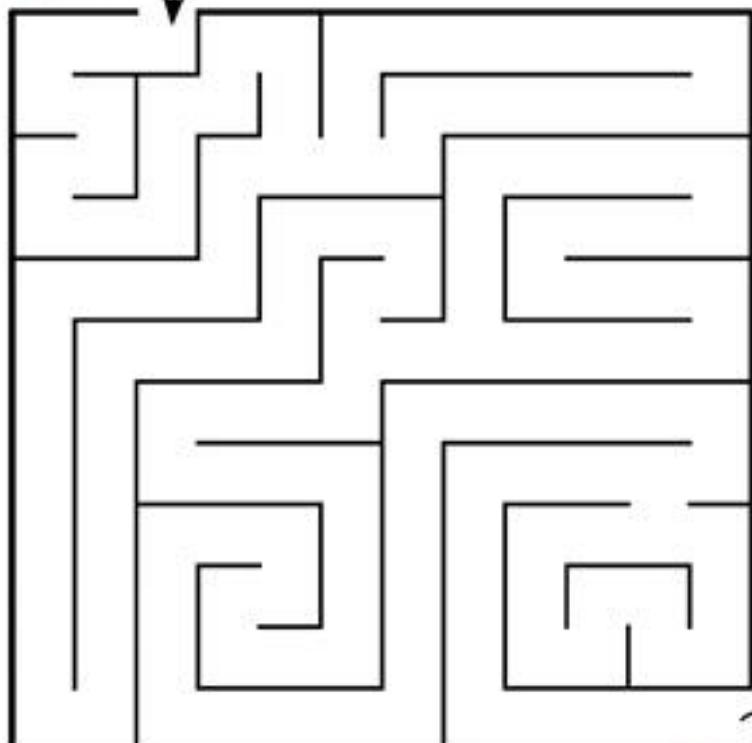
COMPETITION TIME!

Solve the Riddle and Win a Prize: **What must be broken to be used?**

Send your answer with your name to Mary on 07534805512 or m.oconnell@pilmenydevelopmentproject.co.uk



Easter Maze



It's Easter Day and the baby chick just hatched from her egg. Help her take her first steps and find her way through the chicken coop.

Easter Boggled Puzzle

Boggled puzzles are very easy to play. You need to find as many 3 or more letter words as you can. You form words by starting anywhere on the grid and moving to adjoining letters. You can move horizontally, vertically and diagonally in any direction. Write down your words and score as follows:

3 letters = 1 point

4 letters = 2 points

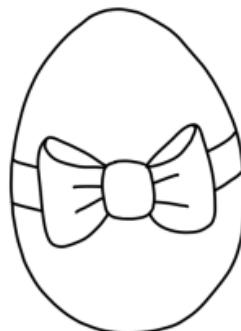
5 letters = 3 points

6 letters = 4 points

7 letters = 5 points

8 or more letters = 6 points

Any Easter related words get double points! Why not challenge your friends?



E	H	I	C
C	A	S	K
R	E	T	G
W	R	G	A

My Points



Congratualation D. Young – Winner of Xmas Issue Competition.

Answer: Jim (volunteer) was dressed as Santa in PDP Update Leaflet

