



*Putting Its People At The
Heart Of Everything
We Do*

JUNE 2026 - SUMMER EDITION

Newsletter

**DUST OFF THOSE SUNGLASSES, STEP INTO THE GARDEN, AND
SETTLE IN AS WE SHARE THE LATEST NEWS FROM
PROFESSIONAL CARERS.**

AT A GLANCE IN THIS ISSUE

- **Getting Out & About**
- **Wellbeing Without Leaving Home**
- **Meet ProCare Bear**
- **Memory Lane**
- **Library to Your Door**
- **People Spotlight**
- **Take A Break**
- **Useful Contact Numbers**
- **Compliments & Complaints**

Getting Out & About



This month's local suggestion: Cramond Village & Promenade (EH4)

If you're looking for a gentle outing, why not visit beautiful Cramond? With its level promenade, plenty of benches and lovely views across the River Almond and the Firth of Forth, it's an ideal place to enjoy some fresh air without tackling steep hills.

Why we love it:

- Flat promenade that's suitable for a slow stroll or wheelchair users.
- Plenty of benches to stop and enjoy the view.
- Cafés nearby for a tea, coffee or light lunch.
- Watch the ducks, swans and boats while you relax.



Remember to check the weather before heading out and wear comfortable shoes. Even spending 20 minutes outdoors can help lift your mood and improve your wellbeing.

Wellbeing Without Leaving Home



Looking after yourself doesn't always mean going out. Sometimes the little things we do at home can make the biggest difference to how we feel.

Here are a few gentle ideas to brighten your day:

Keep a Glass of Water Nearby

Staying hydrated helps with energy, concentration and overall health. Try keeping a favourite mug or water bottle close by and take regular sips throughout the day.

Stretch a Little

If you're able, try some gentle seated stretches or simply roll your shoulders and wiggle your ankles while watching television. Every little bit of movement helps keep your joints flexible.

Let the Light In

Open the curtains each morning and, if you can, spend a few minutes sitting by the window. Natural daylight can lift your mood and help you sleep better at night.

Enjoy a Cuppa Mindfully

Take ten minutes to enjoy your favourite tea or coffee without rushing. Look out of the window, listen to the birds or simply enjoy a quiet moment.

Stay Connected

A friendly chat can brighten everyone's day. Whether it's a phone call with family, saying hello to a neighbour, or chatting with one of our team, staying connected is good for both body and mind.

Be Kind to Yourself

Not every day has to be busy to be a good day. Celebrate the small victories, enjoy the things that make you smile, and remember—you are never alone.

Your wellbeing challenge:

Try one new thing each day this week. It could be listening to your favourite song, completing a crossword, watering your plants, looking through old photographs, or simply sitting outside for five minutes if the weather is kind.

Useful Contact Numbers



Emergency Services

999 — For fire, medical and police emergencies.

NHS 24

111 — For urgent health advice when your GP or dentist is closed.

Edinburgh Social Care Direct

0131 200 2324 — For adult social care support and advice

Age Scotland Helpline

0800 12 44 222 — Free advice and friendship for older people, carers and families.

Breathing Space

0800 83 85 87 — Support if you are feeling low, anxious or overwhelmed.

Samaritans

116 123 — Free emotional support, day or night.

Meet ProCare Bear



Say hello to the newest member of the ProCare family... **Procare Bear!**

Lovingly handmade by our very own carer, **Christine**, Procare Bear has already been busy spreading smiles across our care service.

So far, he's:

- Helped celebrate a very special birthday.
- Cheered on the Scotland team, proudly wearing his Scotland strip.
- Enjoyed a visit to the beautiful Mansfield Traquair Centre with Christine and Ian.

But he's only just getting started!

Procare Bear loves celebrating life's special moments. Whether it's a birthday, wedding anniversary, a special achievement or another occasion worth celebrating, he'd love to pop by and help make your day a little brighter. If you have a birthday, anniversary or another celebration on the horizon, let us know! We'll do our very best to arrange a visit from Procare Bear to help mark the occasion.

Keep an eye out in future newsletters to see where Procare Bear has been exploring next!

Memory Lane



Do You Remember... The Royal Highland Show?

Last weekend saw thousands of visitors gather at the Royal Highland Centre in Ingliston for this year's Royal Highland Show—a tradition that has brought people together for well over 200 years.

For many, a visit to the show was the highlight of the summer. Whether you went to see the prize-winning cattle and horses, admired the tractors and machinery, sampled Scottish food, or simply enjoyed an ice cream while soaking up the atmosphere, there was always something to see.

Perhaps you remember taking the children along for a family day out, watching sheepdog demonstrations, or coming home with a few local treats to enjoy.

Although the Show has grown over the years, it still celebrates the very best of Scottish farming, food and rural life.

Did you know?

- The Royal Highland Show was first held in 1822 - that's over 200 years of Scottish Tradition!
- It's one of the world's largest agricultural shows, welcoming thousands of visitors each year.
- The Show showcases the very best of Scottish farming, food, animals, rural skills and entertainment.
- The famous "Highland Coo" has become an iconic symbol of the Scottish Countryside.



Library To Your Door



Did you know you don't have to visit a library to enjoy a good book?

If getting out and about has become more difficult, Edinburgh Libraries offer a **Home Library Service** for people who are unable to visit their local library because of age, illness or reduced mobility. Friendly volunteers can deliver books, audiobooks and large print books directly to your home on a regular basis. They'll even collect the books when you're ready for something new.

Whether you enjoy gripping crime stories, romance, history, biographies or gardening books, there's something for everyone.

The service includes:

-  Regular deliveries of books to your home
-  Large print books for easier reading
-  Audiobooks to enjoy while relaxing
-  Friendly volunteers who take time for a chat

The service is free, and library staff will help choose books based on your interests.



If you'd like to find out more contact **Edinburgh Libraries Home Library Service** or speak to a member of our team - we'd be happy to help you get started.

This month's reading suggestion: Why not try a book you've always meant to read, or revisit an old favourite? A good story is a wonderful companion.

Celebrating One Year as a Preferred Provider



This June marks a very special milestone for Professional Carers as we celebrate **one year as a Preferred Provider for the Edinburgh Health and Social Care Partnership**.

Over the past year, we've continued to grow our wonderful team of dedicated carers, expanded the services we provide, and welcomed many new service users into the Professional Carers family.

Every visit, every smile and every conversation reminds us why we do what we do. We are incredibly proud of what we've achieved together and grateful for the trust that so many individuals and families place in us each day. As we look ahead, we're excited to continue growing, supporting our local community and delivering the compassionate, person-centred care that everyone deserves.

Thank you to our amazing service users, families and staff for being part of our journey. Here's to the next chapter together! ❤️

Meet Our Winners



Did you know, each month we award someone Team Member of the Month - do you recognise any of this years winners so far? (Pictured left to right: Anne, Raven, Hyndhavi, Katrina & Rabina)



If you'd like to highlight a team member for going above and beyond, or for providing exceptional care, why not nominate them today by contacting the team. Each winner will be presented with a certificate and awarded an extra days holiday to take at their leisure.

Are you following us on Social Media?



Did you know Professional Carers uses social media to communicate lots of its updates, advice and guidance. You can visit our page by searching 'Professional Carers Edinburgh' online;

Take A Break...



— SPOT THE DIFFERENCE —

Can you spot the 8 differences between these two pictures?

♥ Take your time and have fun! ♥



WORDSEARCH



Can you find these Edinburgh words?

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

Word List

- Edinburgh Castle
- Arthur's Seat
- Princes Street
- Royal Mile
- Holyrood Palace
- Calton Hill
- Grassmarket
- Botanic Garden
- Forth Bridge
- Leith Waterfront
- John Knox House
- Trams Edinburgh



Wordsearches are a great way to keep your mind active and enjoy a little moment for yourself.

Happy searching!



Time for a little fun! Grab a pen and and have a go at our games and puzzles.

Have an idea, compliment or complaint?



Your thoughts and feedback are important to us. Whether you have an idea to help us improve, a suggestion for something you'd like to see, or simply want to share your experience, we'd love to hear from you. If there's ever anything you'd like to discuss, our friendly team is here to help. You can get in touch by telephone, email, or pop in and see us at our office, we're always happy to chat.

You can speak to us using the following methods confidentially [if you wish] by:

Visiting our Office: Unit 3b, 55 The Loan, South Queensferry, EH30 9SD

Telephone us on: 0131 319 1968

Email: edinburgh@professional-carers.co.uk

That's it for now, see you in the next issue! *Goodbye*