



Events and activities for unpaid carers in Edinburgh and Midlothian

| July – September 2024

Welcome

The courses, events and activities listed in this booklet are free of charge and provided by VOCAL (Voice of Carers Across Lothian) and a number of other training providers.

We aim to meet the needs of unpaid carers through weekly courses, events and one-day seminars with expert speakers and professionals.

How do I book?

Book via our website by selecting 'Register' on your chosen event and entering your details. Alternatively you can phone or email our friendly team with your booking request.

All events are free of charge to carers living or caring for someone in Edinburgh and Midlothian.

We understand that you might not be able to attend and ask that you inform us as soon as you can. This will then enable us to give the place to a carer on our waiting list.

For more information or to book visit carerstraining.co.uk, call 0808 196 6666 or email carertraining@vocal.org.uk

Where to find us

Edinburgh Carers' Hub
60 Leith Walk
Edinburgh EH6 5HB

Bus: Lothian 7, 10, 12, 14, 16, 22, 25, or 49

Midlothian Carer Centre
30/1 Hardengreen Estate
Dalkeith EH22 3NX



July

Book club (city centre)

Tue 2 Jul | 1pm - 2:30pm | Edinburgh Central Library, EH1 1EG

Join us to discuss all things books in the lovely surroundings of Edinburgh Central Library. In this session we will be exploring *The Maiden* by Kate Foster.

Carers together: Monthly carer cuppa

Wed 3 Jul | 10am - 12pm | Midlothian Carer Centre

Come along and have some time for you! Meet with other carers for a brew and a blether at our relaxed and friendly Midlothian Carer Centre.

Walk and talk

Wed 3 Jul | 10:30am - 12pm | Lauriston Community Farm, EH4 5EX

Enjoy the benefits of walking and meet other carers while exploring Lauriston Community Farm and Cramond seashore.

Future planning: Emergency and anticipatory planning

Mon 8 Jul | 12pm - 1:30pm | On Zoom

A workshop on options to help you plan for an emergency for yourself or the person you care for. You will be supported to write an emergency and anticipatory plan. Our expert Carer Support Practitioner Sophie will be joining us to answer your questions.

Coping strategies

Mon 8 Jul | 6pm - 7:30pm | On Zoom

Learn more about the impact of caring on your emotional wellbeing and develop strategies to self-regulate and cope with difficulties.

Macrame your own plant hanger

Tue 9 Jul | 11am - 1pm | Edinburgh Carers' Hub

Join Jeanne-Marie to learn how to macrame your own houseplant hanger. All materials will be supplied.

Basic First Aid

Tue 9 Jul | 6pm - 7:30pm | Edinburgh Carers' Hub

A face-to-face practical introductory session, led by a British Red Cross professional, covering common first aid techniques. No previous experience is needed.

Yoga

Wed 10 Jul - Wed 14 Aug | 6 sessions | 12pm - 1pm | Duncan Place Community & Enterprise Hub, EH6 8HW

This gentle yoga class will begin with intention setting and a variety of breathing practices followed by a gentle flow of sun salutations, balances and twists for flexibility, balance and strength. We will finish each session with a guided meditation. Modifications, chair and mat options available.

Peer support group: Parent carers of adults group

Wed 10 Jul | 6pm - 7:30pm | Midlothian Carer Centre

Join a supportive community of parents who are caring for a child aged 16 or older with additional support needs. This informal group, led by parent carers, offers a safe space to discuss the most important issues to you.

Parent carers: Enable travel sessions for young people with Additional Support Needs

Mon 15 Jul | 11am - 12pm | On Zoom

This is an information session for parents who care for children and young people with Additional Support Needs (ASN). Join this session to find out how Enable can support children and young people with ASN to connect with their community and travel independently.

Mental Health First Aid

Mon 15 Jul | 5:30pm - 7pm | On Zoom

This session will explore techniques that can give initial support and comfort to someone experiencing a mental health problem and provide help to prevent a mental health problem developing into a more serious state.

Working carers workshop

Mon 15 Jul | 7pm - 8pm | On Zoom

Juggling work and care is challenging. Working carers are invited to join VOCAL for a short workshop to discuss issues that matter most to you, and meet other working carers.

Mindfulness practice group

Wed 17 Jul | 6:30pm - 7:30pm | Midlothian Carer Centre

Join us to practise mindfulness with others in a supportive and communal setting. Meeting monthly, our session offers a unique experience that can deepen your practice and provide a sense of connectedness.

Artist-led craft group

Thu 18 Jul | 10am - 12pm | Midlothian Carer Centre

Working with an artist from Art in Healthcare, get creative and make your very own masterpiece using different techniques and materials! Materials and instructions are provided.

Origami workshop

Thu 18 Jul | 11am - 1pm | Edinburgh Carers' Hub

In this workshop, Makiko will walk you through making decorative tulip lights. Suitable for beginners and all materials will be provided.

Moving and handling

Mon 22 Jul | 9am - 4pm | McSence Business Park, EH22 5TA

Learn about moving and handling, which will help you safely support others with their mobility. You will learn the theory and then have the opportunity to practise. Lunch will be provided.

Coping strategies catch-up

Mon 22 Jul | 5:45pm - 6:45pm | On Zoom

Catch up with other carers and discuss techniques and strategies that can help with self-regulation and coping with difficulties.

Sound therapy

Thu 25 Jul | 10:30am - 12pm | Pilton Community Health Project, EH5 2PW

This live sound bath session will gently guide you into a meditative state of deep relaxation and calm, soothing mind and body.

Book club (online)

Thu 25 Jul | 1pm - 2pm | On Zoom

Join us for a chat about all things books! In this session, we will explore *The Island of Missing Trees* by Elif Shafak. We will then choose a book together for our next session.

Future planning: An introduction to residential care

Thu 25 Jul | 6pm - 7:30pm | On Zoom

When the person you care for goes into residential care this can be a difficult time for all. In this workshop, we will explain the basics of care home fees and pensions, and you will learn about free personal and nursing care payments.

Coping strategies

Mon 29 Jul | 11am - 12:30pm | On Zoom

Learn more about the impact of caring on your emotional wellbeing and how to develop strategies to self-regulate and cope with difficulties.

Adult Carer Support Plans

Mon 29 Jul | 2pm - 3:30pm | On Zoom

Find out more about Adult Carer Support Plans including how to get one, what information is included and why they are important.

CAM - Carers Action Midlothian

Tue 30 Jul | 10:30am - 12pm | On Zoom

Midlothian's carers collective advocacy group brings together carers with similar experiences to raise issues and work towards change. These groups provide a safe space for carers to explore issues affecting them, campaign for change, and influence decisions that impact their lives.

Carer-led craft group

Wed 31 Jul | 10am - 12pm | Midlothian Carer Centre

Join our carer-led hobby craft group where you can learn and share different hobbies, such as decoupage, a paper crafting technique. All materials will be provided, and no previous experience or skills are necessary. Alternatively, you can bring your own crafting projects and simply join us for a chat.

August

Room for art

Thu 1 Aug - Thu 19 Sep | 8 sessions | 10am - 11:30am | On Zoom

An artist from Art in Healthcare will guide you through an eight-week block of art projects. This course will be online with the exception of the first and final session which will be in person. No previous experience is needed, and all materials are provided.

Basic First Aid

Thu 1 Aug | 10:30am - 12pm | Midlothian Carer Centre, EH22 3NX

A face-to-face practical introductory session, led by a British Red Cross professional, covering common first aid techniques. No previous experience is needed.

Parent carers: Understanding neurodiversity

Thu 1 Aug | 6pm - 7:30pm | On Zoom

Join Rhona McAlpine, Occupational Therapist, for an introduction to the neurodiversity paradigm. Rhona will discuss an approach that validates individual lived experience and identifies strengths and support needs. Suitable for carers of children and adults with Additional Support Needs (ASN).

Getting a break from caring

Fri 2 Aug | 2pm - 3:30pm | On Zoom

A workshop on options for planning a break from caring. Learn about the support and services available.

Managing guilt

Mon 5 Aug | 5:45pm - 7:15pm | On Zoom

We will explore the meaning and purpose of feeling guilt, and how to manage any guilt you experience.

Carers together: Monthly carer cuppa

Wed 7 Aug | 10am - 12pm | Midlothian Carer Centre

Come along and have some time for you! Meet with other carers for a brew and a blether at our relaxed and friendly Midlothian Carer Centre.

Walk and talk

Tue 6 Aug | 1:30pm - 3pm | Burdiehouse Burn Valley Park, EH17 8DS

Enjoy the benefits of walking and meet other carers while exploring Burdiehouse Burn Valley Park, local Nature Reserve.

Parent carers: A neurodiverse affirming approach

Thu 8 Aug | 6pm - 7:30pm | On Zoom

Join Occupational Therapist Rhona McAlpine to discuss individual differences rather than deficits in neurodiversity. Learn how we can focus on changes to the environment rather than attempt to 'fix' the individual and how we can promote positive mental health and wellbeing in children and young people with Additional Support Needs.

Coping strategies catch-up

Mon 12 Aug | 11am - 12pm | On Zoom

Catch up with other carers and discuss techniques and strategies that can help with self-regulation and coping with difficulties.

Working carers workshop

Tue 13 Aug | 7pm - 8pm | On Zoom

Working carers are invited to join VOCAL for a short workshop to discuss issues that matter most to you, and meet other working carers.

Carers together: Brew and a blether

Wed 14 Aug | 11am - 1pm | Edinburgh Carers' Hub

Come along and have some time for you! Meet with other carers for a brew and a blether at our relaxed and friendly Edinburgh Carers' Hub.

Understanding dementia

Wed 14 Aug | 5:30pm - 7:30pm | On Zoom

Led by an experienced dementia nurse, this session is aimed at carers supporting someone in the early or mid-stages of dementia.

Pilates

Mon 19 Aug-Mon 23 Sep | 6 sessions | 5pm - 5:45pm | On Zoom

Join Janine, our Pilates instructor who uses the original principles of Pilates. You will be given the opportunity to lengthen and strengthen your body using a gentle, mat-based exercise. Modifications for exercises will be given. Suitable for all levels.

Crochet

Tue 20 Aug | 10:30am - 1pm | Edinburgh Carers' Hub

This beginner-friendly crochet course will teach you several useful crochet stitches and techniques to get you started on your new creative and mindful hobby. Over one session we will learn how to make a sustainable wash cloth. Materials will be provided.

Caring for someone with dementia

Tue 20 Aug | 6pm - 7:30pm | Midlothian Carer Centre

Our Peer Support group provides a comforting, confidential, and secure space to connect with others about how dementia impacts your life. You can receive practical and emotional support, along with personalised information and advice.

Parent carers: Getting transitions right from child to adult services

Wed 21 Aug | 10am - 12pm | On Zoom

This is a chance to find out what to expect during transition, along with information, tools and tips that can help when caring for a child with Additional Support Needs (ASN). It's especially useful if you are caring for someone aged 14-18.

Stress and distress in dementia

Wed 21 Aug | 5:30pm - 7:30pm | On Zoom

Led by an experienced dementia nurse, this session will help you understand and manage behaviour you might find distressing, or hard to deal with.

Mindfulness practice group

Wed 21 Aug | 6:30pm - 7:30pm | Midlothian Carer Centre

Join us to practise mindfulness with others in a supportive and communal setting. Meeting monthly, our session offers a unique experience that can deepen your practice and provide a sense of connectedness.

Artist-led craft group

Thu 22 Aug | 10am - 12pm | Midlothian Carer Centre

Unleash your creativity by creating your own masterpiece with an artist-led session. No experience is needed, and all materials are provided. Connect with fellow carers and take time for yourself to improve your wellbeing.

Sound therapy

Thu 22 Aug | 10:30am - 12pm | Pilton Community Health Project, EH5 2PW

This live sound bath session will gently guide you into a meditative state of deep relaxation and calm, soothing mind and body.

Peer support group: Parent carers group

Mon 26 Aug | 10:30am - 12pm | Midlothian Carer Centre

Make time for yourself and be part of a supportive community of parents who are caring for a child with additional support needs. This group, led by parent carers, provides a safe space to discuss important issues to you.

Carer-led craft group

Wed 28 Aug | 10am - 12pm | Midlothian Carer Centre

Join our carer-led hobby craft group where you can learn and share different hobbies, such as decoupage, a paper crafting technique. All materials will be provided, and no previous experience or skills are necessary. Alternatively, you can bring your own crafting projects and simply join us for a chat.

Dementia and the home environment

Thu 29 Aug | 6pm - 7:30pm | On Zoom

This short workshop looks at the benefits and challenges of the home environment for people living with dementia.

September

Getting your voice heard

Mon 2 Sep | 10am - 11:30am | On Zoom

Do you feel worried about speaking up and advocating for yourself or the person you care for? Would you like to feel confident communicating in meetings and difficult situations? Join Louise, a Speech Therapist, to explore the reasons why we can feel stuck communicating our thoughts and give you tools to use your voice confidently and with ease.

Flower essences to promote emotional wellbeing

Tue 3 Sep | 11am - 1pm | Edinburgh Carers' Hub

Flower essences contain the energy from flowers and plants to help address emotional imbalances. In this workshop, we will look at essences which can support us with difficult feelings. Participants will have the opportunity to make and take home an essence bottle specific to their needs.

Retirement benefits

Tue 3 Sep | 11am - 12pm | On Zoom

Information about welfare benefits available to carers and those they care for who are of retirement age.

Poetry for carers

Wed 4 Sep – Wed 25 Sep | 4 sessions | 10:30am - 11:45am | On Zoom

Join this informal group for an exploration into poetry collections with other carers. No previous experience is required, just an interest in poetry and a willingness to open your mind.

Volunteer with The Marine Conservation Society

Wed 4 Sep | 10:15am - 11:45am | Cramond, Edinburgh, EH4 6NU

Would you like to learn how to identify oyster shells and help restore the Firth of Forth? We've teamed up with the Marine Conservation Society to support their research project to collect information about beaches around the Firth of Forth! Join us to learn new skills.

Carers together: Monthly carer cuppa

Wed 4 Sep | 10am – 12pm | Midlothian Carer Centre

Come along and have some time for you! Meet with other carers for a brew and a blether at our relaxed and friendly Midlothian Carer Centre.

Parent carers: Understanding sensory needs in children and young people with Additional Support Needs

Wed 4 Sep | 6pm - 8pm | On Zoom

Discover how sensory experiences and needs can impact on children and young people's behaviour, communication and engagement. Learn strategies to support them.

Making money from your hobby

Thu 5 Sep | 11am - 12pm | On Zoom

Do you currently have a hobby or make things, and have been told "you should sell that"? Find out how to turn your hobby into some extra income with support from a Business Gateway business advisor.

Coping strategies

Thu 5 Sep | 1pm - 2:30pm | [On Zoom](#)

Learn more about the impact of caring on your emotional wellbeing and how to develop strategies to self-regulate and cope with difficulties.

CAM - Carers Action Midlothian

Tue 10 Sep | 10:30am - 12pm | [On Zoom](#)

Midlothian's collective advocacy group brings together carers with similar experiences to raise issues and work towards change. These groups provide a safe space for carers to explore issues affecting them, campaign for change, and influence decisions that impact their lives.

Guided meditation: Rainbow path

Wed 11 Sep | 11:30am - 1pm | [Edinburgh Carers' Hub](#)

Join Carol for a relaxing meditation where we'll connect with the ocean and the beautiful creatures within it. At the end of the session, you will have the opportunity to choose from ocean oracle cards.

Carers together: Brew and a blether

Wed 11 Sep | 11am - 1pm | [Edinburgh Carers' Hub](#)

Come along and have some time for you! Meet with other carers for a brew and a blether at our relaxed and friendly Edinburgh Carers' Hub.

Peer support group: Parent carers of adults group

Wed 11 Sep | 6pm - 7:30pm | [Midlothian Carer Centre](#)

Join a supportive community of parents who are caring for a child aged 16 or older with additional support needs. This group, led by parent carers, offers a safe space to discuss the most important issues to you.

Working carers workshop

Wed 11 Sep | 7pm - 8pm | [On Zoom](#)

Working carers are invited to join VOCAL for a short workshop to discuss issues that matter most to you, and meet other working carers.

Carers' rights, Power of Attorney and Guardianship

Thu 12 Sep | 12pm-1:30pm | On Zoom

Kathleen Taylor from the Mental Welfare Commission for Scotland will give a talk on the Commission, mental health laws and your rights as a carer including Power of Attorney and Guardianship.

Cold water therapy and outdoor swimming introductory session

Fri 13 Sep | 11am - 1pm | South Queensferry, EH30 9PP

Join Jenny, a qualified Cold Water Therapist, for an introduction to the basics and safety of wild swimming. Relax and absorb the experience as she guides you step-by-step into the water. Learn how to use your breathing and understand the benefits and safety considerations of outdoor dipping and swimming. Some equipment will be provided.

An introduction to self-directed support

Mon 16 Sep | 12:30pm - 2pm | On Zoom

Explore what self-directed support (SDS) is, who it is for and how to access it. We will also discuss where you can get further help, updates and new developments in relation to SDS.

Mushroom foraging

Tue 17 Sep | 11am - 12:30pm | The Lodge Coffee House, EH10 6JF

Join us for a guided foraging walk to discover what is growing at this time of year. We'll learn about the uses of different mushrooms and associated folklore.

Artist-led craft group

Thu 19 Sep | 10am - 12pm | Midlothian Carer Centre

Unleash your creativity by creating your own masterpiece with an artist-led session. No experience is needed, and all materials are provided. Connect with fellow carers and take time for yourself to improve your wellbeing.

Coping strategies catch-up

Thu 19 Sep | 1pm - 2pm | [On Zoom](#)

Catch up with other carers and discuss techniques and strategies that can help with self-regulation and coping with difficulties.

Everyday technology for dementia care

Tue 24 Sep | 12pm - 1pm | [On Zoom](#)

This session will be a lively tour of some of the digital devices that people living with dementia and their carers find useful.

Caring dads

Wed 25 Sep | 11am - 12:30pm | [Edinburgh Carers' Hub](#)

Led by Mark from Fast Forward, this interactive session is for dads who are caring for their child, offering a supportive space to share experiences and learn. Whether you're seeking advice, friendship or a listening ear, join us and other dads with caring responsibilities to explore the impacts of your caring role and improve your wellbeing.

Carer-led craft group

Wed 25 Sep | 10am - 12pm | [Midlothian Carer Centre](#)

Join our carer-led hobby craft group where you can learn and share different hobbies, such as decoupage, a paper crafting technique. All materials will be provided, and no previous experience or skills are necessary. Alternatively, you can bring your own crafting projects and simply join us for a chat.

Mindfulness practice group

Wed 25 Sep | 6:30pm – 7:30pm | [Midlothian Carer Centre](#)

Join us to practise mindfulness with others in a supportive and communal setting. Meeting monthly, our session offers a unique experience that can deepen your practice and provide a sense of connectedness.

Dementia: Mood and wellbeing

Wed 25 Sep | 6pm - 8pm | [On Zoom](#)

There are many factors that can influence mood for people living with dementia. In this short workshop we will explore some of these factors and what meaningful activities and considerations may help improve the mood of the person you care for.

Future planning: An introduction to writing your will

Thu 26 Sep | 1pm - 2pm | [On Zoom](#)

This session will talk you through the reasons why it is important to make a will and demonstrate how to do it using the Bequeathed Will for Good Service.

Digital drop-in: Support with your devices

Thu 26 Sep | 1:30pm - 3pm | [Edinburgh Carers' Hub](#)

Bring your device along to this informal drop-in session and get support to improve your online skills or fix any issues that you may be having.





carerstraining.co.uk

Carers Training is brought to you by VOCAL.
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