



Events and activities for unpaid carers in Edinburgh and Midlothian

| October & November 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



October

Mushroom foraging

Wed 2 Oct | 11am - 12:30pm | The Lodge Coffee House, EH10 6JF

Join us for a guided foraging walk around The Lodge Coffee House to discover which mushrooms are growing at this time of year.

Peer support group: Parent carers of adults

Wed 9 Oct | 6pm - 7:30pm | Midlothian Carer Centre

Our peer support group is a supportive community of parents who are caring for a child aged 16 or older with Additional Support Needs (ASN). This informal group, led by parent carers, provides a safe space for open discussions about the most important issues to you. This month, we will hear from Pedro Cameron from Housing Options Scotland, an organisation that supports disabled people in finding the right home.

Coping strategies drop-in

Mon 14 Oct | 6pm - 7pm | On Zoom

Learn about the impact of caring on your emotional wellbeing and how to develop strategies to self-regulate and cope with difficulties. These are weekly drop-in sessions which will cover different coping techniques in each session.

Flower essences to promote emotional wellbeing

Tue 15 Oct | 11am - 1pm | Edinburgh Carers' Hub

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.

Carer cuppa: Edinburgh

Wed 16 Oct | 11am - 1pm | Edinburgh Carers' Hub

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

Mindfulness group

Wed 16 Oct | 6:30pm - 7:30pm | Midlothian Carer Centre

Join us to practise mindfulness with others in a supportive and communal setting.

Adult Carer Support Plans

Mon 21 Oct | 12pm - 1:30pm | On Zoom

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

Parent carers: Emotional regulation and the 8 senses with Q&A

Mon 21 Oct | 7pm - 8:30pm | On Zoom

Join Rhona McAlpine, Occupational Therapist, for an introduction to emotional regulation and the senses. Suitable for carers of children and adults with Additional Support Needs (ASN).

Book club

Tue 22 Oct | 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 explore *The Foundling* by Stacey Halls.

Understanding dementia

Tue 22 Oct | 1:30pm - 3:30pm | On Zoom

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

Parent carers: Enable travel sessions for young people with ASN

Wed 23 Oct | 1:30pm - 2:30pm | On Zoom

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

Working carers workshop

Wed 23 Oct | 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.

Coping strategies drop-in

Thu 24 Oct | 11:30am - 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. These are weekly drop-in sessions looking at different coping techniques.

Book club (online)

Thu 24 Oct | 1pm - 2pm | On Zoom

Join us for a chat about all things books! We will choose a book together, and meet regularly to discuss what we have read. In this session, we will explore Yellowface by R.F. Kuang.

Peer support group: Parent carers

Mon 28 Oct | 10am - 12pm | Midlothian Carer Centre

Please join us in our warm and welcoming space, and connect with other parents who are going through similar experiences. You can also receive valuable information, advice, and guidance on relevant services.

Future planning: Emergency and anticipatory planning

Mon 28 Oct | 1pm - 2:30pm | 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.

Coping strategies drop-in

Mon 28 Oct | 6pm - 7pm | On Zoom

Learn more at our weekly drop-in sessions about the impact of caring on your emotional wellbeing and how to develop strategies to self-regulate and cope with difficulties.

Yoga

Tue 29 Oct - Tue 3 Dec | 9:45am - 10:45am | 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.

Parent carers: Walk and talk

Tue 29 Oct | 10:30am - 12pm | Lochend Park, EH7 6BP

Connect with VOCAL's parent carer support practitioners and meet other parent carers while enjoying the benefits of walking.

SMART Home visit

Tue 29 Oct | 1pm - 2:30pm | Edinburgh Community Rehabilitation Support Service, EH14 2DA

Visit the SMART Home at Edinburgh Community Rehabilitation Support Service and see how you or someone you care for could benefit from smart home technology that supports safe and independent living.

Future planning: An introduction to residential care

Tue 29 Oct | 2pm - 3:30pm | On Zoom

In this workshop, we will explain the basics of care home fees, pensions and free personal and nursing care payments.

Sound therapy

Wed 30 Oct | 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.

Carer-led craft group

Wed 30 Oct | 10am - 12pm | Midlothian Carer Centre

Our carer-led craft group is a space to learn and share different hobbies, such as papercrafts. All materials will be provided.

Unlock your entitlements: Benefits for people over state pension age

Fri 31 Oct | 10:45am - 12pm | On Zoom

This workshop aims to raise awareness of the common benefits that support older people, including: Pension Credit, Attendance Allowance, Carer's Allowance, Housing Benefit and Council Tax reduction. It covers the eligibility criteria, making a claim and what to do if something goes wrong.

November

Crafting keepsake books

Tue 5 Nov | 10:30am - 12:30pm | Edinburgh Carers' Hub

Discover how to create a small book with pockets to store mementos and keepsakes, using repurposed materials.

Carer Action Midlothian (CAM)

Tue 5 Nov | 10:30am - 12pm | On Zoom

This group is about bringing together carers with similar experiences to raise issues and work towards change. CAM provides a safe space for carers to explore issues affecting them, campaign for change, and influence decisions that impact their lives.

Poetry for wellbeing

Wed 6 Nov | 11am - 1pm | Scottish Poetry Library, EH8 8DT

Join these monthly sessions at the Scottish Poetry Library to explore poetry as an aid to reflection, self-care and rejuvenation. Carers will receive a free membership to the library.

Getting a break from caring

Wed 6 Nov | 5:30pm - 7pm | On Zoom

A workshop on options to help you plan a break from caring. Learn about the support and services available.

Coping strategies drop-in

Thu 7 Nov | 11:30am - 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. These are weekly drop-in sessions looking at different coping techniques.

Parent carers: Co-regulation and building connection with Q&A

Fri 8 Nov | 10am - 11:30am | On Zoom

Join Rhona McAlpine, Occupational Therapist for an introduction to co-regulation through the use of strategies, tools and calming techniques. Suitable for carers of children and adults with Additional Support Needs (ASN).

Coping strategies drop-in

Mon 11 Nov | 6pm - 7pm | 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. These are weekly drop-in sessions looking at different coping techniques.

Walk and talk: Winter garden

Tue 12 Nov | 10:30am - 12pm | TBC

Join us for a wintery stroll around a National Trust garden. Location to be confirmed.

Stress and distress in dementia

Tue 12 Nov | 1:30pm - 3:30pm | On Zoom

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

Macrame your own plant hanger

Wed 13 Nov | 11am - 1pm | [Edinburgh Carers' Hub](#)

Join Jeanne-Marie from VOCAL to learn how to macrame your own houseplant hanger. This makes a great Christmas present! All materials will be supplied.

Peer support group: Parent carers of adults

Wed 13 Nov | 6pm - 7:30pm | [Midlothian Carer Centre](#)

Our supportive and informal group of parents caring for a child aged 16 or older with Additional Support Needs provides a safe space for open discussions about the issues most important to you. This month, we will be joined by Leigh Thomson, Social Worker, who will guide us through the transition from Children and Families to Adult Services. We'll discuss roles, responsibilities, timelines, and share valuable resources.

Dementia and the home environment

Thu 14 Nov | 6pm - 7:30pm | [On Zoom](#)

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

Applying for Attendance Allowance

Mon 18 Nov | 10:45am - 12pm | [On Zoom](#)

Attendance Allowance helps cover extra costs if you have a disability that means you require support from someone else. This workshop is designed to assist anyone planning to complete an Attendance Allowance form, whether for themselves or on behalf of someone else. We will provide information, strategies and tips to make the process simple and less daunting.

An overview of Lothian Disabled Living Centre

Mon 18 Nov | 12pm - 1pm | [On Zoom](#)

Lothian Disabled Living Centre is a resource and information centre where you can get independent advice if you are considering buying equipment to assist in daily living. We will share an overview of the service, and advice on how to make an informed choice before purchasing equipment.

An introduction to Self-directed Support

Mon 18 Nov | 5:30pm - 7pm | 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.

Working carers workshop

Tue 19 Nov | 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.

Carer cuppa: Edinburgh

Wed 20 Nov | 11am - 1pm | Edinburgh Carers' Hub

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

Mindfulness practice group

Wed 20 Nov | 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 connection. This group is open to anyone, whether you're looking for a space to practise or are a beginner.

Coping strategies drop-in

Thu 21 Nov | 11:30am - 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. These are weekly drop-in sessions looking at different coping techniques.

Digital drop in: Support with your devices

Thu 21 Nov | 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.

Peer support group: Parent carers

Mon 25 Nov | 10am - 12pm | Midlothian Carer Centre

Please join us in our warm and welcoming space, and connect with other parents who are going through similar experiences.

Coping strategies drop-in

Mon 25 Nov | 6pm - 7pm | 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.

Continence care

Tue 26 Nov | 2pm - 3pm | On Zoom

Join Kirsty a Specialist Nurse from the Bladder and Bowel Team to ask questions, discuss products and gain practical tips around supporting someone with continence issues.

Self-directed Support and community brokerage: Navigating the way together!

Tue 26 Nov | 5pm - 8pm | Midlothian Carer Centre

Join our small group session to learn more about Self-directed Support (SDS), how to prepare for an assessment, maximise your budget, and access community resources.

Carer-led craft group

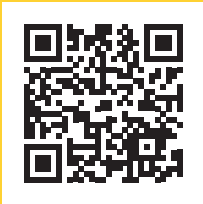
Wed 27 Nov | 10am - 12pm | Midlothian Carer Centre

Our carer-led craft group is a space to learn and share different hobbies. All materials will be provided.

Royal Botanic Garden visit

Thu 28 Nov | 10:30am - 12:30pm | Botanic Cottage at the Royal Botanic Gardens, EH3 5LR

We will explore the fascinating world of fungi at the Fungi Forms exhibition, at Inverleith House Gallery. We'll then have a short stroll to the historic Botanic Cottage for a hot drink and a blether!



carerstraining.co.uk

Carers Training is brought to you by VOCAL.
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