



Events and activities for unpaid carers in Edinburgh and Midlothian

February and March 2025

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.

If you can no longer attend a session, please inform us as soon as possible. This will then enable us to give your place to a carer on our waiting list.

**For more information or to book:
carerstraining.co.uk | 0808 196 6666
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

Tram: Foot of the Walk stop

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

Bus: Tesco Hardengreen - Lothian 29, 46 and East Coast Bus route 139.

Bonnyrigg Road / Eskbank - East Coast Bus routes 140 and 141.

Train: Eskbank station.

February

Peer support group: Parent carers

Mon 3 Feb | 10am - 12pm | Midlothian Carer Centre

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

Carer cuppa: Edinburgh

Tue 4 Feb | 11am - 1pm | Edinburgh Carers' Hub

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

Parent carers: Getting transitions right from child to adult services

Wed 5 Feb | 10am - 11:30am | On Zoom

This is a chance to find out what to expect during the transition from child to adult services, 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.

Coping strategies drop-in

Wed 5 Feb | 3pm - 4pm | On Zoom

Caring for someone can be challenging. 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.

Peer support group: Young adult carers

Wed 5 Feb | 6pm - 7:30pm | Midlothian Carer Centre

Join us once a month for the opportunity to connect with other young adult carers from Midlothian. Whether you're looking for a break, wanting to connect with people who understand your situation, or seeking advice, we want to hear what would make a positive difference for you.

Book club (online)

Thu 6 Feb | 1pm - 2pm | [On Zoom](#)

Join us online for a discussion about all things books. In this session, we will discuss *The Secrets of Blythswood Square* by Sara Sheridan.

Future planning: An introduction to residential care costs

Thu 6 Feb | 2:15pm - 3:45pm | [On Zoom](#)

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

Coping strategies drop-in

Mon 10 Feb | 12pm - 1pm | [On Zoom](#)

Caring for someone can be challenging. 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.

Sound therapy

Tue 11 Feb | 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.

Everyday technology for dementia care

Tue 11 Feb | 1pm - 2pm | [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.

Parent carers: An introduction to Guardianship and Power of Attorney

Wed 12 Feb | 10am - 11:30am | On Zoom

In Scotland, you can't make decisions about health, welfare or finances on behalf of a young person aged 16 or over unless you've been given specific powers in law - even if you're their parent. This workshop looks at ways to ensure you can still support the person you care for when they need it.

Poetry for wellbeing

Wed 12 Feb | 11am - 1pm | Scottish Poetry Library, EH8 8DT

Join these monthly sessions to explore poetry as an aid to reflection, self-care and rejuvenation. Read, discuss and write poetry in the charming surroundings of the Scottish Poetry Library. Carers will receive a free membership to the library.

Caring for a stroke survivor

Wed 12 Feb | 6pm - 7pm | On Zoom

Join Jolene who will share useful stroke information and details of the support available for stroke survivors and those caring for them. Stroke Association is Scotland's leading stroke-specific charity providing lifelong support for stroke survivors and their families. The session will include a Q&A.

Peer support group: Parent carers of adults

Wed 12 Feb | 6pm - 7:30pm | Midlothian Carer Centre

Our peer support group is a welcoming community for parents 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.

Coping strategies drop-in

Mon 17 Feb | 5pm - 6pm | On Zoom

Caring for someone can be challenging. 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.

Paper jewellery workshop

Tue 18 Feb | 11am - 1pm | Edinburgh Carers' Hub

In this workshop, you will create paper jewellery, such as brooches, rings, necklaces or earrings. Transform book or magazine pages and other paper into unique wearable art. All materials will be provided.

Reading is caring: For carers of someone living with dementia

Tue 18 Feb | 3pm - 4pm | On Zoom

Reading is Caring is a Scottish Book Trust programme which supports those caring for someone with dementia. Join this workshop to find out how you and the person you care for can be supported to create personalised shared and sensory reading experiences that can help maintain your caring relationships, spark memories and relieve stress.

Working carers workshop

Tue 18 Feb | 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.

Parent carers: Supporting transitions for adults with Additional Support Needs

Wed 19 Feb | 6pm - 8pm | On Zoom

Adults with ASN can struggle with change, and this session explores the reasons for this and how to support them. In this workshop, we will focus on practical strategies, tools and resources you can use every day to make transitions a little easier.

Mindfulness group

Wed 19 Feb | 6:30pm - 7:30pm | Midlothian Carer Centre

Join us in practising mindfulness with others in a supportive and communal setting. Meeting monthly, we will offer 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.

Artist-led craft group

Thu 20 Feb | 10am - 12pm | Midlothian Carer Centre

Come join our artist, Juliana, for a fun new art project every month! You'll learn exciting skills while meeting great people along the way.

An introduction to Self-directed Support

Mon 24 Feb | 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 and updates about SDS.

Carer Action Midlothian (CAM)

Tue 25 Feb | 10:30am - 12pm | On Zoom

This 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.

Mindfulness and wellbeing session

Tue 25 Feb | 12pm - 1:30pm | On Zoom

An opportunity to come together, explore practical insights, and adopt a mindful approach moving forward. We will delve into the concept of personal growth and discuss how making small, sustainable changes, such as including one healthy element in your daily routine, can make a difference.

Carer-led craft group

Wed 26 Feb | 10am - 12pm | Midlothian Carer Centre

Our carer-led craft group is a space to learn and share different hobbies, such as paper crafts. All materials will be provided, and no previous experience or skills are necessary. Alternatively, you can bring your own crafting projects.

An overview of Lothian Disabled Living Centre

Wed 26 Feb | 5:30pm - 6:30pm | [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 you in daily living. We will share an overview of the service, and advice on how to make an informed choice before purchasing equipment.

Coping strategies drop-in

Thu 27 Feb | 11am - 12pm | [On Zoom](#)

Caring for someone can be challenging. 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.

March

Peer support group: Parent carers

Mon 3 Mar | 10am - 12pm | [Midlothian Carer Centre](#)

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

Carer cuppa: Edinburgh

Tue 4 Mar | 11am - 1pm | [Edinburgh Carers' Hub](#)

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

Housing options for individuals with ASN

Tue 4 Mar | 5:30pm - 6:45pm | [On Zoom](#)

Housing Options Scotland is a Scottish charity that offers housing advice and information to individuals with Additional Support Needs (ASN). Join Jill to hear about their Making Moves service which helps people with disabilities explore housing options that are suitable for them as they transition into independent living.

Future and emergency planning

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

A workshop on options to help you plan for an emergency for yourself or the person you care for. We'll help you create a future care plan and Sophie, VOCAL Carer Support Practitioner, will be on hand to answer your questions.

Peer support group: Young adult carers

Wed 5 Mar | 6pm - 7:30pm | Midlothian Carer Centre

Join us once a month to connect with other young adult carers from Midlothian. Whether you're looking for a break, wanting to connect with people who understand your situation, or seeking advice, we want to hear what would make a positive difference to you.

Sound therapy

Fri 7 Mar | 10:30am - 12pm | Art and Spirituality, EH11 2RH

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

Unlock your entitlements: Benefits for people over state pension age

Mon 10 Mar | 3pm - 4pm | 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, how to make a claim and what to do if something goes wrong.

Coping strategies drop-in

Mon 10 Mar | 5:30pm - 6:30pm | On Zoom

Caring for someone can be challenging. 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.

Walk and talk

Tue 11 Mar | 10:30am - 12pm | Royal Botanic Garden Edinburgh, EH3 5NZ

Enjoy the benefits of walking and meet other carers while exploring the Royal Botanic Gardens.

Crochet

Wed 12, 19 & 26 Mar (3 sessions) | 10am - 12pm | Edinburgh Carers' Hub

This beginner-friendly crochet course will teach you several useful crochet stitches and techniques to get you started on your mindful and creative new hobby. Over three weeks we will learn how to make a hanging plant. Materials will be provided.

Poetry for wellbeing

Wed 12 Mar | 11am - 1pm | Scottish Poetry Library

Join these monthly sessions to explore poetry as an aid to reflection, self-care and rejuvenation. Read, discuss and write poetry in the charming surroundings of the Scottish Poetry Library. Carers will receive a free membership to the library.

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

Wed 12 Mar | 12:30pm - 3pm | Edinburgh Carers' Hub

Join our small group session to learn more about SDS, how to prepare for an assessment, maximise your budget, and access community resources. We will also discuss the purpose of reviews and what to do if your current arrangement is no longer effective.

Peer support group: Parent carers of adults

Wed 12 Mar | 6pm - 7:30pm | Midlothian Carer Centre

Our peer support group is a welcoming community for parents 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.

Basic First Aid

Thu 13 Mar | 10am - 11:30am | On Zoom

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

Understanding dementia

Fri 14 Mar | 10am - 12pm | On Zoom

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

Moving and handling

Mon 17 Mar | 9:30am - 4:30pm | McSence, EH22 5TA

This one-day course will introduce you to moving people and objects safely, using real equipment to build your understanding. Taking place in the fully equipped Manual Handling Suite at McSence, you can practise using the equipment and learn how to avoid injuries and accidents.

Coping strategies drop-in

Mon 17 Mar | 6pm - 7pm | On Zoom

Caring for someone can be challenging. 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.

Mindfulness group

Wed 19 Mar | 6:30pm - 7:30pm | Midlothian Carer Centre

Join us in practising mindfulness with others in a supportive and communal setting. Meeting monthly, we will offer 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 practice or are a beginner.

Stress and distress in dementia

Thu 20 Mar | 10am - 12pm | 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.

Artist-led craft group

Thu 20 Mar | 10am - 12pm | Midlothian Carer Centre

Come join our wonderful artist, Juliana, for a fun new art project every month! You'll learn exciting skills while meeting great people along the way.

Weave your own foraging basket

Thu 20 - Thu 27 Mar | 12:30pm - 2pm | Water of Leith, EH4 3DS

Join our resident forager Johanna to forage basket-weaving material in an informal walking session along the Water of Leith. Then enjoy making your own foraging baskets the following week!

Adult Carer Support Plans

Thu 20 Mar | 3pm - 4:30pm | On Zoom

Find out more about Adult Carer Support Plans (ACSPs) including how to get one, what information is included and why it is important. Sophie, VOCAL Carer Support Practitioner, will be joining us to answer your questions.

Caring for someone living with dementia

Thu 20 Mar | 6pm - 7:30pm | On Zoom

This workshop is ideal for anyone who has recently started caring for someone living with dementia, or who is caring for someone who may be waiting for a diagnosis. It will cover practical advice such as sources of support, benefits and entitlements, and a checklist of considerations.

Working carers workshop

Mon 24 Mar | 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.

Guided meditation: Manifesting abundance

Tue 25 Mar | 11am - 12:30pm | Edinburgh Carers' Hub

Join Carol for a guided journey that leads you into a place where you can work on manifesting your desires from health and general wellness to creative endeavours, fun trips, adventures with loved ones and things that serve your greater good.

Carer-led craft group

Wed 26 Mar | 10am - 12pm | Midlothian Carer Centre

Our carer-led craft group is a space to learn and share different hobbies, such as paper crafts. All materials will be provided, and no previous experience or skills are necessary. Alternatively, you can bring your own crafting projects.

Coping strategies drop-in

Thu 27 Mar | 2pm - 3pm | On Zoom

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

Thu 27 Mar | 7pm - 8:30pm | On Zoom

Join Rhona McAlpine, Occupational Therapist for an introduction to emotional regulation and the senses, which aims to validate individual lived experience and identify strengths and support needs. Suitable for carers of children and adults with Additional Support Needs (ASN). In this session, you'll get an opportunity to connect with other parent carers and ask Rhona questions.

Online learning

We have a range of videos and eLearning courses to make learning more flexible and accessible. These resources let you learn at your own pace, revisit information when needed, and balance learning with your caring responsibilities. It's a great alternative for those who can't attend in-person or live sessions!

Courses

- Basic benefits
- Adult Carer Support Plans
- Hospital discharge
- Carer rights



Videos

- Self-Directed Support
- Future Planning

**To watch our courses please visit:
carerstraining.co.uk/e-learning-courses/
or scan the QR code below!**





carerstraining.co.uk

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