

# Carer learning & leisure events

## Jul-Sep 2021

### Parent carer courses

#### Craft session for parent carers and their children

Parent carers and their children are welcome to join this guided craft session during the summer holidays. Materials will be provided.

2:00pm - 3:00pm

On Zoom

**AUG**  
**10**

#### Caring for a child with ASN and understanding sleep

For parents of children with ASN, exploring the impact of limited sleep and tips for improving it.

11:00am - 12:00pm

On Zoom

**AUG**  
**26**

#### Not fine in school

Many children with ASN refuse to go to school. Share your experiences and tips for coping.

10:30am - 12:00pm

On Zoom

**AUG**  
**31**

#### Paediatric First Aid

A practical awareness session, covering commonly used first aid techniques. No experience needed.

10:30am - 1:30pm

Edinburgh Carers' Hub

**SEP**  
**7**

#### Know more about your child's gaming and gambling

Children are increasingly using gaming and gambling sites and apps. Find out how to monitor your child's activity and use them safely.

11:00am - 12:00pm (2 sessions to 15 September)

On Zoom

**SEP**  
**8**



VOCAL - Voice of Carers Across Lothian  
Scottish Charity: SC020755 | Company Registration: SC183050

**Free courses for unpaid carers.**  
Develop new skills and knowledge to support you in your caring role. Reduce your stress levels. Improve your confidence and general wellbeing.

To register or find out more visit [carerstraining.co.uk](http://carerstraining.co.uk) or call us on 0131 622 6666

**vocal**  
working with carers



## Health and wellbeing

### July

#### Compassion fatigue\*

Learn about long-term impacts of caring on our energy, mood and general wellbeing.

10:30am - 1:00pm

On Zoom

**TUE**  
**6**

#### Yoga for carers\*

Yoga for carers, all levels.

10:45am - 11:45am (6 sessions to 11 August)

On Zoom

**WED**  
**7**

#### Habits of happiness\*

Explore techniques to help improve resilience, self-esteem, happiness and wellbeing.

10:30am - 12:30pm (7 sessions to 24 August)

On Zoom

**TUE**  
**13**

#### Stress management\*

Learn more about stress and its impact. Develop techniques to plan and manage symptoms.

10:30am - 1:00pm

Edinburgh Carers' Hub

**FRI**  
**16**

#### Meditation through movement\*

A meditation with focus on breath and gentle movement. All levels.

1:00pm - 2:00pm (4 sessions to 13 August)

On Zoom

**FRI**  
**23**

#### Don't lose sleep over it\*

Understand sleep difficulties, and share simple ways to improve sleep.

2:00pm - 3:30pm

On Zoom

**TUE**  
**27**

### July continued...

#### Summer bookclub

Our monthly summer catch up to talk all things books.

12:00pm - 1:00pm

In person (venue tbc)

**WED**  
**28**

#### Caring for someone with anxiety and depression

Find out more about the conditions and how to support someone who has anxiety and/or depression.

10:00am - 11:00am (3 sessions to 13 August)

On Zoom

**FRI**  
**30**

### August

#### Stress management\*

See July 16 for description.

2:00pm - 3:30pm (2 sessions to 10 August)

On Zoom

**TUE**  
**3**

#### Evening wellbeing for carers\*

Be inspired to make positive changes in four areas: social, emotional, physical and nutritional.

7:00pm - 8:30pm (8 sessions to 29 September)

On Zoom

**WED**  
**11**

#### Summer bookclub

See July 28 for description.

12:00pm - 1:00pm

In person (venue tbc)

**WED**  
**25**

### September

#### After caring

For those whose caring role has recently changed, or ended, we explore feelings and opportunities.

10:30am - 12:30pm (2 sessions to 10 September)

Edinburgh Carers' Hub

**FRI**  
**3**

#### Craft workshop

Join us for this special crafting workshop, open to new and existing crafters. Materials will be provided.

2:00pm - 3:30pm

On Zoom

**TUE**  
**7**

#### Introduction to Reiki\*

An introduction to and demonstration of the practice of Reiki.

10:00am - 11:30am

On Zoom

**THU**  
**9**

#### Stress management\*

See July 16 for description.

10:30am - 1:00pm

Edinburgh Carers' Hub

**FRI**  
**17**

#### Summer bookclub

See July 28 for description.

12:00pm - 1:00pm

In person (venue tbc)

**WED**  
**29**

Turn over for more courses

# July 2021

## Introduction to Self-Directed Support

Self-Directed Support is an individual's legal right to shape and manage their own package of care. This session explains how it works.

1:00pm - 3:00pm

Edinburgh Carers' Hub

WED  
7

## Communication skills for carers

This new course explores and practises communication theories.

1:00pm - 3:00pm (2 sessions to 15 July)

Edinburgh Carer's Hub

THU  
8

## Thinking about anticipatory care planning

Those with long-term or chronic health conditions can benefit from an Anticipatory Care Plan. This workshop explains the process and options.

11:00am - 12:00pm

On Zoom

FRI  
9

## Know more about gaming and gambling

More people are using gaming and gambling sites and apps. Find out more about using these safely.

2:00pm - 3:00pm (2 sessions to 20 July)

On Zoom

TUE  
13

## Changing relationships\*

Understand how relationships work, what they mean to us and how caring affects them.

1:00pm - 3:00pm

Edinburgh Carers' Hub

WED  
14

## All about digital for carers

Explore digital devices that can support your caring role (with demonstrations).

10:30am - 11:30am

On Zoom

THU  
15

## Working carers

Working carers are invited to join VOCAL on their lunchbreak for discussion and information.

12:30pm - 1:30pm

On Zoom

THU  
15

## Benefits Q&A

Find out what benefits are open to carers and the people they care for. Ask your questions to the VOCAL Money Matters team.

2:00pm - 3:30pm

On Zoom

MON  
19

## Carer training focus group

Share your thoughts on how and what we deliver in the VOCAL Carer Training programme.

(21st) 1:30pm - 2.30pm

Edinburgh Carers' Hub

(27th) 2:30pm - 3.30pm

On Zoom

WED  
21

TUE  
27

## Introduction to buying and selling on eBay

Learn how to buy and sell items on eBay with Debbie from Treasure Tree.

10:00am - 11:00am

On Zoom

THU  
22

## Understanding dementia

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

1:00pm - 3:00pm

On Zoom

THU  
22

# Continued...

## Hearing loss information session

Do you or the person you care for have hearing difficulties? This session from Deaf Action shares information and support available.

10:30am - 12:00pm

On Zoom

FRI  
23

## Care options

An overview of care options and an opportunity to discuss what to consider when choosing care.

12:30pm - 1:30pm (bi-weekly to 23 August)

On Zoom

MON  
26

## Making your money go further

Information about discounts and strategies to make your money go further.

10:00am - 11:00am

On Zoom

THU  
29

## Manual handling

Learn basic moving and handling, to help you support others with their mobility safely. Session does **not** include using equipment like hoists and glide sheets.

1:00pm - 4:00pm

Edinburgh Carers' Hub

THU  
29

# August 2021

## Understanding dementia

See July 22 for description.

10:30am - 1:00pm

Edinburgh Carers' Hub

THU  
5

## Basic first aid for carers

Led by British Red Cross, this course covers beginner-friendly, commonly used first aid techniques.

10:00am - 11:30pm

On Zoom

TUE  
10

## Visual impairments information session

Do you or the person you care for have visual impairments? This session from Visibility Scotland shares information and support available.

10:00am - 11:30am

On Zoom

THU  
12

## Generating money with eBay

Figured out how to buy and sell on eBay? We will explain how we can help you generate profit for yourself and give something back.

2:00pm - 3:00pm

On Zoom

THU  
12

## Continence care

Ask questions, view products and gain tips about supporting someone with continence issues.

10:00am - 11:30pm

On Zoom

THU  
19

## Working carers

See July 15 for description.

12:30pm - 1:30pm

On Zoom

THU  
19

## Getting back to work

Build your confidence in CV writing and interviews, develop your career goals and explore the next steps in your journey to return to work.

10:00am - 11:30am (5 sessions to 24 September)

On Zoom

FRI  
27

# September 2021

## Talking about loss

Learn more about the process of loss and how to find ways of accepting and navigating emotions.

10:30am - 1:00pm

Edinburgh Carers' Hub

THU  
2

## Introduction to caring in Edinburgh

A course for people new to caring, or carers new to Edinburgh, offering information on accessing support, money and welfare rights and our services.

10:00am - 12:30pm

On Zoom

SAT  
4

## Manual handling

See July 29 for description.

11:00am - 2:00pm

Edinburgh Carers' Hub

WED  
8

## Caring for someone with dementia and managing behaviour that challenges

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

1:00pm - 3:00pm

On Zoom

THU  
9

## Benefits for working age people

Find out about benefits applicable to you or the person you care for if you are of working age.

1:30pm - 2:30pm

On Zoom

TUE  
14

## Working carers

See July 15 for description.

12:30pm - 1:30pm

On Zoom

THU  
16

## All about digital for carers

See July 15 for description.

10:30am - 11:30am

On Zoom

MON  
20

## Mental health legislation and rights

Seminar exploring the rights of people with mental health difficulties and those of their carers.

10:00am - 11:30am

On Zoom

THU  
23

## Benefits beyond working age

Find out about benefits applicable to you or the person you care for if you are beyond working age.

10:00am - 11:00am

On Zoom

TUE  
28

## Learn to Zoom

Drop into any of these sessions to increase your confidence in learning to video call using a platform called Zoom. We deliver our online training programme via Zoom, so coming to a session will let you fully access our other events.

JUL  
16

11:00am - 12:00pm  
On Zoom

AUG  
9

2:00pm - 3:00pm  
On Zoom

SEP  
21

10:00am - 11:00am  
On Zoom

## Session key:

MON  
20

MON  
20

MON  
20

SAT  
20

Daytime Evening In-person Weekend

\*Sessions marked with \* are part of Carewell Health and Wellbeing partnership.



Turn over for more courses

# Carer learning & leisure opportunities

To register visit [carerstraining.co.uk](https://carerstraining.co.uk) call us on 0131 622 6666 or scan the QR code.

