

Midlothian carer learning & events; July – Sept 2021



FREE events for unpaid carers; develop new skills & knowledge to support your caring role, reduce your stress levels and improve your confidence and own health and wellbeing.

Learning & Wellbeing (Hosted online via Zoom)

New to caring in Midlothian; Tuesday 20th July - 10.30 to 12noon

Are you new to caring? Join us to find out more about our wide range of services and support available and how we can support you going forward in your caring role.

Self-Directed Support; Tuesday 31st August – 10.30-11.30am

Has your SDS budget been impacted due to COVID, do you want to find out more about what your next steps should be. Join us to find out more.

**To register for any of the above sessions –
please visit: <https://www.carerstraining.co.uk/>**

Learn Digital Skills for Carers; weekly Tues @ 2-3pm

Online sessions have become the normal lately but not everyone finds it easy to learn/navigate. These sessions are run by *Volunteer Midlothian* and will build knowledge and confidence to get online.

****a referral is required for these sessions, so to book your place, please call us on 0131 663 6869.***

Surgery appointments (Appointments via telephone / video call)

Legal – our surgery continues to run via telephone appointment where carers can access information on Wills, Trusts & Guardianship.

Long Term Care Planning – many carers are concerned about paying for care home fees or how much they will have to pay and what happens to property. Telephone appointments are available to you can discuss your concerns and get expert advice.

Dementia Adviser – no-one should face Dementia alone; book in for a telephone appointment/video call with a Dementia Adviser from Alzheimer Scotland to access information, advice and support for people with dementia and their carer(s).

Welfare Rights/Money Matters – get information, advice and support in understanding benefits and allowances, help to complete application forms, income maximisation and advice on entitlement.

Power of Attorney – appointments to discuss and get help to create Power of Attorney documentation.

Emergency Planning – get information, advice and support to complete your Emergency Plan document.

Carer Health – opportunity for you, the carer, to meet with a Health Inclusion Specialist Nurse for a wellbeing assessment.

To book a surgery appointment - call 0131 663 6869
or email midlothian@vocal.org.uk

Peer/Social groups (Hosted online via Zoom)

Coffee mornings with speaker; grab a cuppa and join us for a bit of 'me' time, have a chat with other carers and find out more about our services.

27th July; Managing difficult situations – join us to learn information, advice and tips on how best to manage difficult situations

25th August; Wee Breaks – find out more about what local breaks and opportunities we have available or how to apply for funding to get the break that you want

23rd Sept; Peer Support/Peer Mentoring – learn about our 1:1 peer support and peer groups and how to access

Our coffee mornings run from 10.30am-11.30am

Parent Carer Support Group; 28th July, 25th Aug & 29th Sept @ 7.15pm-9.00pm

Facilitated by VOCAL Midlothian & LCIL this group is for parents to join and share their experiences and find out practical information, resources available and it's a great opportunity to meet other parent carers.

Online Craft Group; July – Sept (29/7, 26/8 & 30/9) @ 10.30-12noon

Join other like-minded crafters and share your skills & knowledge with other carers and/or learn something new from others. Join this social group and create some time for yourself - no previous experience or skills are required.

**To register for our peer & social opportunities –
please visit: <https://www.carerstraining.co.uk/>**

These courses are only available to carers residing in or caring for a person within Midlothian local authority area (unless noted otherwise)