

## October 2018

### Crafty carers

Join a small group of carers for a chat and the opportunity to try out different crafts.  
10.30am - 12.30pm (5 sessions: 1 Oct - 29 Oct)  
Edinburgh Carers' Hub

MON  
1

### Caring for someone with dementia and thinking about challenging behaviour

Short session led by a dementia nurse helps us understand and manage challenging behaviour.  
10.30am - 1pm Edinburgh Carers' Hub

THUR  
11

### Get online!

Join us to learn about getting online and some websites and apps that may assist your caring role.  
10am - 1pm Libertus Centre

MON  
15

### Understanding sleep in adults

Join a clinical psychologist to explore human sleep patterns and ways to help improve sleep.  
10.30am - 1pm Edinburgh Carers' Hub

MON  
15

### Get online!

Join us to learn about getting online and some websites and apps that may assist your caring role.  
10am - 1pm Westerhailes Healthy Living Centre or 10.30am - 1.30pm Currie Library

TUE  
16

### Introduction to drama

Are you a writer, actor or would you like to work behind the scenes? No experience necessary! Come along to find out more.  
10.30am - 1pm Edinburgh Carers' Hub

WED  
17

### Dealing with loss

Learn how loss can affect us, the different kinds of loss, and the stages we may go through.  
10.30am - 12.30pm Edinburgh Carers' Hub

TUE  
23

### Introduction to drama

Are a writer, actor or would you like to work behind the scenes? No experience necessary!  
6pm - 8pm Edinburgh Carers' Hub

WED  
24

Evening

### Help in the home and garden

Find out about the support available to help you manage yours or someone else's home and garden.  
10.30am - 12.30pm Edinburgh Carers' Hub

THUR  
25

### Understanding sleep in adults

Join a clinical psychologist to explore human sleep patterns and ways to help improve sleep.  
10.30am - 1pm Edinburgh Carers' Hub

SAT  
27

Weekend

## October 2018

### Advanced stress management

For those that have attended an intro to stress management course and seek to learn more.  
10.30am - 12.30pm Libertus Centre

TUE  
30

### Falls prevention and management

Practical advice for carers about falls prevention, and what to do if someone has a fall.  
10.30am - 1pm Edinburgh Carers' Hub

WED  
31

## November 2018

### Caring for a child with additional needs: thinking about challenging behaviour

Learn more about ways to manage difficult behaviour and develop coping strategies.  
10.30am - 1pm (3 sessions: 1 Nov - 15 Nov)

THUR  
1

### Christmas crafts

Join us to make crafts with a festive theme as gifts or to decorate your home this Christmas.  
10.30am - 1pm (3 sessions: 10 Nov - 24 Nov)  
Edinburgh Carers' Hub

SAT  
10

Weekend

### Dynamic Earth visit

Join us and step back in geological time to learn more about the story of planet Earth.  
Meet at 10.30am at Dynamic Earth

MON  
12

### Basic first aid for carers

Popular session to learn the basic skills to deal with a variety of first aid situations.  
10.30am - 1pm Edinburgh Carers' Hub

TUE  
13

### Alcohol and me

A chance to think about how much you drink, what is safe, and possible alternatives.  
10.30am - 1pm Edinburgh Carer's Hub

FRI  
16

### Falls prevention and emergency planning

Practical advice for carers about falls prevention, and what to do if someone has a fall.  
10.30am - 1pm St Margaret's Care Home

MON  
19

### Dealing with guilt

Explore the feeling of guilt, why we feel it and ways we can learn to manage these feelings.  
10.30am - 12.30pm Edinburgh Carer's Hub

WED  
21

### Dementia information day

Find out more about dementia, treatments, money matters and coping strategies.  
10.15am - 2.30pm (lunch included)  
Libertus Centre

THUR  
22

## November 2018

### Pathways to movement and games to share with children - play session for parents of children with additional needs

A hands on session for parents to learn how to use play to make activities more accessible.  
10.30am - 12.30pm Edinburgh Carers' Hub

THUR  
22

### Dealing with anger

A chance for carers to reflect on, process and develop ways to manage feelings of anger.  
10.30am - 1pm Edinburgh Carers' Hub

WED  
28

### Changing relationships

Learn how relationships work and how caring has affected them in different ways.  
10.15am - 1pm Libertus Centre

THUR  
29

### Caring for a child with additional needs: thinking about sleep

An information session to help parents understand what can facilitate a good night's sleep for children with additional needs.  
10.30am - 1pm Edinburgh Carers' Hub

THUR  
29

### Stress management

Learn about stress, it's impact and ways to plan for and manage stressful situations.  
6pm - 8pm Edinburgh Carers' Hub

THUR  
29

Evening

## December 2018

### Surviving Christmas as a carer

Explore ways to manage the physical and emotional demands of the festive season!  
10am - 1pm Libertus Centre

MON  
1

### Dynamic Earth visit

Join us and step back in geological time to learn more about the story of planet Earth.  
Meet at 10.30am Dynamic Earth

WED  
5

### Surviving Christmas as a carer

Explore ways to manage the physical and emotional demands of the festive season!  
11.30am - 2.30pm (lunch included)  
Currie Library

THUR  
6

### Stress management

Learn about stress, it's impact and ways to plan for and manage stressful situations.  
10.30am - 3pm (lunch included)  
Libertus centre

THUR  
6

Turn over for courses on planning for the future...

# Oct-Dec 2018 Carer learning & leisure opportunities

Free courses, groupwork, social and leisure activities for unpaid carers to develop skills and knowledge to support them in their caring role, meet other carers, increase confidence and improve carers own health and wellbeing. For information or to reserve a place visit:

- Book online: [www.carerevents.co.uk](http://www.carerevents.co.uk)
- Call: VOCAL on 0131 622 6666 or
- Email: [centre@vocal.org.uk](mailto:centre@vocal.org.uk)

### Venue locations

Our free carer events and courses take place in locations throughout Edinburgh. Carers are welcome to attend courses in any part of Edinburgh.

See map overleaf for venue locations

Evening

Evening sessions

Weekend

Weekend sessions

vocal  
working with carers

VOCAL (Voice of Carers Across Lothian) is a registered Scottish Charity: SC020755  
Private limited company (Scotland): SC183050

Follow VOCAL on social media:

Facebook: /VOCALcarers

Twitter: @EdinburghCarers



## Carer book group

If you like to read, or would like to read more, come along to our monthly carer book group. It's a great way to take some time for yourself and meet other people, and we read a wide range of books, so there will always be something for all to enjoy.

Dates: Mondays 24 Sept, 29 Oct & 26 Nov

Join us each month from 10.30am - 12 noon at the Edinburgh Carers' Hub.

1. Currie Library  
210 Lanark Rd W, Currie EH14 5NX  
Bus: Lothian 44, 45  
Train: Curriehill station
2. Dynamic Earth  
Holyrood Rd, Edinburgh EH8 8AS  
Bus: Lothian 6, 35
3. Edinburgh Carers' Hub  
60 Leith Walk  
Edinburgh EH6 5HB  
Bus: Lothian 7, 10, 12, 14, 16, 22, 25, 49
4. Libertus Centre  
20 Gracemount Drive  
Edinburgh EH16 6RN  
Bus: Lothian 7, 11, 18, 31
5. St Margaret's Care Home  
5 East Suffolk Rd, Edinburgh EH16 5PJ  
Bus: Lothian 3, 7, 8, 29, 31, 37, 47, 49
6. Wester Hailes Healthy Living Centre  
30 Harvester Way  
Edinburgh EH14 3JF  
Bus: Lothian 3, 18, 21, 30, 32, 33
7. West Pilton Gardens Social Work Centre  
8 West Pilton Gardens, Edinburgh EH4 4DP  
Bus: Lothian 21, 24, 27, 29, 37, 200



## Course Venues

Book online at [www.carerevents.co.uk](http://www.carerevents.co.uk) or call the VOCAL carer training team on 0131 622 6666

## Planning for the future



### Preparing for winter

If you are, or care for, an older person, come along to find out ways to prepare your home for the winter months.

Wed 3 Oct 10am - 1pm

Westerhailes Healthy Living Centre

Wed 17 Oct 10am - 12.30pm

W Pilton Gardens Social Work Centre

### Make your own emergency plan

A chance to think about what would happen in an emergency and create your own emergency plan.

Thur 18 Oct 10.30am - 1pm

Westerhailes Healthy Living Centre

Tue 6 Nov 10.30am - 1pm

Edinburgh Carers' Hub

Thur 15 Nov 6pm - 8pm

Edinburgh Carers' Hub

### Anticipatory care planning

Learn about how to complete a plan for yourself and/or the person you support to let the medical professionals know your/their wishes.

Thur 22 Nov 6-8pm or

Tue 27 Nov 10.30am - 1pm

Edinburgh Carers' Hub

Evening

### Supporting someone to make decisions

Find out about different ways you can legally make decisions on behalf of someone else including Power of Attorney and Guardianship.

Thur 8 Nov 6pm - 8pm

Edinburgh Carers' Hub

Tue 4 Dec 10.30am - 1pm

Edinburgh Carers' Hub

Evening

Register online at [www.carerevents.co.uk](http://www.carerevents.co.uk)

## Carer Conversation Cafes



Join the conversation at our Conversation Cafes: [www.vocal.org.uk/conversation](http://www.vocal.org.uk/conversation)

- VOCAL Edinburgh Carers Hub - last Monday of the month 2pm - 3.30pm
- Filmhouse, Lothian Road - 2nd Tuesday of the month 10am - 12noon
- Morrisons Supermarket, Gilmerton - last Tuesday of the month 10am - 12noon
- Little Bakery, South Queensferry - last Tuesday of the month 10am - 12noon
- VOCAL Edinburgh Carers Hub (Family Support Addictions) - last Monday of the month 2pm - 3.30pm

## Carer learning & leisure events

# Oct - Dec 2018

Free courses for carers to develop skills and knowledge to support them in their caring role, increase confidence and improve stress levels and wellbeing.



To register or find out more:

Visit [www.carerevents.co.uk](http://www.carerevents.co.uk)

Call us on 0131 622 6666

