

April 2019

Accessing Support Services

A seminar on sources of support, from local authority & other sources. The session covers who to contact & what will happen, outlining the rights of carers & those they support.

10:30am - 12:30pm

Edinburgh Carers' Hub

THU
4

The Habits of Happiness

Using a range of tools & techniques suitable for daily life, participants will improve their resilience, self-esteem, happiness & wellbeing.

10:30am - 12:30pm (6 sessions to 14th May)

Edinburgh Carers' Hub

TUE
9

Advanced Stress Management

For carers who've attended our introductory stress management course seeking to build their skills further

10:30am - 1:00pm

Edinburgh Carers' Hub

THU
11

Creativity Interaction & Dementia

A workshop supporting carers to engage the person they care for in activities, using poetry, photos & stories.

10:30am - 12:30pm

Edinburgh Carers' Hub

MON
15

Preparing to Make A Change

A workshop to look at how we would prefer life to be, the steps towards that preferred future & how to overcome any barriers.

10:30am - 12:30pm

Edinburgh Carers' Hub

THU
18

Finding Balance

Space to reflect on the impact caring has had on our lives, & look at how best to find a healthy balance.

10:30am - 1:00pm (2 sessions to 2nd May)

Edinburgh Carers' Hub

THU
25

Remembering Yourself & Caring for Someone with Dementia

Workshops for dementia carers, to help build emotional resilience, strengthen & develop coping abilities & combat isolation.

10:30am - 1:00pm

Edinburgh Carers' Hub

MON
29

May 2019

Carers' Information Day

A one day event covering money matters, rights, entitlements, relevant services & support available through VOCAL.

10:30am - 2:30pm (includes lunch)

Libertus Centre

MON
6

Gym Buddies

Short courses with a trained instructor supporting small groups of carers for 4 gym sessions.

10:30am - 11:30am (4 sessions to 28th May)

Drumbrae Leisure Centre

TUE
7

Help in the Home & Garden

Outlining the various support options available to help manage your own or someone else's home or garden.

10:30am - 12:30pm

Edinburgh Carers' Hub

WED
8

Carers' Information Day

A one day event covering money matters, rights, entitlements, relevant services & support available through VOCAL.

10:30am - 2:30pm (includes lunch)

Edinburgh Carers' Hub

THU
9

May 2019

Stress Management

Helping carers understand stress, its impact, & how to plan for & manage stressful situations.

10:30am - 1:00pm

St. Margaret's Care Home

FRI
10

Stress Management

Helping carers understand stress, its impact, & how to plan for & manage stressful situations.

10:30am - 2:30pm (includes lunch)

Libertus Centre

MON
13

Stress Management

Helping carers understand stress, its impact, & how to plan for & manage stressful situations.

6:00pm - 8:00pm

Edinburgh Carers' Hub

WED
15

Dementia Information Day

One day event covering what dementia is, treatments, coping strategies & associated support.

10:30am - 3:00pm (includes lunch)

Westerhailes Healthy Living Centre

WED
16

Caring for a Child with Additional Needs & Thinking about Behaviour

For parents of children with additional needs, exploring methods of coping with potentially difficult behaviour.

10:30am - 1:00pm (2 sessions to 23rd May)

Edinburgh Carers' Hub

WED
16

Moving to Long Term Care

Information about how care in a residential home is arranged & paid for, including advice about when & how to select a care home.

10:30am - 12:30pm

Edinburgh Carers' Hub

THU
17

Caring for Someone with Dementia & Understanding Medication

This seminar led by a specialist pharmacist will help those caring for someone with dementia understand the medications used in its treatment.

10:30am - 12:30pm

Edinburgh Carers' Hub

MON
20

Good Footcare

Information on good foot care plus practical demonstrations of foot care techniques.

10:30am - 12:30pm

Edinburgh Carers' Hub

WED
22

Finding Your Voice

A workshop looking at how best to convey the messages we want to be heard.

10:30am - 12:30pm (sessions to 31st May)

Edinburgh Carers' Hub

FRI
24

First Aid

A practical session dealing with a variety of situations.

10:30am - 12:30pm

Libertus Centre

MON
27

Stress Management

Helping carers understand stress, its impact, & how to plan for & manage stressful situations.

10:30am - 12:30pm

Allermuir Health Centre

TUE
28

Caring for a Child with Additional Needs & Thinking about Sleep

For parents of children with additional needs, exploring the impact of limited sleep & tips for improving sleep.

10:30am - 1:00pm

Edinburgh Carers' Hub

THU
30

June 2019

Changing Relationships

A course looking at how our relationships work, what they mean to us, how caring has affected them, how change works & how humans process change.

10:30am - 12:30pm

Allermuir Health Centre

TUE
4

Understanding Dementia

For carers supporting someone in the mid-stages of dementia covering what dementia is, treatments, coping strategies & associated support.

6:00pm - 8:00pm (5 sessions to 2nd July)

Edinburgh Carers' Hub

TUE
4

Break Ready

This seminar looks at how carers can access breaks, how to be 'break ready', & maximise the impact of breaks.

10:30am - 12:30pm

Edinburgh Carers' Hub

THU
6

Planning for Emergencies

A workshop on thinking through options & writing a personalised emergency plan.

10:30am - 1:00pm

Edinburgh Carers' Hub

FRI
7

Dealing with Loss

A workshop looking at how loss can affect us & the stages we may go through with different kinds of loss including bereavement.

10:30am - 12:30pm

Allermuir Health Centre

TUE
11

Continence Management

A space to ask questions, view products & gain practical tips about supporting someone with continence issues.

10:30am - 12:30pm

Edinburgh Carers' Hub

WED
12

Anticipatory Care Planning

An anticipatory care plan lets medical professionals know your wishes. Learn how to complete a plan for yourself or the person you support.

10:30am - 12:30pm

Edinburgh Carers' Hub

FRI
14

Introduction to Universal Credit

Explaining the new benefit due to replace ESA, housing benefit, council tax benefit & more.

10:30am - 12:30pm

Edinburgh Carers' Hub

THU
20

Getting to Know Your Tablet

This course covers the basics in making safe and effective use of a tablet.

10:30am - 12:30pm (3 sessions to 4th July)

Edinburgh Carers' Hub

THU
20

Dealing with Loss

A workshop looking at how loss can affect us & the stages we may go through with different kinds of loss including bereavement.

10:30am - 1:00pm

St Margaret's Care Home

THU
20

Your Support, Your Choice

Learn about Self Directed Support options how you can tailor a package of support to suit you.

10:30am - 1:00pm

Edinburgh Carers' Hub

FRI
21

Words That Change Minds

Introducing techniques to minimise misunderstandings in everyday conversation.

10:30am - 12:30pm

Edinburgh Carers' Hub

FRI
28

Apr - Jun 2019 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.

- Book online: www.carerevents.co.uk
- Call: VOCAL on 0131 622 6666 or
- Email: centre@vocal.org.uk

Key

MON
5

Daytime sessions

MON
5

Evening sessions

more
overleaf

vocal

working with carers

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



Visit www.carerevents.co.uk
Call us on 0131 622 6666

To register or find out more:



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

Carer learning & leisure events Apr-Jun 2019

Register online at www.carerevents.co.uk

Edinburgh Carers' Hub
from Wed 22 May to Wed 5 Jun
6:00pm - 8:00pm
(3 sessions)
A weekly craft group, come along, enjoy a chat & try out some new techniques. Space to reflect on the impact caring has had on our lives, & look at how best to find a healthy balance.

Edinburgh Carers' Hub
from Wed 5 Jun to Wed 26 Jun
10:30am - 12:30pm
(4 sessions)
A qualified aromatherapist covers the basics of aromatherapy. Mix some basic lotions for use at home.

Edinburgh Carers' Hub
Tue 21 May 10:30am - 12:30pm
for carers
Tue 4 Jun 10:30am - 12:30pm
for carers & those they support

Edinburgh Carers' Hub
from Wed 10 Apr to Wed 1 May
10:00am - 12:00pm
(4 sessions)
An exploration of war poetry past & present. Open to new & previous participants.

Edinburgh Carers' Hub
from Wed 8 May to Wed 29 May
10:30am - 12:30pm
(4 sessions)
A series of yoga & relaxation sessions for carers. No previous experience is required.

Edinburgh Carers' Hub
from Mon 29 Apr to Mon 20 May
11:30am - 12:30pm
(4 sessions)
Drama games, warm up & performance skills building in a range of techniques. No previous experience needed.

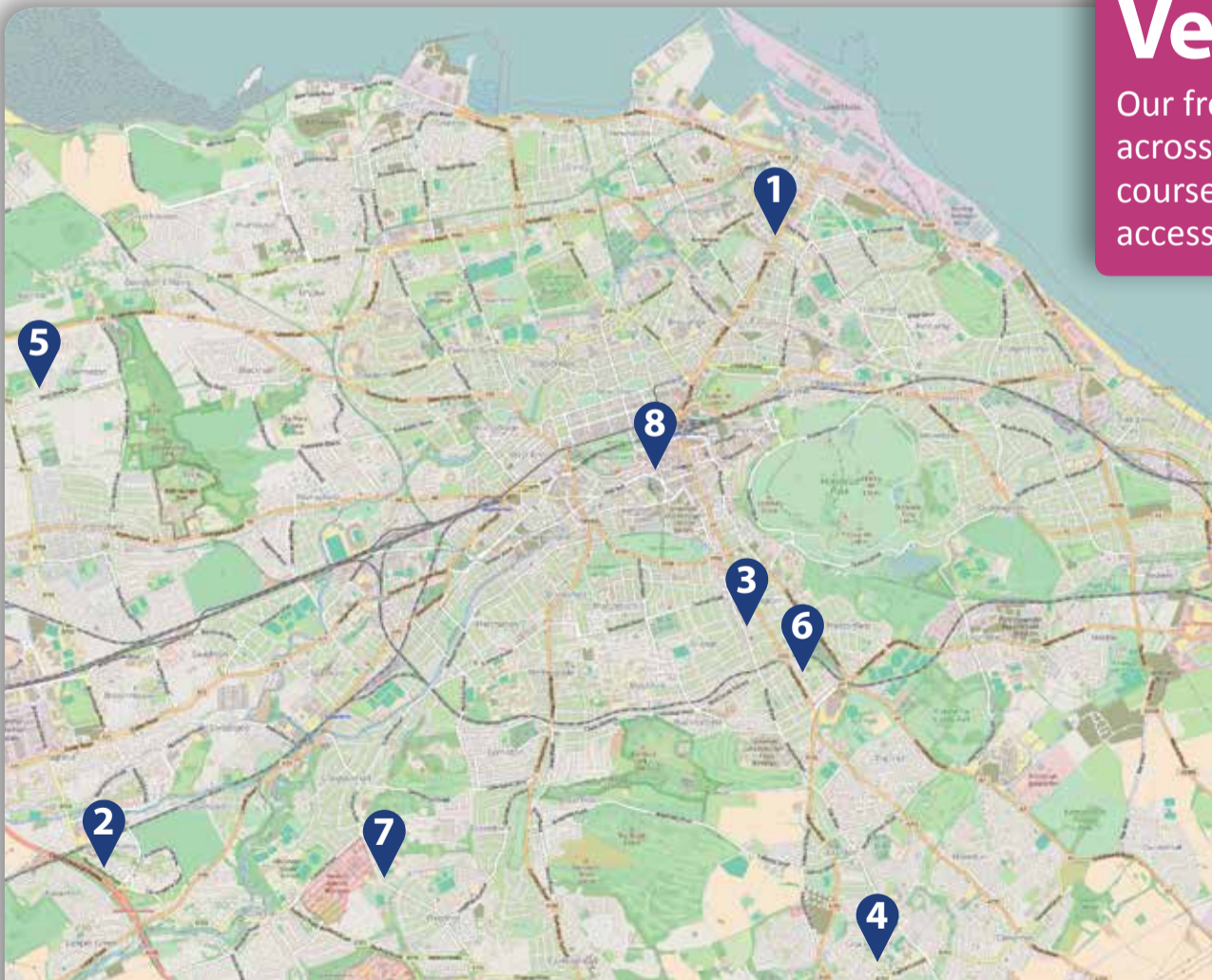
Edinburgh Carers' Hub
Wed 26 Jun 10:30am - 12:30pm
for carers & those they support



Time for me...

Venue locations

Our free carer events and courses take place in locations across Edinburgh. Carers are welcome to attend courses or events in any part of the city, all of which are accessible by public transport.



1. Edinburgh Carers' Hub
60 Leith Walk
Edinburgh EH6 5HB
Bus: Lothian 7, 10, 12, 14, 16, 22, 25, or 49

2. Wester Hailes Healthy Living Centre
30 Harvester Way
Edinburgh EH14 3JF
Bus: Lothian 3, 18, 21, 30, 32, or 33

3. Beetroot Sauvage
41 Ratcliffe Terrace,
Edinburgh EH9 1SX
Bus: Lothian 2, 3, 7, 14, 29, 37, 47 or 49

4. Libertus Centre
20 Gracemount Drive
Edinburgh EH16 6RN
Bus: Lothian 7, 11, 18, or 31

5. Drumbrae Leisure Centre
30 Drumbrae Terrace,
Edinburgh, EH4 7SF
Bus: Lothian 1, 21, 26, 200 or N26

6. St Margaret's Care Home
St Margarets Care Home
5 East Suffolk Road
Edinburgh EH16 5PH
Bus: Lothian 7, 3, 29, 37, 47 or 49

7. Allermuir Health Centre
165 Colinton Mains Drive
Edinburgh EH13 9AF
Bus: Lothian 4, 18 or 27

8. Edinburgh Central Library
7-9 George IV Bridge,
Edinburgh EH1 1EG
Bus: Lothian 23, 27, 41, 42, 45, or 67

Course venues

Book online at www.carerevents.co.uk
or call the VOCAL carer training team on 0131 622 6666

Find VOCAL on social media:



Facebook:
[/VOCALCarers](https://www.facebook.com/VOCALCarers)



Twitter:
[@EdinburghCarers](https://twitter.com/EdinburghCarers)