

## July 2019

### Looking After Yourself While Caring

A nurse-led session explores maintaining good health & wellbeing & managing health issues while caring.

10:30am - 12:30pm  
Edinburgh Carers' Hub

TUE  
2

### Understanding Addictions

For people concerned about the drug or alcohol use of a family member or friend. Covers substances, communication/coping strategies & support.

6:00pm - 8:00pm (4 sessions to 30th July)  
Edinburgh Carers' Hub

TUE  
9

### Creativity Interaction & Dementia

A workshop supporting carers to engage someone they care for in activities with poetry, photos & stories

6:00pm - 8:00pm  
Edinburgh Carers' Hub

TUE  
9

### Understanding Hearing Loss

This session looks at ways to overcome the challenges of hearing loss for you or the person you care for.

10:30am - 12:30pm (+ optional 1:1 hearing check)  
Edinburgh Carers' Hub

WED  
10

### Remembering Yourself

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

10:30am - 1:00pm  
Edinburgh Carers' Hub

THU  
18

### Remember Me

A workshop on remembering ourselves & reconnecting with who we are, distinct from our caring roles.

10:30am - 1:00pm  
Edinburgh Carers' Hub

WED  
24

### Letting Go & Moving On

A workshop reflecting on what has changed in our lives, what we are holding on to & how to let go.

10:30am - 1:00pm  
Edinburgh Carers' Hub

THU  
25

### Caring for Someone with Dementia & Understanding Behaviour

A workshop led by a dementia nurse helps people who support someone with dementia understand & manage distressing or hard to deal with behaviour.

10:30am - 1:00pm  
Edinburgh Carers' Hub

SAT  
27

## August 2019

### Caring at Home to Caring in a Home

Looking at how a caring role changes when the person we care for moves to supported living, including what new skills we need & how we can move on.

10:30am - 1:00pm (2 sessions to 8th August)  
Edinburgh Carers' Hub

THU  
1

### Dementia Friends

Dementia awareness for carers of people with dementia or those looking to understand the condition.

10:30am - 12:30pm  
Edinburgh Carers' Hub

WED  
7

### Introduction to Caring & Support

A session offering information on accessing support, money & welfare rights & VOCAL services.

10:30am - 3:00pm (includes lunch)  
Edinburgh Carers' Hub

WED  
14

### 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

THU  
15

## August 2019

### Worried About Leaving Someone Alone?

Learn about assistive technology to keep someone safe & allow you to get a break.

10:30am - 12:30pm  
Edinburgh Carers' Hub

MON  
19

### Basic First Aid

A practical introductory session led by a Red Cross professional.

10:30am - 1:00pm  
Edinburgh Carers' Hub

TUE  
20

### Smart House Visit

Explore a range of technology for supporting safe & independent living from voice-assisted home controls to telecare & community alarms.

10:30am - 12:30pm  
Edinburgh Smart Home, Longstone

WED  
21

### Stress Management for Parent Carers

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

10:30am - 2:15pm (includes lunch)  
Edinburgh Carers' Hub

THU  
22

### Dementia & Challenging Behaviour

This course helps people who live with or support someone with dementia to understand & manage potentially distressing or hard to deal with behaviour.

1:30pm - 3:30pm  
The Haven, South Queensferry

THU  
22

### Planning for Emergencies: Fire Safety

Professional fire safety advice, specifically tailored for carers of those who are older, have a learning disability, memory issues or mobility difficulties.

10:30am - 12:30pm  
Edinburgh Carers' Hub

MON  
26

### Coping with Anger

A workshop reflecting on, processing & developing coping strategies for feelings of anger & frustration.

10:30am - 1:00pm  
Edinburgh Carers' Hub

THU  
29

### Break Ready

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

10:30am - 1:00pm  
Edinburgh Carers' Hub

FRI  
30

## September 2019

### Planning for Emergencies: Ambulance Service Support

Information from Paramedics about what to do in an emergency including information to keep handy, when to call an ambulance & how they can help.

10:30am - 12:30pm  
Edinburgh Carers' Hub

MON  
2

### Understanding Self Harm

This session helps us to understand this potentially confusing & distressing behaviour as well as looking at ways to support someone effectively.

10:00am - 12:00pm  
Penumbra

TUE  
3

### Compassion Fatigue

This seminar looks at long-term impacts of caring on our energy, mood & general wellbeing, with some coping strategies.

10:30am - 12:30pm  
Edinburgh Carers' Hub

WED  
4

## September 2019

### Basic Benefits

Covers benefits for people who are ill, disabled or caring including support for those unable to work.

10:30am - 1:00pm  
Edinburgh Carers' Hub

WED  
4

### Stress Management

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

1:30pm - 3:30pm  
The Haven, South Queensferry

THU  
5

### Dementia Information Day

One day event covering what dementia is, treatments, coping strategies, money & decision making.

10:30am - 3:00pm (includes lunch)  
Edinburgh Carers' Hub

TUE  
10

### Making Your Money Go Further

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

10:30am - 1:00pm  
Edinburgh Carers' Hub

WED  
11

### Self Advocacy & Communication

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

10:30am - 1:00pm (2 sessions to 19th September)  
Edinburgh Carers' Hub

THU  
12

### Coping with Uncertainty

Sessions helping us understand nervousness or anxiety about what is happening now or what could happen in the future & to develop coping strategies.

10:30am - 1:00pm (2 sessions to 20th September)  
Edinburgh Carers' Hub

FRI  
13

### Planning Financially for the Future

Looking at how appointeeship, guardianship, power of attorney, wills & trusts can support a loved one with financial matters when we aren't able to.

10:30am - 1:00pm  
Edinburgh Carers' Hub

WED  
18

### Making an Emergency Plan

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

10:30am - 1:00pm  
Edinburgh Carers' Hub

MON  
23

### Living & Dying Well

This course explores the months & weeks before a death. Carers create a personalised tool kit for use in the event of the death of the person they support

10:30am - 12:30pm (4 sessions to 15th October)  
Edinburgh Carers' Hub

TUE  
24

### Caring for Someone who has had a Stroke

Providing practical advice & information for carers supporting someone who has had a stroke.

10:30am - 1:00pm  
Edinburgh Carers' Hub

WED  
25

### 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.

1:30pm - 3:30pm  
The Haven, South Queensferry

THU  
26

### Mental Health Legislation & Rights

This seminar explores the rights of people with mental health difficulties & those of their carers.

10:30am - 12:30pm  
Edinburgh Carers' Hub




MON  
30

## Jul - Sep 2019 Carer learning & leisure opportunities

Free courses, group work, social & leisure activities for unpaid carers to develop skills & knowledge to support them in their caring role, meet other carers, increase confidence & improve carers own health & wellbeing.

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

### Key

-  5 Daytime sessions
-  5 Evening sessions
-  4 Weekend sessions

more  
overleaf

vocal

working with carers

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





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



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

# Carer learning & leisure events Jul-Sep 2019

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



**Crafty Carers**  
 A weekly craft group for carers to enjoy a chat & try out some new techniques.  
 (3 sessions)  
 10:30am - 12:30pm  
 from Mon 29 Jul to Mon 12 Aug  
 Edinburgh Carers' Hub

**Jewellery Making**  
 A relaxing practical course, participants will be supported to make their own small jewellery pieces.  
 (4 sessions)  
 10:30am - 12:30pm  
 from Fri 20 Sep to Fri 8 Oct  
 Edinburgh Carers' Hub



**Drama Workshops**  
 Drama games, warm up & performance skills building in a range of techniques. No previous experience needed.  
 Wed 31 Jul 10:30am - 12:30pm  
 Wed 25 Sep 10:30am - 12:30pm  
 Edinburgh Carers' Hub



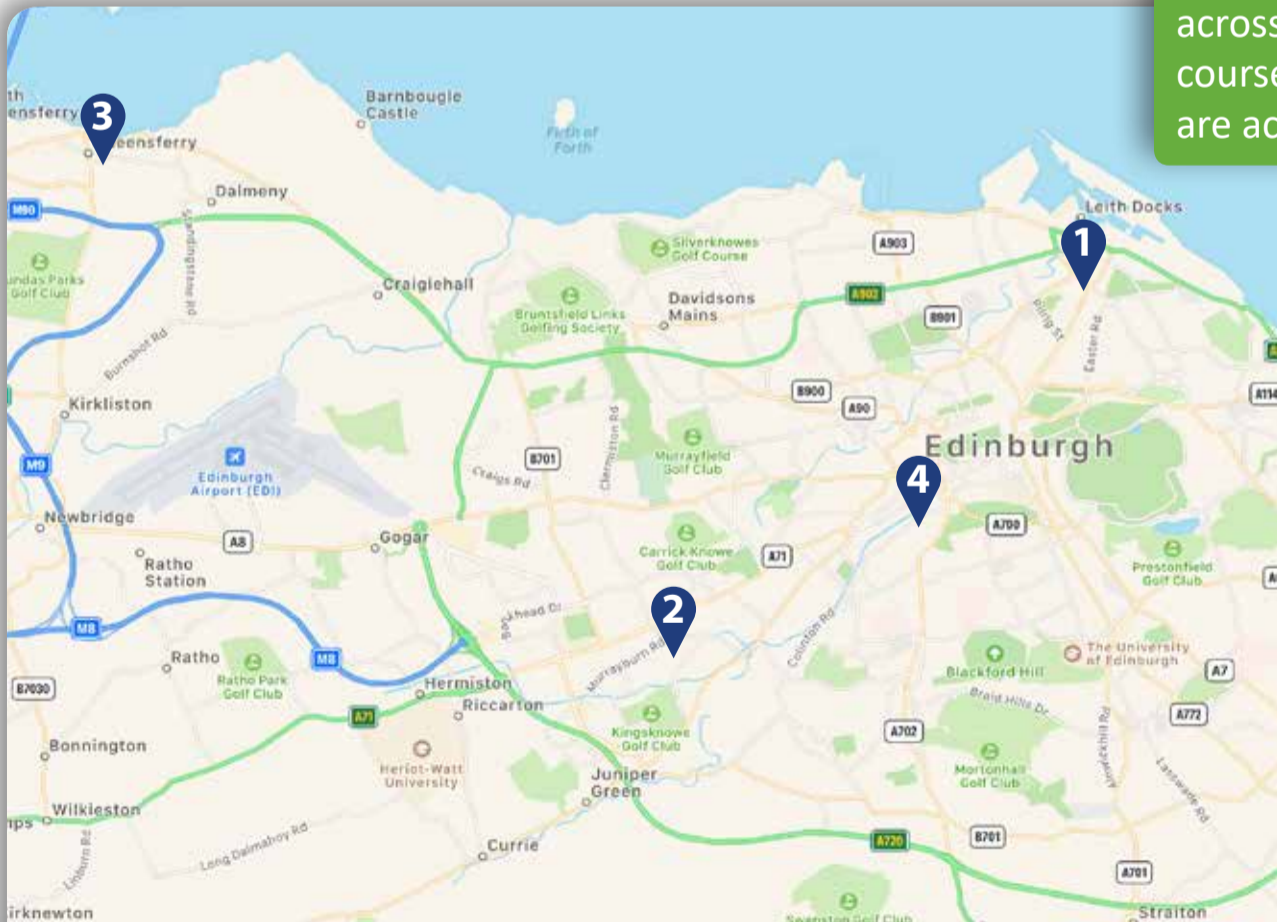
**Music for Carers**  
 Free live music performances for carers.  
 Mon 1 Jul 10:30am - 12:30pm  
 Thu 29 Aug 10:30am - 12:30pm  
 Edinburgh Carers' Hub



## Time for me...

## Venue locations

Our free carer events & 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. Edinburgh Smart House**  
 62 Longstone Street  
 Edinburgh EH14 2DA  
 Bus: Lothian 20, 34, 36, 44
- 3. The Haven**  
 25B Burgess Road,  
 South Queensferry EH30 9JA  
 Bus: Lothian 2, 3, 14, 29, 30, 31, 33, 37 & 49
- 4. Penumbra**  
 5 Leamington Terrace,  
 Edinburgh, EH10 4JW  
 Bus: Lothian 10, 11, 15, 16, 23, 27 & 36

## Course venues

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

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