

## January 2020

### Energy Efficiency Around the Home

A course on saving money by being more energy efficient. Delivered by Changeworks.

10:30am - 12:30pm (2 sessions to 24 Jan)  
Edinburgh Carers' Hub

**FRI**  
17

### Basic First Aid

A practical introductory session led by a Red Cross professional. Includes situations such as choking, bleeding, burns, seizures & what to do if someone is unconscious.

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

**MON**  
20

### Carer Information Day

A one day session for people new to caring offering information on accessing support, money & welfare rights & VOCAL services.

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

**WED**  
22

### Remember Me

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

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

**FRI**  
24

### Seated Exercise

Exercises to improve physical strength, flexibility, posture, & enhance mental awareness (inc. refreshments to 12:30pm).

10:30am - 11:30am (3 sessions to 10 Feb)  
Edinburgh Carers' Hub

**MON**  
27

### Naloxone Training

The drug Naloxone can temporarily reverse the effects of an opioid (heroin/methadone) overdose. Learn about the kit, how it works, & when & how to use it.

4:00pm - 5:00pm  
Edinburgh Carers' Hub

**TUE**  
28

### Poetry Appreciation

Explore 20th Century Scottish poetry with other carers. No previous experience required, just an interest in poetry

10:00am - 12:00pm (5 sessions to 26 Feb)  
Central Library, George VI Bridge

**WED**  
29

### Supporting Someone with Decisions

Explore systems & legal documents to support making decisions with – or on behalf of – someone else. Includes Power of Attorney, Guardianship & Benefits Appointee.

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

**WED**  
29

### Caring for Someone with Dementia & Understanding Challenging 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 - 1:30pm  
Edinburgh Carers' Hub

**THU**  
30

### Emergency Planning

A workshop on options for planning. You'll be supported to write a personalised Emergency Plan

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

**THU**  
30

## January 2020

### Break Ready

A workshop on accessing breaks & making sure you are 'break ready'. Maximise the impact of any breaks.

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

**FRI**  
31

## February 2020

### Jewellery Making

A relaxing jewellery making course, participants will be supported to make their own small pieces.

2:00pm - 4:00pm (4 sessions to 24 Feb)  
Edinburgh Carers' Hub

**MON**  
3

### Help in Home & Garden

Learn about the support available to help manage your own or someone else's home and/or garden.

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

**WED**  
5

### Basic Benefits

Explaining the key benefits for people who are ill, disabled or caring.

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

**THU**  
6

### Employment Rights for Carers

For those juggling caring with employment, topics include flexible working, rights to time off & other forms of legal protection & support.

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

**TUE**  
11

### Understanding Hearing Loss

Looking at ways to overcome the challenges of hearing loss for you or the person you care for.

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

**WED**  
12

### Understanding Dementia & Caring

Aimed at carers supporting someone in the mid-stages of dementia. Led by a dementia specialist.

10:30am - 1:00pm (5 sessions to 12 Mar)  
Edinburgh Carers' Hub

**THU**  
13

### Caring for Someone who has had a Stroke

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

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

**TUE**  
25

### Basic Benefits

Explaining the key benefits for people who are ill, disabled or caring.

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

**WED**  
26

### It's Hard for Me Too

For anyone concerned about the drug or alcohol use of a family member or friend. Learn about substances, communication, coping strategies and support services.

2:00pm - 4:00pm (4 sessions to 19 Mar)  
Edinburgh Carers' Hub

**THU**  
27

### After Caring

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

10:30am - 1:00pm (2 sessions to 6 Mar)  
Edinburgh Carers' Hub

**FRI**  
28

## March 2020

### Basic First Aid

A practical introductory session led by a Red Cross professional.

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

**TUE**  
3

### Crafty Carers

A relaxed craft group. Enjoy a chat & try out some new techniques - no craft experience needed.

10:30am - 12:30pm (3 sessions to 23 Mar)  
Edinburgh Carers' Hub

**MON**  
9

### Caring for Someone with a Brain Injury

Edinburgh Headway lead this session on the impact of caring for someone with a brain injury, including tips & advice for carers.

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

**TUE**  
10

### Making Your Money Go Further

Exploring possible discounts and savings available to carers, or the people they care for.

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

**FRI**  
13

### Yoga for Dementia Carers

Offering carers of someone with dementia the opportunity to try out yoga in partnership with Edinburgh Leisure (inc. refreshments to 12:30pm).

10:00am - 11:30am (3 sessions to 31 Mar)  
Craiglockhart Leisure Centre

**TUE**  
17

### Drama Workshop

Drama games, warm up & performance skills building in a range of techniques. No experience needed.

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

**WED**  
18

### Introduction to Self-Directed Support

On accessing your rights under the Social Care (Self Directed Support) (Scotland) Act 2013.

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

**THU**  
19

### Dementia Information Day

Information about dementia diagnosis, treatment, what you may expect in the future & avenues for support Led by an NHS dementia specialist.

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

**MON**  
23

### Self Advocacy for Carers

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

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

**WED**  
25

### Carer Information Day

A one day session for people new to caring offering information on accessing support, money & welfare rights & VOCAL services.

10:00am - 2:00pm (inc. lunch)  
Edinburgh Carers' Hub

**THU**  
26

### Accessing Support & Services

Looking at how health and social care can support carers & people with health problems to live well in their own homes.

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

**FRI**  
27

Jan-Mar 2020

# 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 and improve carers own health & wellbeing.

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

Turn over for a map of all our course locations across Edinburgh, as well courses which focus on supporting your emotional wellbeing.

### Key

**MON**  
20

Daytime sessions

**MON**  
20

Evening sessions

**SAT**  
18

Weekend sessions



vocal

working with carers

VOCAL - Voice of Carers Across Lothian  
60 Leith Walk, Edinburgh EH6 5HB

Scottish Charity: SC020755  
Company Registration: SC183050

# Emotional wellbeing...

# Carer learning & leisure events Jan-Mar 2020

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

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



working with carers

- New Year, New You**  
An opportunity to make a positive start to the year by reflecting on the year gone by & make a plan for the year ahead.  
3 sessions from Thu 9 Jan to Thu 23 Jan  
10:30am - 12:30pm  
Edinburgh Carers' Hub
- Aromatherapy**  
Join a qualified aromatherapist to learn about the basics of aromatherapy & mix some basic lotions for use at home.  
4 sessions from Tue 21 Jan to Tue 11 Feb  
10:30am - 12:30pm  
Edinburgh Carers' Hub
- Dealing with Anger**  
This workshop helps us to reflect on, process & develop coping strategies for our feelings of anger.  
Wed 19 Feb 1:30pm - 3:30pm  
The Haven, South Queensferry
- Laughter Yoga**  
Learn how to generate laughter from the body rather than the mind in this fun class.  
Tue 28 Jan 3:00pm - 4:00pm (refreshments from 2:00pm)  
OR  
Mon 24 Feb 10:30am - 11:30am (refreshments from 11:30am)  
Edinburgh Carers' Hub
- Introduction to Yoga**  
Learn the basics of yoga in this introductory class. Suitable for all levels.  
Wed 19 Feb 1:30pm - 3:30pm  
Edinburgh Carers' Hub

## Coping with Loss

This workshop looks at how loss can affect us & the stages we may go through when we are confronted with different kinds of loss.  
Appropriate for those recently bereaved, carers who are facing bereavement or carers dealing with other kinds of loss.  
Wed 11 Mar 1:30pm - 3:30pm  
The Haven, South Queensferry

## Stress Management

A workshop designed to help carers understand stress & its impact. Share & develop techniques to plan for & manage stress that comes with caring.  
Sat 8 Feb 10:30am - 1:00pm  
OR  
Fri 20 Mar 10:30am - 1:00pm  
Edinburgh Carers' Hub

OR  
Fri 7 Feb 10:30am - 1:00pm  
Westerhailes Healthy Living Centre  
OR  
Wed 4 Mar 10:30am - 1:00pm  
St Columbas Church, City Centre

Visit [carerstraining.co.uk](http://carerstraining.co.uk) or call 0131 622 6666

## 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

### 4 Craiglockhart Leisure Centre

177 Colinton Rd  
Edinburgh EH14 1BZ  
Bus: Lothian 10, 27, or 45

### 2 Wester Hailes Healthy Living Centre

30 Harvester Way  
Edinburgh EH14 3JF  
Bus: Lothian 3, 18, 21, 30, 32, or 33

### 5 Edinburgh Central Library

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

### 3 The Haven

25B Burgess Rd,  
South Queensferry  
EH30 9JA  
Bus: Lothian 43 or 63 (cityWEST fare zone)

### 6 St Columbas Church

1 Johnson Terrace,  
Edinburgh EH1 2PW  
Bus: Lothian 23, 27, 41, 42, 45, or 67

# Course venues

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

## Find us on social media:

