January 2020

**Energy Efficiency Around the Home**
A course on saving money by being more energy efficient. Delivered by Changework.
10:30am - 12:30pm (2 sessions to 24 Jan)
Edinburgh Carers' Hub

**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

**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

**Remember Me**
A workshop on remembering ourselves & reconnecting with who we are, distinct from our caring roles.
10:30am - 1:00pm
Edinburgh Carers' Hub

**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

**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

**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 Vl Hub

**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 Appointments.
6:00pm - 8:00pm
Edinburgh Carers' Hub

**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

**Basic Benefits**
Explaining the key benefits for people who are ill, disabled or caring.
10:30am - 1:00pm
Edinburgh Carers' Hub

**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

**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
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**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

**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

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

**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

**Basic Benefits**
Explaining the key benefits for people who are ill, disabled or caring.
10:30am - 1:00pm
Edinburgh Carers' Hub

**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

**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

**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

**Accessing Support & Services**
Looking at how health and social care can support carers, or the people they care for.
10:30am - 1:00pm
Edinburgh Carers' Hub

March 2020

**Basic First Aid**
A practical introductory session led by a Red Cross professional.
10:30am - 12:30pm
Edinburgh Carers' Hub

**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

**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

**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

**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

**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

**Carer Information Day**
A one day session for people new to caring offering information on accessing support, money & welfare rights & VOCAL services.
10:00am - 3:00pm (inc. lunch)
Edinburgh Carers' Hub

**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

Jan-Mar 2020

Carers 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 or call us on 0131 622 6666
Course venues
Book online at carertraining.co.uk
or call the VOCAL carer training team on 0131 622 6666

Jan-Mar 2020
Carer learning & leisure events

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 3F
Bus: Lothian 3, 18, 21, 30, 32, or 33

3. The Haven
25B Burgess Rd,
South Queensferry
EH30 9JA
Bus: Lothian 43 or 62 (cityWEST fare zone)

4. Craiglockhart Leisure Centre
177 Colinton Rd
Edinburgh EH4 1BZ
Bus: Lothian 10, 27, or 45

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

6. St Columbas Church
1 Johnson Terrace,
Edinburgh EH1 2PW
Bus: Lothian 23, 27, 41, 42, 45, or 67

Emotional wellbeing...
Visit carertraining.co.uk or call 0131 622 6666 for more information.

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.

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