

# Face to Face Training (limited spaces)

VOCAL is pleased to be able to offer a limited number of face to face training courses at the **Edinburgh Carers Hub, 60 Leith Walk, EH6 5HB**.

Face to face courses may be cancelled at short notice if required by government guidance. Sessions will be **limited to five places for social distancing**.

## October 2020

### Stress management

Learn more about stress and its impact, develop techniques to plan for and manage symptoms.

10:30am - 1:00pm

THU  
29

## November 2020

### Coping with change

A workshop reflecting on what has changed, the process we go through when things change and how to cope with these changes.

10:30am - 12:30pm

FRI  
13

## December 2020

### Surviving the festive period as a carer

The festive time can be difficult for carers. Share experiences and find out what support and services are available during this period.

10:30am - 12:30pm

FRI  
11

### Festive craft workshop

This workshop will guide you to produce a fabric rag doll fairy. All materials will be provided.

10:00am - 1:00pm

FRI  
18

Free online 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**



HAPPY TO TRANSLATE

MOŻEMY PRZETŁUMACZYĆ    অনন্দের সঙ্গে অনুবাদ করব

ترجمے کے لئے حاضر    很樂意翻譯    بسعدنا توفير الترجمة

Summary available in Braille, large print, easy read or audio if you ask us. Call 0131 622 6666

Leaflet printed September 2020 by:  
**VOCAL - Voice of Carers Across Lothian**

Edinburgh Carers Hub  
60 Leith Walk  
Edinburgh  
EH6 5HB

- 0131 622 6666
- centre@vocal.org.uk
- carerstraining.co.uk
- @VOCALEdinburgh
- /VOCALEdinburgh

Scottish charity: SC020755  
Company registration: SC183050

# Online Carer learning & leisure events Oct-Dec 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**

October 2020

### Communicating online and over the phone

Learn about the differences in online communication and how best to speak up for yourself and the person you care for over the phone or online.

THU  
8

10:00am - 11:00am

### Online seated exercise

This taster session introduces exercises designed to improve physical strength, flexibility, posture, and enhance mental awareness.

MON  
12

11:30am - 12:30pm

### Mindfulness

This 9 week course will help you enhance your wellbeing and be better able to cope with a caring role.

(9 weeks to 9th Dec)

10:00am - 12:00pm

WED  
14

### Supporting someone to make decisions

Looking at formal methods of supporting someone who is unable to, or has difficulty, making decisions including Power of Attorney and Guardianship.

2:00pm - 3:00pm

FRI  
16

### Dealing with loss

In this session you will learn more about the process of loss (including bereavement) and how to find ways of accepting and navigating emotions.

10:00am - 11:30am

TUE  
27

### Understanding dementia

Led by an experienced dementia nurse this session is aimed at carers supporting someone in the early or mid-stages of dementia.

10:30am - 12:00pm

FRI  
30

November 2020

### Preparing for winter

Find out about support and services available to you and the person you care for during winter.

10:00am - 11:00am

TUE  
3

November 2020

### Stress management

Learn more about stress and its impact, develop techniques to plan for and manage symptoms.

10:00am - 11:30am

WED  
4

### Online festive craft group

These workshops will guide you to produce festive themed crafts. All materials are provided and sent out to your home.

(6 weeks to 14th Dec)

10:30am - 11:30am

MON  
9

### Basic first aid for carers

A practical introductory session led by a Red Cross professional covering commonly used first aid techniques. No previous experience needed.

10:00am - 12:00pm

TUE  
10

### Coping with change

A workshop reflecting on what has changed, the process we go through when things change and how to cope with these changes.

10:00am - 11:30am

WED  
18

### Caring for someone with dementia and managing behaviour that challenges

Led by an experienced dementia nurse this course will help you understand and manage behaviour you might find distressing or hard to deal with.

2:00pm - 3:30pm

FRI  
20

### Basic benefits

Information about benefits available to carers and the people they care for, as well as information on some of the changes to benefits due to COVID-19.

2:00pm - 3:30pm

TUE  
24

### Getting a break from caring

Looking at options for time off from caring. Learn about support and services available.

10:00am - 11:00am

THU  
26

December 2020

### Emergency planning

A workshop on planning for an emergency. Support to write a personalised Emergency Plan.

10:00am - 11:00am

THU  
3

### Reflection session - telling your story

Time to reflect with other carers on this pivotal moment in history. Learn how to tell your story.

2:00pm - 3:00pm

TUE  
8

### Festive craft workshop

These workshops will guide you to produce festive themed crafts. All materials are provided and sent out to your home.

10:00am - 1:00pm

WED  
9

### Surviving the festive period as a carer

The festive time can be difficult for carers. Share experiences and find out what support and services are available during this period.

10:00am - 11:30am

WED  
16

Learn how to Zoom!



October 2020

TUE  
6

November 2020

THU  
12

December 2020

TUE  
1

Drop into any of these sessions to increase your confidence in using Zoom. VOCAL delivers online training via Zoom so coming to the session will help you to fully access our other courses.

10:00am - 11:00am