

# Midlothian carer learning & events; Oct – Dec 2021



**FREE** events for unpaid carers; develop new skills & knowledge to support your caring role, reduce your stress levels and improve your confidence and own health and wellbeing.

## Learning & Wellbeing

(Hosted online via Zoom)

### Introduction to managing another person's affairs;

**Wednesday 6th October – 9.30am to 12.30pm**

When a person no longer has capacity to take decisions themselves, arrangements can be put in place allowing another person to make financial and welfare decisions on their behalf. This event aims to demystify options open to carers when considering managing another person's affairs and will outline resources available to help carers in Edinburgh and Midlothian navigate these systems.

#### For carers in Edinburgh and Midlothian

<https://www.carerstraining.co.uk/event/introduction-to-managing-another-persons-affairs/>

### New to caring in Midlothian;

**Friday 19<sup>th</sup> November - 10.30 to 12noon**

Are you new to caring? Join us to find out more about our wide range of services and support available and how we can support you going forward in your caring role.

<https://www.carerstraining.co.uk/event/new-to-caring-in-midlothian/>

### Learn Digital Skills for Carers; weekly Tues @ 2-3pm

These sessions are run by *Volunteer Midlothian* and will build knowledge and confidence to get online.

**\*a referral is required for these sessions, so to book your place, please call us on 0131 663 6869.**

## Surgery appointments

(Appointments via telephone / video call)

**Legal** – our surgery continues to run via telephone appointment where carers can access information on Wills, Trusts & Guardianship.

**Long Term Care Planning** – many carers are concerned about paying for care home fees or how much they will have to pay and what happens to property. Telephone appointments are available to you can discuss your concerns and get expert advice.

**Dementia Adviser** – no-one should face Dementia alone; book in for a telephone appointment/video call with a Dementia Adviser from Alzheimer Scotland to access information, advice and support for people with dementia and their carer(s).

**Welfare Rights/Money Matters** – get information, advice and support in understanding benefits and allowances, help to complete application forms, income maximisation and advice on entitlement.

**Power of Attorney** – appointments to discuss and get help to create Power of Attorney documentation.

**Emergency Planning** – get information, advice and support to complete your Emergency Plan document.

**Carer Health** – opportunity for you, the carer, to meet with a Health Inclusion Specialist Nurse for a wellbeing assessment.

**To book a surgery appointment** - call 0131 663 6869 or email [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk)

## Peer/Social groups

(Hosted online via Zoom)

### Coffee mornings

**21<sup>st</sup> Oct; (Wee Breaks available)** – join us to give us your feedback on what breaks you would like to see available in future.

**24<sup>th</sup> Nov (Carers Rights Day)** – come along and find out more about Carers Act & Emergency Plans and also benefits & entitlements as we celebrate Carers Rights Day

**14<sup>th</sup> Dec; (Xmas get-together)** – join VOCAL and other carers for a cuppa & chat and have some time for yourself in the run up to Christmas.

**Our coffee mornings run from 10.30am-11.30am**

**Parent Carer Support Group; (27 October / 24 November) @ 7.15pm-9.00pm**

Facilitated by VOCAL Midlothian & LCIL this group is for parents to join and share their experiences and find out practical information, resources available and it's a great opportunity to meet other parent carers.

**Online Craft Group; Oct – Dec (28/10, 25/11 & 16/12) @ 10.30am-12noon**

Join other like-minded crafters and share your skills & knowledge with other carers and/or learn something new from others. Join this social group and create some time for yourself - no previous experience or skills are required.

**To register for our peer & social opportunities – please visit: <https://www.carerstraining.co.uk/>**

**These courses/groups are only available to carers residing in or caring for a person within Midlothian local authority area (unless noted otherwise)**