



# Events and activities for unpaid carers in Edinburgh

| Oct–Dec 2021

# Welcome

The courses, events and activities listed in this booklet are free of charge and provided by VOCAL (Voice of Carers Across Lothian) and a number of other training providers.

We aim to meet the needs of unpaid carers through weekly courses, events and one-day seminars with expert speakers and professionals.

For more information about a course or event listed, please contact VOCAL on 0131 622 6666 or email [carertraining@vocal.org.uk](mailto:carertraining@vocal.org.uk)

Events marked with an asterisk (\*) are part of the Carewell Health & Wellbeing Partnership.

**To book visit [carerstraining.co.uk](http://carerstraining.co.uk) or call 0131 622 6666.**

## Where to find us

Edinburgh Carers' Hub  
60 Leith Walk  
Edinburgh EH6 5HB

Bus: Lothian 7, 10, 12, 14, 16, 22, 25, or 49



# October

## Zoom Q&A

**Tue 5 Oct | 2pm - 3pm | On Zoom**

Drop into this session to increase your confidence in using Zoom. VOCAL delivers its online training programme via Zoom, so coming to the session will let you fully access our other events.

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## Use of Naloxone in overdose situations

**Wed 6 Oct | 12pm - 1pm | Edinburgh Carers' Hub**

Pick up a free Naloxone kit and be trained to use it in the event of an emergency overdose situation.

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## Introduction to managing another person's affairs

**Wed 6 Oct | 9.30am - 12.30pm | On Zoom**

Join us for this one-off seminar during Challenge Poverty Week. This event aims to demystify options open to carers when considering managing another person's affairs and will outline resources available to help carers navigate these systems.

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## Pilates for dementia carers

**Wed 6 Oct | 4pm - 5pm | On Zoom**

Do you care for someone who is living with dementia? If so, join us for a weekly Pilates session. (11 sessions to Wed 15 Dec).

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## Walking group\*

**Thu 7 Oct | 10.30am - 11.30am | Portobello**

Enjoy the benefits of walking, while meeting other carers for a chat.

## **Coping with pain**

**Fri 8 Oct | 10.30am - 11.30am | On Zoom**

Join this workshop for a discussion about the impact of pain and explore strategies to cope. Learn what services and support are available.

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## **Using digital resources to improve wellbeing\***

**Mon 11 Oct | 11.30am - 12.30pm | On Zoom**

In an increasingly digital era, find out what resources are available online to support your mental and physical wellbeing.

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## **Emotional Freedom Technique for parent carers**

**Tue 12 Oct | 10am - 12pm | On Zoom**

Introducing parent carers to the theory and practice of Emotional Freedom Technique (EFT) which can help cope with difficult emotions that come with caring for a child/children.  
(3 sessions to Tue 26 Oct)

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## **Walking group\***

**Tue 12 Oct | 12.30pm - 1.30pm | Cramond**

Enjoy the benefits of walking, while meeting other carers for a chat.

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## **Dealing with guilt**

**Wed 13 Oct | 2pm - 3pm | On Zoom**

Helping carers to explore the meaning and purpose of the feeling of guilt and manage guilt they experience. (2 sessions to Wed 20 Oct)

## Poetry appreciation

Thu 14 Oct | 11am - 12pm | On Zoom

Explore poetry collections on the theme of 'freedom' with other carers. No previous experience required, just an interest in poetry. (4 sessions to Thu 4 Nov)

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## Understanding dementia

Thu 14 Oct | 1pm - 3pm | On Zoom

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

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## Understanding why I feel guilt

Fri 15 Oct | 10.30am - 1pm | Edinburgh Carers' Hub

Helping carers to explore the meaning and purpose of the feeling of guilt and manage guilt they experience.

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## Benefits Q&A

Tue 19 Oct | 10.30am - 12.30pm | Edinburgh Carers' Hub

Find out more about what benefits are open to carers and the people they care for. Ask your questions to the VOCAL Money Matters team.

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## Craft workshop for parent carers and their children

Tue 19 Oct | 2pm - 3pm | On Zoom

Parent carers and their children are welcome to join this guided craft session during the October holidays. Materials will be provided.

## **Yoga for carers\***

**Wed 20 Oct | 10.45am - 11.45am | On Zoom**

Led by an experienced yoga instructor, this short course is open to carers new to yoga, or those who would like to have a bit more practice. (4 sessions to Wed 10 Nov)

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## **Walking group\***

**Thu 21 Oct | 1.30pm - 2.30pm | Meadows**

Enjoy the benefits of walking, while meeting other carers for a chat.

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## **Preparing for winter**

**Fri 22 Oct | 10am - 11am | On Zoom**

As the days draw in, join us in this workshop to explore ways of staying well throughout the winter months.

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## **Introduction to caring in Edinburgh**

**Mon 25 Oct | 2pm - 3pm | On Zoom**

A course aimed at people new to caring, or carers new to Edinburgh, offering information on accessing support, money and welfare rights and VOCAL services. (3 sessions to Mon 8 Nov)

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## **Introduction to streaming services**

**Tue 26 Oct | 1pm - 2pm | On Zoom**

For an increasingly digital world, come along to learn all about streaming services and how to access them.

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## **Walking group\***

**Wed 27 Oct | 10.30am - 11.30am | Water of Leith Visitor Centre**

Enjoy the benefits of walking, while meeting other carers for a chat.

## Introduction to eBay

Thu 28 Oct | 10.30am - 12pm | Edinburgh Carers' Hub

Learn how to buy and sell items on eBay with Debbie from Treasure Tree.

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## Financial foundations

Thu 28 Oct

1.30pm - 3pm on 28 Oct | 1.30pm - 2.30pm on 4 and 11 Nov | On Zoom

For a fresh start to your financial journey, join this workshop delivered by RBS and is designed to help you get a better understanding of your finance management. Learn about financial products, dealing with debt and keeping your money safe.

(3 sessions to Thu 11 Nov)

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## Getting a break from caring

Fri 29 Oct | 10.30am - 1pm | Edinburgh Carers' Hub

A workshop on options for planning a break from caring. Learn about the support and services available.

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## Caring for someone with dementia and your rights

Fri 29 Oct | 10.30am - 12pm | On Zoom

This 4-week course delivered by Age Scotland and VOCAL will inform carers of people with dementia on the rights they have and support available to them. (4 sessions to Fri 19 Nov)

# November

## Falls prevention

**Tue 2 Nov | 10am - 11.30am | On Zoom**

Find out how to prevent and manage falls with advice and information from Edinburgh Community Falls Coordinators.

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## Energy tariffs - finding the right deal for you

**Tue 2 Nov | 2pm - 3pm | On Zoom**

Energy tariffs can be confusing, learn about the deals that are out there and what is right for you and the person you care for.

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## Basic first aid for carers

**Wed 3 Nov | 10am - 11am | On Zoom**

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

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## Oral care awareness

**Thu 4 Nov | 10.30am - 12pm | Edinburgh Carers' Hub**

A clean, healthy mouth is fundamental to everybody's quality of life - come along and learn basic oral care theory along with a practical demonstration.

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## Caring for a child with additional support needs and coping with behaviour that challenges

**Thu 4 Nov | 11am - 12.30pm | On Zoom**

Led by VOCAL, and a Clinical Psychologist from CAHMS, this session explores behaviour that challenges, and shares tips and advice for coping with this. (2 sessions to Thu 11 Nov)



## **Stress management\***

**Fri 5 Nov | 10.30am - 1pm | Edinburgh Carers' Hub**

This week is International Stress Awareness Week. Learn more about stress and its impact, develop techniques to plan for and manage symptoms.

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## **Grow your confidence with Emotional Freedom Technique\***

**Tue 9 Nov | 10am - 12pm | On Zoom**

Introducing carers to the theory and practice of Emotional Freedom Technique (EFT) which can help increase and grow feelings of confidence. (3 sessions to Tue 23 Nov)

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## **Nutrition**

**Tue 9 Nov | 2pm - 3pm | On Zoom**

An introduction to the key concepts of good nutrition for you and the person you care for.

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## **Adult Carer Support Plan**

**Wed 10 Nov | 12.30pm - 3pm | Edinburgh Carers' Hub**

Adult carers have the right to a support plan. This workshop will explain what an adult carer support plan is and how you can prepare to create one.

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## **Generating money with eBay**

**Thu 11 Nov | 10.30am - 12pm | Edinburgh Carers' Hub**

Figured out how to buy and sell on eBay? Debbie from Treasure Tree will explain how VOCAL can help you to generate profit for yourself and also be able to give something back.

## Getting a break from caring

**Sat 13 Nov | 10.30am - 12pm | On Zoom**

A workshop on options for planning a break from caring. Learn about the support and services available.

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## Self-harm awareness workshop

**Mon 15 Nov | 10am - 12pm | On Zoom**

Find out about self-harm and get information on how to support someone who self-harms.

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## Zoom Q&A

**Mon 15 Nov | 12pm - 1pm | On Zoom**

Drop into this session to increase your confidence in using Zoom. VOCAL delivers its online training programme via Zoom, so coming to the session will let you fully access our other events.

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## Smart meters

**Tue 16 Nov | 2pm - 3pm | On Zoom**

Learn all about smart meters. Why are they being installed? And what do they mean for you?

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## Evening relaxation and wellbeing\*

**Tue 16 Nov | 7pm - 8pm | On Zoom**

This workshop is aimed at people who would like to learn about and develop relaxation techniques for their wellbeing.  
(3 sessions to Tue 30 Nov)

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## Candlemaking workshop\*

**Wed 17 Nov | 10.30am - 12pm | Edinburgh Carers' Hub**

Learn the process of candlemaking, make two candles in your chosen scent to take away and enjoy!

## **Working carers lunch workshop**

**Thu 18 Nov | 12.30pm - 1.30pm | On Zoom**

Working carers are invited to join VOCAL on your lunchbreak, for a short workshop to discuss the challenges of caring and working.

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## **Introduction to care options**

**Mon 22 Nov | 12.30pm - 1.30pm | On Zoom**

Choosing care for someone can often be confusing. Join this workshop and get an overview of the care options available.

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## **Not fine in school**

**Tue 23 Nov | 10.30am - 12pm | On Zoom**

Many children with ASN refuse to go to school, come to this session to share your experiences and tips for coping.  
(2 sessions to Tue 30 Nov)

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

**Wed 24 Nov | 10.30am - 1pm | Edinburgh Carers' Hub**

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

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## **Remember me**

**Thu 25 Nov | 10am - 11.30am | On Zoom**

Often caring can lead to a loss of sense of self. This workshop helps us reflect on, and remember who we were before caring and how to move forward.

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## **Carers Rights**

**Thu 25 Nov | 2pm - 3pm | On Zoom**

Join VOCAL on Carers Rights Day to find out more about the rights carers have and what they are entitled to.

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

## Easing of restrictions

**Fri 26 Nov | 10.30am - 11.30am | On Zoom**

This session explores the impact that easing of restrictions is having on carers, with some coping strategies.

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## Care home vs care at home

**Mon 29 Nov | 12.30pm - 1.30pm | On Zoom**

Choosing care for someone can often be confusing. Join this workshop to get information on care homes and care at home options.

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## Alcohol and me

**Tue 30 Nov | 11am - 12pm | On Zoom**

Join this workshop for a discussion about how alcohol impacts on you and explore strategies to cope. (2 sessions to Tue 7 Dec)

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# December

## Dealing with anger\*

**Wed 1 Dec | 1pm - 2pm | On Zoom**

Learn more about anger and its impact, while developing positive ways to deal with this. (3 sessions to Wed 15 Dec)

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

**Thu 2 Dec | 1pm - 3pm | On Zoom**

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

## Planning for the year ahead

**Fri 3 Dec | 10.30am - 11.30am | On Zoom**

With a new year around the corner, join this workshop to start thinking about the year ahead. This workshop will explore vision boards and goal setting. (2 sessions to Fri 10 Dec)

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## How to choose a care service

**Mon 6 Dec | 12.30pm - 1.30pm | On Zoom**

This workshop will help you think about what needs to be considered when choosing a care service.

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## Stress management\*

**Tue 7 Dec | 2pm - 3pm | On Zoom**

Learn more about stress and its impact, develop techniques to plan for and manage symptoms. (2 sessions to Tue 14 Dec)

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## Emergency planning

**Thu 9 Dec | 10.30am - 1pm | Edinburgh Carers' Hub**

A workshop on options for planning for an emergency. You will be supported to write a personalised Emergency Plan, which is important now more than ever.

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## Finding balance\*

**Mon 13 Dec | 1pm - 2pm | On Zoom**

In this workshop we will explore the challenges of managing multiple demands in life and strategies on finding balance to maintain wellbeing. (2 sessions to Mon 20 Dec)

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## Online festive craft workshop

**Tue 14 Dec | 10.30am - 12pm | On Zoom**

Join us for this special festive themed crafting workshop, open to new and existing crafters. Materials will be provided.

## Adult Carer Support Plan

**Tue 14 Dec | 10.30am - 12pm | On Zoom**

Adult carers have the right to a support plan. This workshop will explain what an adult carer support plan is and how you can prepare to create one.

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## Coping with the festive season

**Thu 16 Dec | 10.30am - 1pm | Edinburgh Carers' Hub**

In this session we will explore the impact of the festive season on the caring role. Learn what services and support are available.

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## In person festive craft workshop

**Fri 17 Dec | 10.30am - 12.30pm | Edinburgh Carers' Hub**

Join us for this special festive themed crafting workshop, open to new and existing crafters. Materials will be provided.

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## Surviving the festive season as a parent carer

**Tue 21 Dec | 10.30am - 11.30am | On Zoom**

In this session we explore the impact of the festive season on the caring role. Learn what services and support are available.

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## Zoom Q&A

**Wed 22 Dec | 1pm - 2pm | On Zoom**

Drop into this session to increase your confidence in using Zoom. VOCAL delivers its online training programme via Zoom, so coming to the session will let you fully access our other events.

# How do I book?

Book via our website by selecting 'Register' on your chosen event and entering your details. Alternatively you can phone or email our friendly team with your booking request.

All events are free of charge to carers living or caring for someone in Edinburgh.

**0131 622 6666**

**[carertraining@vocal.org.uk](mailto:carertraining@vocal.org.uk)**

**[carerstraining.co.uk](http://carerstraining.co.uk)**



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