



Events and activities for unpaid carers in Edinburgh

| Jan–Mar 2022

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.

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

COVID-19 Guidance

Due to the changing situation around COVID-19 and public health guidance, please note the events included in this programme are subject to change. If you have already booked an event, we will contact you directly if anything changes.

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.

For more information or to book visit carerstraining.co.uk, call 0131 622 6666 or email carerstraining@vocal.org.uk

Where to find us

Edinburgh Carers' Hub
60 Leith Walk
Edinburgh EH6 5HB

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



Carewell  Partnership

January

Pilates for dementia carers*

Wed 12 Jan | 4pm - 5pm | On Zoom

Do you care for someone who is living with dementia? If so, join us for a weekly Pilates session. (7 sessions)

Library services information session

Mon 17 Jan | 11am - 12pm | On Zoom

Come along to find out about the different services available at your local library and information on how to join.

Diet and nutrition*

Mon 17 Jan | 1pm - 2pm | On Zoom

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

Meeting with yourself*

Mon 17 Jan | 2pm - 4pm | On Zoom

Join this workshop to find out more about your needs, values, motivations and who you are.

Child Disability Payment

Tue 18 Jan | 10.30am - 11.30am | On Zoom

Join us to learn about this new benefit, which opened for applications from November 2021.

Making money go further

Tue 18 Jan | 2pm - 3pm | On Zoom

Information about discounts and strategies to make your money go further.

Zoom Q&A

Tue 18 Jan | 4pm - 5pm | On Zoom

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

Moving and handling

Wed 19 Jan | 10.30am - 11.30am | On Zoom

Learn basic moving and handling techniques to help you safely support others with their mobility. *This session will NOT include using equipment like hoists and glide sheets.*

Book club*

Wed 19 Jan | 1pm - 2pm | On Zoom

Join us for a chat about all things books! We will choose a book together and meet online every three months, to have a discussion about what we have read.

Evening winter wellbeing

Wed 19 Jan | 7.30pm - 9pm | On Zoom

Join us on this 6-week wellbeing programme, which is designed to help you explore various aspects of your wellbeing and inspire positive change. (6 sessions)

Walking group*

Thu 20 Jan | 10.30am - 11.30am | Cramond

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

Accepting care

Thu 20 Jan | 2.30pm - 3.30pm | On Zoom

Join us to explore ways to support the person you care for, in accepting support from care providers.

Making positive changes*

Mon 24 Jan | 2pm - 4pm | [On Zoom](#)

Join this workshop if you would like to reflect on introducing positive changes and good habits into your daily routine. It's a great opportunity to give yourself some time at the beginning of the New Year!

Stroke awareness

Mon 24 Jan | 11am - 12pm | [On Zoom](#)

Learn more about different types of strokes, and what support is available to you and the person you care for.

Managing medication

Mon 24 Jan | 12.30pm - 1.30pm | [On Zoom](#)

Information and advice on how to manage the medication of the person you care for.

Good foot care

Tue 25 Jan | 10am - 11.30am | [On Zoom](#)

This training provides information for carers who are supporting good foot care. Includes practical demonstrations of cutting and filing nails, and other foot care techniques.

Interview preparation

Tue 25 Jan - Tue 1 Feb | 12pm - 1pm | [On Zoom](#)

This workshop will help you build confidence and improve your interview skills. (2 sessions)

Understanding smart meters

Tue 25 Jan | 2pm - 3pm | [On Zoom](#)

Learn all about smart meters. Why are they being installed? And what do they mean for you? (Q&A at the end).

Candle making*

Wed 26 Jan | 2pm - 4.30pm | Edinburgh Carers' Hub

Join us for this fun workshop on the process of candle making! Take away and enjoy two candles made by you, in a scent of your choice.

Mindful crochet

Wed 26 Jan | 10.30am - 12.30pm | On Zoom

Join us for this special crochet workshop, which is open to all and no experience is necessary. Materials will be provided and sent to you. (6 sessions)

Stress management*

Wed 26 Jan | 1.30pm - 3pm | On Zoom

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

Room for art

Thu 27 Jan | 10am - 11.30am | On Zoom

Heather from Room for Art will guide you through an 8-week block of art projects. No previous experience needed and all materials are provided. (8 sessions)

Making money from your hobby

Thu 27 Jan | 1pm - 2pm | On Zoom

Do you currently have a hobby or make things and have been told "you should sell that"? Find out how to turn that hobby into some extra income with support from a Business Gateway business adviser.

Understanding Parkinson's

Thu 27 Jan | 3pm - 4pm | On Zoom

An opportunity to learn about Parkinson's. Share how it impacts you and meet other carers. (2 sessions)

Basic first aid for carers

Mon 31 Jan | 10.30am - 12pm | [On Zoom](#)

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

CV workshop

Mon 31 Jan | 12.30pm - 1.30pm | [On Zoom](#)

This workshop is for anyone who would like to brush up their CV - come along to discuss best practice and top CV tips. (2 sessions)

February

Fire safety talk

Tue 1 Feb | 10.30am - 11.30am | [On Zoom](#)

Come along to find out more about fire safety in your home, and the new legislation regarding smoke detection.

Beginner's guide to eBay

Tue 1 Feb | 1.30pm - 2.30pm | [On Zoom](#)

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

Poetry appreciation*

Wed 2 Feb | 11am - 12pm | [On Zoom](#)

Explore poetry collections with other carers. No previous experience required, just an interest in poetry. (4 sessions)

Basic benefits

Thu 3 Feb | 1.30pm - 2.30pm | [On Zoom](#)

Information about welfare benefits available to carers, and the people they care for.

Dealing with loss*

Fri 4 Feb | 11am - 1.30pm | Edinburgh Carers' Hub

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

Getting a break from caring

Sat 5 Feb | 10.30am - 12.00pm | On Zoom

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

Happiness through self-care*

Tue 8 Feb | 10.30am - 12.30pm | On Zoom

Join this masterclass with Sam Littlejohn, for a discussion on self-care and its importance.

Dealing with anger*

Tue 8 Feb | 10.30am - 1pm | Edinburgh Carers' Hub

This workshop helps us to reflect on, process, and develop coping strategies for feelings of anger.

Saving money on your energy bills

Tue 8 Feb | 2pm - 3pm | On Zoom

Energy saving tips to use around the home, plus advice on energy bills and the extra support that is available.

Supporting someone to make decisions

Thu 10 Feb | 11am - 12pm | On Zoom

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

Dealing with guilt*

Thu 10 Feb | 2pm - 3.30pm | On Zoom

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

Yoga for carers*

Fri 11 Feb | 10.30am - 11.30am | 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)

Carer wellbeing information session

Fri 11 Feb | 11am - 12pm | On Zoom

Want to focus on your wellbeing, but not sure what services and support are on offer? Join us at this session to find out!

Emotional regulation*

Fri 11 Feb | 10am - 12pm | On Zoom

Join this session to find out more about regulating your own emotional states, and how this can positively affect your caring role.

Walking group*

Mon 14 Feb | 12pm - 1pm | Portobello

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

Using digital resources to improve wellbeing*

Mon 14 Feb | 3.30pm - 4.30pm | On Zoom

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

Epilepsy awareness

Tue 15 Feb | 10.30am - 11.30am | On Zoom

Join this informal information session run by Epilepsy Scotland, covering some epilepsy basics, with plenty of opportunities to ask questions.

Book club

Tue 15 Feb | 1pm - 2pm | Edinburgh Central Library

Join us for a chat about all things books! We will choose a book together, and meet regularly at the Central Library to have a discussion about what we have read.

Introduction to making your voice heard

Wed 16 Feb | 10am - 1pm | Edinburgh Carers' Hub

The session is aimed at carers who wish to feel more confident in attending and speaking at formal meetings and interacting with professionals.

Understanding dementia

Thu 17 Feb | 1.30pm - 3.30pm | On Zoom

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

Caring for someone with dementia and your rights

Mon 21 Feb | 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 the support available to them. (4 sessions)

Your rights at work

Mon 21 Feb | 1pm - 2pm | On Zoom

This workshop is an opportunity to find out more about the rights people have at work.

Wellbeing chats*

Mon 21 Feb | 12pm - 2pm | Eric Liddell Centre

Five face to face sessions to enhance your wellbeing. We will cover breathing, mindfulness and grounding, relationships, thinking styles and resilience. You can sign up for the full course or choose the sessions that interest you. (5 sessions, fortnightly)

Start your own business

Tue 22 Feb | 10.30am - 11.30am | On Zoom

Do you have a business idea, or want to work for yourself? Learn how to put that in action and start your own business, with support from a Business Gateway business adviser.

Tackling loneliness

Tue 22 Feb | 1.30pm - 3pm | On Zoom

This British Red Cross workshop aims to give carers the opportunity to speak openly about how it might feel to be lonely or isolated, and to learn skills to help others who may be feeling the same.

Introduction to Self-Directed Support (SDS) for parent carers

Thu 24 Feb | 11am - 12.30pm | On Zoom

Self-Directed Support (SDS) is an individual's legal right to shape and manage their own package of care. This session explains how it works in more detail.

Dealing with guilt*

Thu 24 Feb | 1pm - 3.30pm | Edinburgh Carer's Hub

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

Crisis skills*

Fri 25 Feb | 10am - 12pm | On Zoom

This short session will focus on exploring ways of preventing stress in our lives, but also skills to cope with crises emotionally and practically.

Zoom Q & A

Fri 25 Feb | 10am - 11am | On Zoom

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

March

Benefits for children under 16

Tue 1 Mar | 10.30am - 12pm | On Zoom

Information about welfare benefits available to carers and the school age children they care for.

Help in home and garden

Tue 1 Mar | 1.30pm - 2.30pm | On Zoom

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

Changing relationships*

Wed 2 Mar | 2pm - 3.30pm | On Zoom

This workshop helps carers understand how relationships work, what they mean to us, and how caring affects them.

Moving and handling

Thu 3 Mar | 1pm - 3pm | Edinburgh Carers' Hub

Learn basic moving and handling, which will help you safely support others with their mobility. *This session will NOT include using equipment like hoists and glide sheets.*

Stress and distress in dementia

Tue 8 Mar | 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.

Working carers network meeting

Tue 8 Mar | 12.30pm - 1.30pm | On Zoom

Working carers are invited to join VOCAL on their lunchbreak, for a short workshop to discuss issues that matter most to you, and have an opportunity to meet others!

Introduction to caring

Tue 8 Mar | 5.30pm - 6.30pm | On Zoom

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

Getting a break from caring

Wed 9 Mar | 10.30am - 1pm | Edinburgh Carers' Hub

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

Information on Positive Psychology for parent carers

Fri 11 Mar | 10.30am - 12pm | On Zoom

Come along to this session to learn about the various tools that Positive Psychology has to offer.

Zoom Q&A

Tue 15 Mar | 2pm - 3pm | On Zoom

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

Walking group*

Wed 16 Mar | 1pm - 2pm | South Queensferry

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

Coping with change

Thu 17 Mar | 2pm - 3.30pm | On Zoom

This session explores what has changed in your life since caring, the process we go through when things change, and how to cope with these changes in this challenging time.

Switching energy providers

Mon 21 Mar | 10.30am - 11.30am | [On Zoom](#)

Learn how to compare costs between companies and choose the best deal for you. Get help to understand the switching process, and learn how to get support with this (Q&A at the end).

Generating money with eBay

Wed 23 Mar | 10.30am - 11.30am | [On Zoom](#)

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.

Thinking about long-term care

Wed 23 Mar | 2pm - 3pm | [On Zoom](#)

Information and advice on how long-term care, such as residential care, day care or care at home, is arranged and paid for. (2 sessions)

Benefits and self employment

Thu 24 Mar | 10.30am - 11.30am | [On Zoom](#)

Join this session to find out how running your own business may impact any benefits that you are currently claiming, or for which you may want to apply.

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

Thu 24 Mar | 10.30am - 12pm | [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)

Paying for care at home

Fri 25 Mar | 10.30am - 12pm | [On Zoom](#)

Join this information session to find out about options for paying for care at home, including Self-Directed Support.

Understanding Self-Directed Support (SDS)

Mon 28 Mar | 5.30pm - 6.30pm | On Zoom

Self-Directed Support (SDS) is an individual's legal right to shape and manage their own package of care. This session explains how it works in more detail.

A guide to helpful resources for parent carers

Tue 29 Mar | 10.30am - 11.30am | On Zoom

Join this session to find out about a selection of useful resources that you can tap into to help you with your caring role.

Juggling multiple caring roles

Tue 29 Mar | 1pm - 2pm | On Zoom

This session explores the challenges that juggling multiple caring roles brings, and the impact this has on you as a carer.

In the same boat

Tue 29 Mar | 12pm - 4pm | Ratho

VOCAL Family Support Addictions in conjunction with The Sorted Project, are offering a unique opportunity for family members and friends affected by someone else's drug/alcohol use to spend an afternoon on board 'The Panacea'.

Emergency planning

Wed 30 Mar | 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 more important now than ever.



carerstraining.co.uk

Carers Training is brought to you by VOCAL.
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