



## Events and activities for unpaid carers in Edinburgh

| Apr - Jun 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 a  are part of the Carewell Health & Wellbeing Partnership.

## 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](http://carerstraining.co.uk), call 0808 196 6666 or email [carertraining@vocal.org.uk](mailto:carertraining@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

  
vocal  
working *with* carers

Carewell  Partnership

# April

## Fire safety

Wed 6 Apr | 11am - 12pm | On Zoom

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

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## Changing relationships

Thu 7 Apr | 10am - 11.30am | On Zoom

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

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## Coping with pain

Mon 11 Apr | 3.30pm - 4.30pm | 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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## All about digital for carers

Tue 12 Apr | 10.30am - 11.30am | On Zoom

This session explores the wide range of digital devices available to support you in your caring role. Some products will be demonstrated.

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## Candle making

Tue 12 Apr | 1pm - 3.30pm | Edinburgh Carers' Hub

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

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## Poetry appreciation

Wed 13 Apr - Wed 4 May | 4 sessions | 11am - 12pm | On Zoom

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

## Book club

Wed 13 Apr | 1pm - 2pm | On Zoom

Join us for a chat about all things books! We will be discussing the book 'The Good Sister' by Sally Hepworth and then, as a group, we will choose the next book.

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## Making your money go further

Wed 13 Apr | 3.30pm - 4.30pm | On Zoom

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

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## Dealing with anger

Thu 14 Apr | 10am - 12.30pm | Edinburgh Carers' Hub

This workshop will help you to reflect on, process, and develop coping strategies for feelings of anger.

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## Moving and handling

Thu 14 Apr - Thu 21 Apr | 2 sessions | 1pm - 4pm | Edinburgh Carers' Hub

Learn about moving and handling to help you safely support others with their mobility. In the first week, we will cover the theory of moving and handling and in the second week, we will support you with the practical skills. Both sessions must be attended.

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## Craft workshop for parent carers and their children

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

Parent carers and their children are invited to join this guided craft session. Materials will be provided.

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## Meeting with yourself

Mon 18 Apr | 3pm - 5pm | On Zoom

Do you have a sense that you are losing contact with yourself? This guided self-reflection is an opportunity to bring some clarity on who you are and where you are going. This session is delivered by Health in Mind.

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## Walking group

Tue 19 Apr | 11am - 12pm | Botanic Garden

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

## Finding balance

**Tue 19 Apr - Tue 26 April | 2 sessions | 4pm - 5pm | On Zoom**

In this workshop we will explore the challenges of managing multiple demands in life, and strategies for finding balance to maintain wellbeing.

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## Navigating difficult conversations

**Wed 20 Apr - Wed 4 May | 3 sessions | 3pm - 4pm | On Zoom**

This workshop explores communication techniques to support carers with difficult conversations.

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## Grants for carers

**Thu 21 Apr | 10.30am - 11.30am | On Zoom**

Join this information session about grants that are available for carers.

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## Stress management

**Fri 22 Apr | 10am - 11.30am | On Zoom**

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

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## Introduction to caring in Edinburgh

**Mon 25 Apr - Mon 9 May | 3 sessions | 3.30pm - 4.30pm | 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.

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## Child disability payment

**Mon 25 Apr | 12pm - 1pm | On Zoom**

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

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## Understanding dementia

**Tue 26 Apr | 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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## Aromatherapy for carers

Wed 27 Apr | 10.30am - 1pm | [Edinburgh Carers' Hub](#)

Come along to learn about Aromatherapy, and how to use essential oils to assist you in stress relief and relaxation. You will have the opportunity to make your own.

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## Emotional regulation

Wed 27 Apr | 10am - 12pm | [On Zoom](#)

Join this workshop to find out more about regulating your own emotional state, and how it can affect your caring role. This session is delivered by Health in Mind.

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## Zoom Q&A

Thu 28 Apr | 10am - 11am | [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 help you fully access our events.

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## Introduction to Sound Therapy

Thu 28 Apr | 12pm - 1pm | [Edinburgh Carers' Hub](#)

This live sound bath session will gently guide you into a meditative state of deep relaxation and calm, soothing mind and body.

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## Adult Carer Support Plans

Thu 28 Apr | 2pm - 4.30pm | [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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## Glass decorating

Fri 29 Apr | 10am - 12pm | [Edinburgh Carers' Hub](#)

Join this creative workshop where you will be guided to decorate glass. All materials are provided.

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## Walking group

Sat 30 Apr | 10.30am - 12.30pm | [Cramond](#)

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

# May

## Working carers lunch

**Mon 2 May | 12.30pm - 1.30pm | On Zoom**

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

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## Stress and distress in dementia

**Tue 3 May | 10am - 12.30pm | 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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## Zoom Q&A

**Tue 3 May | 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 help you fully access our other events.

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## Getting a break from caring

**Tue 3 May | 3.30pm - 5pm | On Zoom**

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

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## Oral care

**Wed 4 May | 10.30am - 11.30am | Edinburgh Carers' Hub**

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

## Introduction to Treasure Tree and community selling on eBay

**Wed 4 May | 1.30pm - 2.30pm | [On Zoom](#)**

Decluttering, moving home or just wanting to raise some extra cash? VOCAL's social enterprise Treasure Tree may be able to help. Selling online with Treasure Tree via eBay harnesses the power of 183 million eBay users and gets your preloved items to a new home.

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## Stress management

**Thu 5 May | 1pm - 3.30pm | [Edinburgh Carers' Hub](#)**

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

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## How to overcome procrastination

**Tue 10 May | 10.30am - 12.30pm | [On Zoom](#)**

This masterclass is designed to help you recognise your procrastination patterns and learn ways to overcome them, so you get more done each day.

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## Using digital resources to improve wellbeing

**Fri 13 May | 10am - 11.30am | [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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## Dealing with guilt

**Mon 16 May - Mon 23 May | 2 sessions | 3.30pm - 5pm | [On Zoom](#)**

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

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## Walking group

**Tue 17 May | 11am - 12pm | [Meadows](#)**

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

## Book club

**Tue 17 May | 1pm - 2pm | Central Library**

Join us for a chat about all things books! We will be discussing the book 'The Braid' by Laetitia Colombani and then, as a group, we will choose the next book.

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## Aromatherapy for parent carers

**Wed 18 May | 10.30am - 1pm | Edinburgh Carers' Hub**

Come along to learn about Aromatherapy, and how to use essential oils to assist you and your child in stress relief and relaxation. You will have the opportunity to make your own.

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## Saving money on your energy bills

**Wed 18 May | 2pm - 3pm | On Zoom**

Energy saving tips to use around the home, and a Q&A to answer all your questions, including any about the energy price cap.

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## Thinking styles

**Wed 18 May | 2pm - 4pm | On Zoom**

Join this workshop to explore unhelpful thinking styles and ways to challenge this. This session is delivered by Health in Mind.

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## Introduction to getting your voice heard

**Thu 19 May | 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.

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## Room for Art

**Thu 19 May - Thu 7 Jul | 8 sessions | 10am - 11.30am | On Zoom**

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

## Card making

**Thu 19 May | 12.30pm - 2.30pm | On Zoom**

In this online workshop you will be guided to create cards for all occasions. All materials are provided.

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## Self-Directed Support (SDS) for parent carers

**Thu 19 May | 6.30pm - 8pm | On Zoom**

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

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## Introduction to care options

**Fri 20 May | 10.30am - 12pm | On Zoom**

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

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## Care home vs care at home

**Mon 23 May | 12pm - 1.30pm | On Zoom**

Thinking about longer term care can often be confusing and worrying. Join this workshop to get information on care homes and care at home options.

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## Information session on Positive Psychology for parent carers

**Tue 24 May | 10.30am - 12pm | On Zoom**

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

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## Dealing with anger

**Tue 24 May - Tue 31 May | 2 sessions | 3pm - 4.30pm | On Zoom**

This workshop will help you to reflect on, process, and develop coping strategies for feelings of anger.

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## Compassion fatigue

**Wed 25 May | 10.30am - 1pm | On Zoom**

This session looks at the long-term impacts of caring on our energy, mood and general wellbeing, with some coping strategies.

## Emergency planning

Wed 25 May | 2pm - 4.30pm | [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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## Changing relationships

Thu 26 May | 1pm - 3.30pm | [Edinburgh Carers' Hub](#)

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

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## Remember me

Fri 27 May | 10.30am - 1pm | [Edinburgh Carers' Hub](#)

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

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## Stress and distress in dementia

Tue 31 May | 10am - 12pm | [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.

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## Basic First Aid for carers

Tue 31 May | 1pm - 2.30pm | [On Zoom](#)

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

# June

## Continence care

**Wed 1 Jun | 10.30am - 11.30am | On Zoom**

A space to ask questions, view products, and gain practical tips about supporting someone with continence issues.

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## Coping with change

**Wed 1 Jun | 1pm - 3.30pm | Edinburgh Carers' Hub**

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

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## Mood boards for inspiration

**Thu 2 Jun | 10.30am - 12.30pm | Edinburgh Carers' Hub**

Create a personalised mood board. This creative, reflective and fun process can help you find inspiration, and clarify your goals.

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## Diet and nutrition

**Fri 3 Jun | 10.30am - 12pm | On Zoom**

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

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## Boundaries

**Fri 3 Jun | 10am - 12pm | On Zoom**

Join this workshop to explore the role of boundaries in our life, and look at ways of setting healthy boundaries for yourself. This session is delivered by Health in Mind.

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## Emotional Freedom Technique (EFT)

**Wed 8 Jun - Wed 22 Jun | 3 sessions | 10am - 12pm | On Zoom**

Introducing carers to the theory and practice of Emotional Freedom Technique (EFT), which can help cope with difficult emotions.

## **Bead decoration workshop**

**Wed 8 Jun | 10am - 12pm | Edinburgh Carers' Hub**

This workshop will guide you to create your own decorations made out of beads. All materials are provided.

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## **Carers' rights**

**Wed 8 Jun | 2pm - 3pm | On Zoom**

Join VOCAL to find out more about the rights carers have, and what they are entitled to.

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## **Walking group**

**Thu 9 Jun | 2pm - 3pm | Cramond**

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

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## **Introduction to podcasts**

**Fri 10 Jun - Fri 17 Jun | 2 sessions | 10.30am - 11.30am | On Zoom**

Find out how to access and listen to podcasts, and discuss your thoughts as a group.

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## **Working carers lunch**

**Fri 10 Jun | 12.30pm - 1.30pm | On Zoom**

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

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## **Basic benefits**

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

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

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## **VOCAL carer training feedback session**

**Mon 13 Jun | 3.30pm - 4.30pm | On Zoom**

Your chance to share your thoughts on the events, activities and courses you have attended with VOCAL, to help us shape our future training programmes. All participants will receive a goody bag as a thank you for their time!

## Help in the home and garden

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

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

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## Understanding your finances

**Tue 14 Jun - Tue 28 Jun | 3 sessions | 1.30pm - 2.30pm | On Zoom**

For a better understanding of your finances, join this workshop delivered by RBS. Learn about financial products, dealing with debt, and keeping your money safe.

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## How to choose a care service

**Tue 14 Jun | 3.30pm - 5pm | On Zoom**

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

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## Introduction to sound therapy

**Tue 14 Jun | 7pm - 8pm | On Zoom**

This live sound bath session will gently guide you into a meditative state of deep relaxation and calm, soothing mind and body.

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## All about digital for carers

**Wed 15 Jun | 2pm - 3.30pm | Edinburgh Carers' Hub**

This session explores the wide range of digital devices available to support you in your caring role. Some products will be demonstrated.

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## Become a community seller on eBay

**Thu 16 Jun | 10.30am - 11.30am | On Zoom**

Would you like to find out how to buy and sell on eBay? Debbie from Treasure Tree will explain how VOCAL can help you generate a profit for yourself, and at the same time be able to give something back.

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## Understanding Self-Directed Support (SDS)

**Thu 16 Jun | 1pm - 2.30pm | 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.

## Book club

**Tue 21 Jun | 11am - 12pm | Portobello Library**

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

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## Walking group

**Tue 21 Jun | 6pm - 8pm | Holyrood Park**

Join us on the longest day of the year, and enjoy the benefits of walking, while meeting other carers for a chat.

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## Coping with change

**Wed 22 Jun - Wed 29 Jun | 2 sessions | 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.

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## Understanding dementia

**Thu 23 Jun | 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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## Zoom Q&A

**Wed 29 Jun | 10.30am - 11.30am | 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 help you fully access our other events.

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## Dealing with guilt

**Thu 30 Jun | 1pm - 3.30pm | Edinburgh Carers' Hub**

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



# **carerstraining.co.uk**

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