



# Events and activities for unpaid carers in Midlothian

| 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.

For more information about a course or event listed, please contact VOCAL on 0131 663 6869 or email [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk).

**To book visit [carerstraining.co.uk](http://carerstraining.co.uk) or call 0131 663 6869.**

## 1-2-1 Zoom support to access our online events and activities

If you have not used Zoom before, we can help you set up Zoom on your own device so you can access any of our online events and activities. For more information or to book an appointment, call us on 0131 663 6869 or email [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk).

## Where to find us

Midlothian Carer Centre  
30/1 Hardengreen Estate  
Dalkeith EH22 3NX

  VOCAL Midlothian

 VOCAL - Voice of Carers Across Lothian

# April

## Friday massage

**Fri 1 Apr | various times | Midlothian Carer Centre**

Make time for yourself and choose from four different complementary therapies: Swedish Massage, Indian Head Massage, Reflexology or Eastern Facial Massage. Every Friday from 1 - 29 Apr 2022.

---

## Carer yoga

**Fri 1 Apr | 3.45pm - 4.45pm | Newtongrange Leisure Centre**

Join some gentle Yoga with Alison Hughes, Complementary Therapist. Get grounded, relaxed, and feel refreshed. Modifications can be made to suit all abilities. Every Friday from 1 - 29 April 2022.

---

## Carer morning cuppa

**Wed 6 Apr | 10am - 12pm | Midlothian Carer Centre**

Join us and other carers for a cuppa and chat, and have some 'me' time. Share stories, ideas, life hacks and enjoy a quiz or bingo.

---

## Introduction to Treasure Tree

**Tue 12 Apr | 11.30am - 12.30pm | On Zoom**

Debbie from Treasure Tree will explain how VOCAL can help you to generate profit for yourself, and how you can also give something back.

## **Parent carers of adults group**

**Wed 13 Apr | 5.30pm - 6.30pm | On Zoom**

Take part in our new group created by and for parent carers of adults. We will discuss the issues that matter most to you, and you will have the opportunity to meet others on a similar journey! The first meeting will be on Zoom, and then we will meet in-person.

---

## **Carer craft group**

**Thu 21 Apr | 10.30am - 12pm | On Zoom**

Make your craft pack and enjoy a blether with other carers too! Craft packs will be provided and no previous experience is required.

---

## **Midlothian nature group**

**Tue 26 Apr | 12pm - 1.30pm | On Zoom**

Join us and other carers to talk nature! Share your ideas and pictures, plan meet-ups and learn about nature prescribing. Our first get-together will be on Zoom. Future groups will be in the Midlothian Carer Centre or outdoor locations.

---

## **Parent peer support group**

**Wed 27 Apr | 6.30pm - 7.30pm | On Zoom**

Join VOCAL Midlothian, Lothian Centre for Inclusive Living (LCIL) and parent carers for a cuppa and chat, and have some 'me' time.

---

# May

## Become a community seller on eBay

**Tue 3 May | 1.30pm - 2.30pm | On Zoom**

Debbie from Treasure Tree will explain how VOCAL can help you to generate profit for yourself, and how you can also give something back.

---

## Carer morning cuppa

**Wed 4 May | 10am - 12pm | Midlothian Carer Centre**

Join us and other carers for a cuppa and chat, and have some 'me' time. Share stories, ideas and life hacks, and enjoy a quiz or bingo.

---

## Carer evening cuppa

**Mon 9 May | 6pm - 7pm | On Zoom**

Join us and other carers for a cuppa and chat and have some 'me' time. Share stories, ideas and life hacks.

---

## Activities on artwork - intro to print making

**Mon 16 May | 10am - 12pm | Midlothian Carer Centre**

At this workshop with Art in Healthcare, you will learn creative ways to bring artwork alive in a new way through activities.

---

## Carers Action Midlothian (CAM)

**Wed 18 May | 10.30am - 12pm | On Zoom**

Meet other carers and share your experiences. You will help make a difference to other carers and shape local services in the future.

## Carer craft group

Thu 19 May | 10.30am - 12pm | Midlothian Carer Centre

Make your craft pack and enjoy a blether with other carers too! Craft packs will be provided and no previous experience is required.

---

## Midlothian nature group

Tue 24 May | 12pm - 1.30pm | Venue TBC

Join us and other carers to talk nature. Share your ideas, pictures, plan meet-ups and learn about nature prescribing.

---

## Women's wellbeing - Anam Cara

Wed 25 May | 9am - 12.30pm | Edinburgh College, Midlothian campus, Eskbank

As women why do we find it so difficult to lead the lives we really want to? What beliefs about ourselves stop us from meeting our needs and caring for ourselves? Anam Cara provides techniques and strategies to ensure you have the skills to improve your emotional outlook.

---

## Parent peer support group

Wed 25 May | 6.30pm - 7.30pm | On Zoom

Join VOCAL Midlothian, Lothian Centre for Inclusive Living (LCIL) and parent carers for a cuppa and chat, and have some 'me' time.

# June

## Caring in Midlothian

Wed 1 Jun | 6pm - 7.30pm | On Zoom

Do you provide support or care for a family member, friend or loved one? Find out what support we can offer you in your caring role now and in the future at this session for new carers or carers whose caring role has changed.

## **Carer morning cuppa**

**Mon 6 Jun | 10am - 12pm | Midlothian Carer Centre**

Join VOCAL Midlothian staff and other carers for a cuppa, chat and some 'me' time. Share stories, ideas and enjoy a quiz.

---

## **Activities on artwork - poems and stories**

**Wed 8 Jun | 10am - 12pm | Midlothian Carer Centre**

At this session with Art in Healthcare, we will hear about poems and stories - cuppa provided!

---

## **Carer craft group**

**Thu 23 Jun | 10.30am - 12pm | In-person/On Zoom (hybrid)**

Make your craft pack and enjoy a blether with other carers too! Craft packs will be provided and no previous experience is required.

---

## **A break from caring**

**Thu 23 Jun | 4pm - 5pm | On Zoom**

A workshop exploring how to plan for a break from caring and accessing funds and opportunities. You will also learn about the support and services available for replacement care.

---

## **Midlothian nature group**

**Tue 28 Jun | 12pm - 1.30pm | Venue TBC**

Join us and other carers to talk nature. Share your ideas, pictures, and gardening tips!

---

## **Parent peer support group**

**Wed 29 Jun | 6.30pm - 7.30pm | In-person/On Zoom (hybrid)**

Join VOCAL Midlothian, Lothian Centre for Inclusive Living (LCIL) and parent carers for a cuppa, chat and some 'me' time.

---

# How do I book?

We are pleased to share that our Carers Training website has been updated!

You can now create an account, book multiple events and check your bookings. When you register for one of our new events, you will be able to sign up for an account. Please note that your previous bookings will not show in the account area but we still have a record of these.

If you have any questions, please contact our team on [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk) or call Charmaine on 0131 663 6869. All events are free of charge to carers living or caring for someone in Midlothian.

**0131 663 6869**

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

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



# **carerstraining.co.uk**

Carers Training is brought to you by VOCAL.  
Scottish Charity: SC020755 | Company Registration: SC183050

0131 663 6869 | [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk) | [vocal.org.uk](http://vocal.org.uk)

