



vocal

working *with* carers

# Events and activities for unpaid carers in Edinburgh

July - September 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

  
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Carewell  Partnership

# July

## Making your money go further

**Tue 5 Jul | 10.30am - 12pm | On Zoom**

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

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## Coping with pain

**Tue 5 Jul | 1pm - 2.30pm | 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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## Managing medication

**Wed 6 Jul | 10am - 11.30am | On Zoom**

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

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## Online book club

**Wed 6 Jul | 1pm - 2pm | On Zoom**

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

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## Walking group

**Thu 7 Jul | 10am - 11am | Water of Leith Visitor Centre**

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

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## Boundaries

**Thu 7 Jul | 2pm - 3.30pm | Edinburgh Carers' Hub**

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

## Pilates for dementia carers

**Wed 13 Jul - Wed 21 Sep (fortnightly) | 6 sessions | 4pm - 5pm | On Zoom**

Led by an experienced instructor, this series of Pilates classes is provided by Edinburgh Leisure's Movement for Memories programme. Take time for yourself and enjoy learning Pilates.

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## Emotional wellbeing for working carers

**Thu 14 Jul | 5pm - 6pm | On Zoom**

Learn more about your feelings, explore the impact of how you feel and ways to manage emotions in daily life. This session is delivered by Health in Mind.

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## Communication and dementia

**Tue 19 Jul | 10am - 12pm | On Zoom**

This workshop explores the communication problems that dementia can bring, as well as strategies to overcome these.

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## Mindful crochet

**Wed 20 Jul | 10.30am - 1pm | Edinburgh Carers' Hub**

Join this special crochet workshop, open to all, no experience is necessary. Materials will be provided.

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## Introduction to care options

**Wed 20 Jul | 2.30pm - 4pm | On Zoom**

Choosing care for someone can often be confusing. At this workshop, we will share an overview of the care options available.

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## Introduction to writing

**Wed 20 Jul | 7.30pm - 8.30pm | On Zoom**

Have you always wanted to write, but not sure where to start? This session will explore different types of writing to help you get started on a creative journey.

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## Stress management

**Thu 21 Jul | 10am - 12.30pm | Edinburgh Carers' Hub**

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

## Walking group

Thu 21 Jul | 2pm - 3pm | Cramond

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

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## Navigating difficult conversations

Thu 21 Jul - Thu 4 Aug | 3 sessions | 6pm - 7pm | On Zoom

This series of workshops explores communication techniques to support you with difficult conversations.

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## Working carers' lunch

Fri 22 Jul | 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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## Coping with change

Mon 25 Jul | 3pm - 4.30pm | Gilmerton Library

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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## Dealing with anger

Tue 26 July | 10am - 11.30am | On Zoom

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

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## Understanding Parkinson's

Tue 26 Jul - Tue 2 Aug | 2 sessions | 3pm - 4.30pm | On Zoom

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

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## Sound Therapy

Wed 27 Jul | 1.30pm - 3pm | St Annes Church, Corstorphine

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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## Make your own gift box

**Thu 28 Jul | 10am - 12pm | Edinburgh Carers' Hub**

In this craft workshop, you will have the opportunity to make your own gift boxes. No experience is needed and all materials will be provided.

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## Dealing with anger

**Thu 28 Jul | 1pm - 3.30pm | Edinburgh Carers' Hub**

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

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## Meeting with yourself

**Fri 29 | 2pm - 3.30pm | Edinburgh Carers' Hub**

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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## Thinking about long term care

**Fri 29 July - Fri 5 Aug | 2 sessions | 10.30am - 11.30am | 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.

# August

## Walking group

Mon 1 Aug | 12.30pm - 1.30pm | Holyrood Park

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

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## Understanding dementia

Tue 2 Aug | 10.30am - 12.30pm | On Zoom

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

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## Emergency planning

Wed 3 Aug | 10am - 12.30pm | Edinburgh Carers' Hub

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

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## Using digital resources to improve wellbeing

Wed 3 Aug | 2.30pm - 3.30pm | 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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## Room for Art

Thu 4 Aug - Thu 8 Sep | 6 sessions | 10am - 11.30am | On Zoom

Heather from Art in Healthcare will guide the group through a 6-week block of art projects. No previous experience is needed and all materials are provided.

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## Finding balance

Fri 5 Aug | 2pm - 3.30pm | Edinburgh Carers' Hub

Join us to learn about ways of finding balance within your thoughts and feelings, and setting up healthy routines to support your wellbeing. This session is delivered by Health in Mind.

## Emotional wellbeing for working carers

**Thu 11 Aug | 5pm - 6pm | On Zoom**

Learn more about your feelings, explore the impact of how you feel and ways to manage emotions in daily life. This session is delivered by Health in Mind.

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## Working carers' lunch

**Mon 15 Aug | 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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## Sound Therapy

**Tue 16 Aug | 12pm - 1.30pm | 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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## Introduction to caring in Edinburgh

**Tue 16 Aug - Tue 30 Aug | 3 sessions | 6pm - 7pm | 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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## Dementia, mood and wellbeing

**Wed 17 Aug | 2pm - 3.30pm | On Zoom**

Come along to find out what factors may change mood for people who live with dementia, as well as strategies to support these changes.

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## Mindful crochet

**Thu 18 Aug | 10.30am - 1pm | Edinburgh Carers' Hub**

Join this special crochet workshop, open to all, no experience is necessary. Materials will be provided.

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## Changing relationships

**Thu 18 Aug | 2.30pm - 4.30pm | Edinburgh Carers' Hub**

This workshop will help you understand how relationships work, what they mean to us, and how caring affects them.

## Summer picnic

**Fri 19 Aug | 10am - 12pm | Rannoch Community Centre**

Take time out to meet other carers and eat some good food together! The session will be led by a Health and Wellbeing Coach and we will discuss how to keep costs down while balancing a healthy diet.

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## Navigating life changes

**Fri 19 Aug | 2pm - 3.30pm | Edinburgh Carers' Hub**

We don't like when circumstances change, but we also know that change is inevitable. Join us to discuss how to navigate changes in your life and enhance your resilience. This session is delivered by Health in Mind.

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## CV workshop

**Mon 22 Aug | 3pm - 4.30pm | Gilmerton Library**

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

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## Introduction to Treasure Tree and community selling on eBay

**Tue 23 Aug | 10.30am - 11.30am | On Zoom**

Would you like to know 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 give something back.

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## Walking group

**Thu 25 Aug | 1pm - 2pm | South Queensferry**

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

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## Coping with change

**Thu 25 Aug | 4pm - 5.30pm | 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 in this challenging time.

## Coaching for carers

**Fri 26 Aug | 10.30am - 1pm | Edinburgh Carers' Hub**

Learn a coaching technique that will help improve how you communicate with the person you care for and others in your life.

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## Information session on Positive Psychology

**Fri 26 Aug | 10am - 11.30am | On Zoom**

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

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## Help in the home and garden

**Mon 29 Aug | 12pm - 1.30pm | 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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## Become a community seller on eBay

**Tue 30 Aug | 10.30am - 11.30am | On Zoom**

Would you like to know 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 give something back.

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## Moving and handling

**Wed 31 Aug - Mon 5 Sep | 2 Sessions | 10am – 2pm | Edinburgh Carers' Hub**

Learn about moving and handling, which will help you safely support others with their mobility. In the first week you will learn the theory, and in the second week practical skills will be practised. The first session will be held at our Edinburgh Carers' Hub and the second session at McSence in Dalkeith. Carers who sign up must attend both sessions.

# September

## Introduction to getting your voice heard

**Thu 1 Sep | 9.30am - 1pm | Edinburgh Carers' Hub**

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

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## Dealing with guilt

**Fri 2 Sep | 10.30am - 12pm | On Zoom**

We will help you explore the meaning and purpose of the feeling of guilt, and to manage guilt you experience.

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## Identity beyond caring

**Fri 2 Sep | 2pm - 3.30pm | Edinburgh Carers' Hub**

Join us if you are interested in finding out more about yourself and your identity beyond your caring role. This session is delivered by Health in Mind.

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## Stress and distress in dementia

**Tue 6 Sep | 10.30am - 12.30pm | 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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## Adult Carer Support Plans (ACSP)

**Tue 6 Sep | 2pm - 4.30pm | Edinburgh Carers' Hub**

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

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## Basic benefits

**Wed 7 Sep | 2pm - 3pm | On Zoom**

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

## Working carers' lunch

**Thu 8 Sep | 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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## Understanding Self-Directed Support (SDS)

**Thu 8 Sep | 3pm - 4pm | 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.

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## Dementia, home and the environment

**Fri 9 Sep | 10am - 11.30am | On Zoom**

This event will provide you with information about best ways to make your home an enabling environment, for someone who lives with dementia.

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## String art

**Tue 13 Sep | 10am - 12pm | Edinburgh Carers' Hub**

In this fun craft workshop, you will create a piece of art out of string. No experience is needed and all materials will be provided.

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## Book club

**Tue 13 Sep | 1pm - 2pm | Central Library**

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

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## Book club

**Wed 14 Sep | 11am - 12pm | Portobello Library**

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

## Setting up a Power of Attorney

Wed 14 Sep | 10.30am - 11.30am | On Zoom

This session covers the key things you need to think about when planning for a Power of Attorney (PoA), with time to ask your own questions.

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## CV workshop

Wed 14 Sep | 5pm - 6pm | 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.

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## Taking care of your back

Thu 15 Sep | 10am - 11.30am | On Zoom

Many carers report back problems. Learn basic techniques to protect your back in everyday life and in your caring role.

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## Fire safety

Thu 15 Sep | 2pm - 3pm | On Zoom

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

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## Words that change minds

Fri 16 Sep | 10.30am- 1pm | Edinburgh Carers' Hub

Do you often find yourself misunderstood by someone you are communicating with? This course is based on the Language and Behaviour Profile (LAB Profile). This is an easy to learn tool which illustrates how each person is unique and may respond differently to certain words.

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## Walking group

Fri 16 Sep | 10.30am - 11.30am | Saughton Park

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

## Taking care of your back

Mon 19 Sep | 3pm - 4.30pm | Gilmerton Library

Many carers report back problems. Learn basic techniques to protect your back in everyday life and in your caring role.

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## Not fine in school

Tue 20 Sep | 10.30am - 12.30pm | On Zoom

Many children with Additional Support Needs (ASN) refuse to go to school. Come to this session to share your experiences and tips for coping.

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## Getting a break from caring

Tue 20 Sep | 2pm - 3.30pm | On Zoom

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

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## Using a Power of Attorney

Wed 21 Sep | 10.30am - 11.30am | On Zoom

This session explains how to use the Power of Attorney (PoA) most effectively including: when it can start, what you can and cannot do, what happens if you need to do something which is not within the Power of Attorney (PoA). There will also be time to get your own questions answered.

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## Emotional wellbeing for working carers

Thu 22 Sep | 5pm - 6pm | On Zoom

Join us to learn more about your feelings, explore the impact of how you feel and ways to manage emotions in daily life. This session is delivered by Health in Mind.

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## Caring and coping with emotions

Fri 23 Sep | 10am - 12pm | Edinburgh Carers' Hub

Often caring can lead to having to deal with a lot of emotions. This workshop helps us reflect on emotions and consider how to move forward.

## Mindful crochet

**Tue 27 Sep | 10.30am - 1pm | Edinburgh Carers' Hub**

Join us for this special crochet workshop, open to all, no experience is necessary. Materials will be provided.

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## Foot care

**Wed 28 Sep | 10am - 12pm | Edinburgh Carers' Hub**

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.

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## Changing relationships

**Thu 29 Sep | 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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## Stress management

**Thu 29 Sep | 2pm - 3.30pm | On Zoom**

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

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## A guide to helpful resources for parent carers

**Fri 30 Sep | 10am - 11.30am | On Zoom**

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

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## Finding time for self-care

**Fri 30 Sep | 2pm - 3.30pm | Edinburgh Carers' Hub**

Do you feel like you don't have time for self-care? This session will help you set up self-care routines for yourself that are achievable. This session is delivered by Health in Mind.



# carerstraining.co.uk

Carers Training is brought to you by VOCAL.  
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