



# Events and activities for unpaid carers in Midlothian

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 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

# July

## **Carer cuppa morning**

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

Enjoy a cuppa and chat with other carers and some time for yourself! Relaxed and friendly space to share stories, ideas and life hacks.

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## **Carer Action Midlothian (CAM)**

**Wed 13 Jul | 10.30am - 12pm | On Zoom**

Come along and share your experiences, whether good or bad, to help make a difference and shape local services in the future.

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## **Become a community seller on eBay**

**Tue 19 Jul | 1.30pm - 2.30pm | 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 give something back.

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## **Introduction to writing**

**Wed 20 Jul | 6.30pm - 7.30pm | On Zoom**

Janette Donoghue will teach you about the different kinds of writing and how you can start writing too. This activity is for those who have never written before or are new to writing.

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## **Carer craft group**

**Thu 21 Jul | 10am - 12pm | Midlothian Carer Centre**

The group will be making bracelets from recycled materials, but if you prefer to bring your own craft activity and enjoy a blether, then please do.

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## Midlothian nature group

**Tue 26 Jul | 12pm - 1.30pm | Arniston House**

Come along for a guided tour of Arniston House grounds. Meet with other carers and enjoy being outdoors. Share your ideas, pictures and plan future meet-ups.

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## Parent peer support group

**Wed 27 Jul | 10.30am - 12.30pm | King's Park, Dalkeith**

Meet VOCAL Midlothian staff and other parent carers for a morning in the park, enjoying games and a chat with other local parents.

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## Pétanque with the Rosslyn Rhinos

**Thu 28 Jul | 10.30am - 1pm | Roslin Park**

Join the Rosslyn Rhinos and other carers to experience pétanque. Often called French boules, pétanque is a perfect low impact exercise involving throwing, bending and walking. However, it also requires team play, concentration and strategy. As long as you can hold and throw a boule, you can play pétanque. No special equipment or clothing are needed. We will supply the boules and show you how to play. Refreshments provided at local cafe after the event.

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# August

## Carer morning cuppa

**Wed 3 Aug | 10am - 12pm | Midlothian Carer Centre**

Come along for a cuppa and blether with other carers.

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## Live music with The Tubby Horse Company

**Wed 10 Aug | 1pm - 3.30pm | Newbattle Golf Club**

Join the Tubby Horse Company for an hour of live music and meet with other carers too. Tea, coffee and snacks provided.

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## Parent carer of adults group

Wed 10 Aug | 6pm - 7.30pm | Midlothian Carer Centre

An exciting new group created and led by parent carers of adults. The group will cover different topics such as power of attorney, guardianship, housing options, dual caring, substance use issues and volunteering. Discuss issues that matter most to you, and have an opportunity to meet others on a similar journey!

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## Carer craft group

Thu 18 Aug | 10am - 12pm | Midlothian Carer Centre

This month we will be making and decorating flowers from recycled materials but if you prefer to bring your own craft and enjoy a blether, then please do.

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## Women's wellbeing workshop - Anam Cara

Wed 24 Aug | 10am - 1pm | St. John's & King's Park Church

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 wellbeing.

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## Midlothian nature group

Tue 30 Aug | 12pm - 1.30pm | Dalhousie Castle

Meet with other local carers interested in nature and enjoy a Birds of Prey Falconry experience.

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## Parent peer support group

Wed 31 Aug | 7.30pm - 8.30pm | On Zoom

Enjoy some time for you and meet with other local parent carers for a cuppa and chat. A great group to share knowledge, experiences and ideas.

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## **Dementia day - early intervention**

**Wed 31 Aug | 9.30am - 2.30pm | Midlothian Carer Centre**

Do you support someone with early-stage dementia? We will be joined by Michael Huddleston (Alzheimer Scotland Dementia Advisor) and other professionals for a day focused on helping you develop practical and emotional strategies to cope with caring for someone with dementia. We will also share the symptoms and challenges of living with early stage dementia. Lunch provided.

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# September

## **Young people's mental health first aid**

**Thu 1 & Tue 6 Sep | 9.30am - 1.30pm | Midlothian Carer Centre**

Two half-day workshops to learn about the Young People's Mental Health First Aid. Young people's mental health awareness course is for adults who support young people. The course does not train you to become a counsellor or mental health professional. It is designed to teach you to better understand mental health and how it affects young people.

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## **Caring in Midlothian**

**Tue 6 Sep | 5.30pm - 7pm | Midlothian Carer Centre**

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

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## **Carer morning cuppa**

**Wed 7 Sep | 10am - 12pm | Midlothian Carer Centre**

Share stories, ideas, life hacks and even take part in a short quiz.

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## **Carer Action Midlothian (CAM)**

**Wed 17 Sep | 10.30am - 12pm | On Zoom**

Engage with other carers and find out how you can shape local services. Raise and discuss issues that are important to you as a carer.

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## **Parent carers of adults group**

**Wed 14 Sep | 6pm -7.30pm | Midlothian Carer Centre**

Come along and meet other parent carers of adults on a similar journey and discuss issues that matter to you!

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## **Dementia day - later stages**

**Wed 21 Sep | 9.30am - 2.30pm | Midlothian Carer Centre**

Do you support someone with later-stage dementia? We will be joined by Michael Huddleston (Alzheimer Scotland Dementia Advisor) and other professionals for a day focused on helping you develop practical and emotional strategies to cope with caring for someone with dementia. We will also share the symptoms and challenges of living with later stages of dementia. Lunch provided.

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## **Carer craft group**

**Thu 22 Sep | 10am - 12pm | Midlothian Carer Centre**

This month the group will be making bookatrix cards but if you prefer to bring your own craft and enjoy a blether, then please do.

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## **Midlothian nature group**

**Tue 27 Sep | 12pm - 1.30pm | Gore Glen Nature Walk**

Exploring nature is a great way to relax. Come along and meet with other carers and enjoy a nature walk.

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## **Parent peer support group**

**Wed 28 Sep | 10am - 12pm | Midlothian Carer Centre**

A relaxed and friendly group for local parent carers to share knowledge, ideas and hints and tips whilst having a cuppa.

**Book at [carerstraining.co.uk](http://carerstraining.co.uk) or call 0131 663 6869**

# How do I book?

We are pleased to share that our Carer 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 us on 0131 663 6869.

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

**0131 663 6869**

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We have recently seen an increase in no-shows at our events. We understand that you might not be able to attend and ask that you inform us as soon as you can. This will then enable us to give the place to a carer on our waiting list.

Thank you in advance for your co-operation!





# carerstraining.co.uk

Carers Training is brought to you by VOCAL.  
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