




# Events and activities for unpaid carers in Edinburgh

| October - December 2023

# 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. This means they might be organised and delivered by one of our charity partners in Edinburgh.

## 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.

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.

**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



Carewell  Partnership

# October

## Walk and talk

**Wed 4 Oct | 11am - 12.30pm | Lauriston Community Farm, EH4 5EX**

Enjoy the benefits of walking and meet other carers while exploring Lauriston Community Farm and Silverknowes.

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## Tackling loneliness

**Wed 4 Oct | 2pm - 3.30pm | Edinburgh Carers' Hub**

This is an opportunity for you to connect with others and speak openly about how it might feel to be lonely or isolated. You will also learn new skills to support yourself through these challenging times.

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## Pilates

**Mon 9 Oct - Mon 13 Nov | 6 sessions | 5pm - 5.45pm | On Zoom**

Join Janine our Pilates instructor who uses the original principles of Pilates. You will learn how to lengthen and strengthen your body using a gentle, mat-based exercise suitable for all levels. Modifications for exercises will be given.

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## Book club

**Tue 10 Oct | 1pm - 2.30pm | The Terrace Café, Royal Botanic Garden, EH3 5LR**

Join us for a chat about all things books! We will discuss Wax Fruit by Guy McCrone.

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## Understanding dementia (evening)

**Tue 10 Oct | 5.30pm - 7.30pm | 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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## Coping with change

**Wed 11 Oct | 10.30am - 12pm | 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 during challenging times.

## Managing money

Wed 11 Oct | 1pm - 2.30pm | [Edinburgh Carers' Hub](#)

A session on strategies for managing and saving money.

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## Basic First Aid

Thu 12 Oct | 11am - 12.30pm | [On Zoom](#)

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

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## Sound therapy

Fri 13 Oct | 11am - 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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## Mindful Monday

Mon 16 Oct | 11am - 12.30pm | [On Zoom](#)

Mondays can be tough! Take this time out to rest, relax and practise mindfulness techniques.

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## Mushroom foraging

Tue 17 Oct | 11am - 12.30pm | [The Lodge Coffee House, EH10 6JF](#)

Join us for a guided foraging walk to discover what is growing at this time of year. We'll learn about the uses of different mushrooms and associated folklore.

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## Stress and distress in dementia

Tue 17 Oct | 5.30pm - 7.30pm | [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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## Get active with Edinburgh Leisure: Active Dance class

Wed 18 Oct | 3pm - 4pm | [Meadowbank Sports Centre, EH7 6AE](#)

Try out Active Dance which is a fun and social way to be active. This low-level dance class is a great way to work the whole body helping you to maintain or improve coordination, balance and confidence in a friendly group environment.

## Getting a break from caring

**Mon 23 Oct | 11am - 12.30pm | On Zoom**

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

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## SMART Home visit

**Tue 24 Oct | 10.30am - 12pm | Edinburgh Community Rehabilitation and Support Service, EH14 2DA**

Visit the SMART Home at Edinburgh Community Rehabilitation and Support Service and see how you or someone you care for could benefit from smart home technology that supports safe and independent living.

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## Walk and talk

**Tue 24 Oct | 1.30pm - 3pm | Colinton Dell, EH14 2LU**

Enjoy the benefits of walking and meet other carers while exploring Colinton Dell.

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## Managing behaviour that is challenging

**Tue 24 Oct | 5.30pm - 7pm | On Zoom**

Provides participants with the opportunity to talk about and learn how to respond to behaviour that is challenging.

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## Macrame jewellery workshop

**Wed 25 Oct | 11am - 1pm | Edinburgh Carers' Hub**

Make your own textile jewellery using traditional macrame techniques. Create a knotted necklace and bracelet with artist Syrah Jay.

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## Working carers workshop

**Wed 25 Oct | 7pm - 8pm | On Zoom**

Juggling work and care is challenging. Working carers are invited to join VOCAL for a short workshop to discuss issues that matter most to you, and meet other working carers.

## **Making an Emergency Plan**

**Thu 26 Oct | 11am - 12.15pm | On Zoom**

A workshop on options for planning for an emergency. You will be supported to write a personalised Emergency Plan, which can be used by the person you care for to communicate their needs.

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## **Managing money over the festive period**

**Thu 26 Oct | 1pm - 2pm | On Zoom**

Christmas financial planning can be tough. This session will help you to plan your finances over the festive period.

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## **An introduction to residential care costs**

**Mon 30 Oct | 10.30am - 12pm | On Zoom**

When a family member or friend goes into a care home, it can be a difficult time for carers and those they care for. Having to navigate and understand residential care home funding can create extra stress. In this friendly online workshop, we will explain the basics of how care home fees are assessed and calculated for carers and those they care for.

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## **Fuel discounts and cutting costs at home**

**Mon 30 Oct | 1pm - 2pm | On Zoom**

Join Andy from Changeworks for information on fuel discounts and strategies to make your money go further during winter.

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## **Talking about loss**

**Tue 31 Oct | 11am - 1pm | Edinburgh Carers' Hub**

Learn about the process of loss and how to find ways of accepting and navigating emotions.

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## **Retirement benefits**

**Tue 31 Oct | 1.30pm - 2.30pm | Edinburgh Carers' Hub**

Information about welfare benefits available to carers and the people they care for who are of retirement age.

# November

## Digital drop-in: support with your tablet, mobile phone and/or laptop

Wed 1 Nov | 10.30am - 12pm | [Edinburgh Carers' Hub](#)

In this relaxed and informal drop-in session, you'll have the chance to tackle the wee irksome issues that you may be having with your device or to find out how to complete that task online.

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## Managing medication

Wed 1 Nov | 7pm - 8.30pm | [On Zoom](#)

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

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## Book club (online)

Thu 2 Nov | 1pm - 2pm | [On Zoom](#)

Join us for a lunchtime chat about all things books! We will discuss *Whisper Cottage* by Anne Wyn Clark.

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## Parent carers: discussing puberty and managing big feelings with autistic children and young people

Mon 6 Nov | 6pm - 8pm | [On Zoom](#)

This relaxed and informal session focuses on the importance of supporting your child's experience of puberty, as well as protecting them against vulnerabilities. Topics include the link between autism and mental health and how to manage key stages in puberty.

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## Everyday technology for dementia care

Tue 7 Nov | 12pm - 1pm | [On Zoom](#)

This session will be a lively tour of some of the digital devices that people living with dementia and their carers are finding useful.

## Understanding dementia

**Tue 7 Nov | 2pm - 4pm | Gilmerton Community Centre, EH17 8QG**

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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## Boundaries

**Wed 8 Nov - Wed 22 Nov | 3 sessions | 11am - 1pm | Health in Mind, EH2 4RT**

This 3-week course will give you practical skills and knowledge about boundaries. Join us to learn what boundaries are, what relationships are supportive for you, and how to set healthy boundaries.

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## Making money from your hobby

**Wed 8 Nov | 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 your hobby into some extra income with support from a Business Gateway business advisor.

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## Parent carers legal support session: Guardianship and children

**Wed 8 Nov | 6.30pm - 8pm | On Zoom**

Do you care for a child with Additional Support Needs? This session is designed to help parents navigate the legal process of Power of Attorney or Guardianship when their child is reaching or has become 16 years of age.

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## Parent carers: understanding neurodiversity

**Thu 9 Nov | 6pm - 7.30pm | On Zoom**

Join Rhona McAlpine, Occupational Therapist, for an introduction to neurodiversity. Rhona will discuss an approach that centred on individual lived experience and identifies strengths and support needs. This is suitable for carers of children and adults with ASN.

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## Future planning: an introduction to writing your will

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

This session will talk you through the reasons why it is important to make a will and demonstrate how to do it using the Bequeathed Will for Good Service.



## Lunchtime wellbeing check-in

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

Take this time out to rest, relax and practise mindfulness techniques.

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## Dementia and the home environment

**Tue 14 Nov | 2pm - 3.30pm | On Zoom**

This short workshop looks at the benefits and the challenges of the home for people living with dementia.

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## Mental Health Welfare Commission information session

**Tue 14 Nov | 6pm - 7.30pm | On Zoom**

The Mental Welfare Commission (MWC) for Scotland promotes and protects the rights of anyone who has a mental condition, learning disability, autism, dementia or a related condition. Join us for a talk on the MWC, mental health laws and your rights as a carer including Power of Attorney and Guardianship.

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## Future planning: practical advice for dealing with a death

**Wed 15 Nov | 12.30pm - 2pm | Midlothian Carer Hub**

Dealing with the loss of someone is a difficult time. This session will prepare you for all you need to know including funeral planning. This relaxed and informal session led by Valerie from Dignity Funeral Plans will explain exactly what steps to take when someone dies.

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## An introduction to Self-Directed Support (SDS)

**Thu 16 Nov | 1pm - 2.30pm | On Zoom**

SDS is an individual's right to shape and manage their own package of care. This session explains how it works in more detail.

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## Continence care

**Mon 20 Nov | 12.30pm - 1.30pm | On Zoom**

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

## **Eating disorders: Q&A session**

**Mon 20 Nov | 5.30pm - 6.30pm | On Zoom**

Led by Alex from Beat Eating Disorders, you will hear from a parent with lived experience and have the opportunity to discuss and ask questions. Alex will provide information on how Beat can support carers.

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## **Stress and distress in dementia**

**Tue 21 Nov | 1pm - 3pm | Gilmerton Community Centre, EH17 8QG**

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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## **Parent carers legal support session: Guardianship and children**

**Tue 21 Nov | 6.30pm - 8pm | On Zoom**

Do you care for a child with Additional Support Needs? This session is designed to help you navigate the legal process of Power of Attorney or Guardianship when your child is reaching or has become 16 years of age.

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## **Knitting for Christmas decoration (beginner knitting ability)**

**Wed 22 Nov - Wed 13 Dec | 4 sessions | 2pm - 3.30pm | Edinburgh Carers' Hub**

Come along and learn the basics of knitting and make some festive woolly decorations using 100% pure wool and bits and pieces from Eilidh's mobile haberdashery. This session is suitable for beginners and will cover how to cast on, purl and do some shaping and finishing off techniques.

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## **Get active with Edinburgh Leisure: Seated Yoga**

**Wed 22 Nov | 3pm - 4pm | Meadowbank Sports Centre, EH7 6AE**

This class uses a combination of seated and standing-based movements that focus on stretches to increase flexibility, strength and balance to the whole body. There will also be a focus on helping to relieve stress and relax your body.

## **Working carers workshop**

**Wed 22 Nov | 7pm - 8pm | [On Zoom](#)**

Juggling work and care is challenging. Working carers are invited to join VOCAL for a short workshop to discuss issues that matter most to you, and meet other working carers.

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## **Carers Rights Day: Mental Health Welfare Commission information session**

**Thu 23 Nov | 11am - 12pm | [On Zoom](#)**

The Mental Welfare Commission (MWC) for Scotland promotes and protects the rights of anyone who has a mental health condition, learning disability, autism, dementia or related condition. Join us for a talk on the MWC, mental health laws and your rights as a carer including Power of Attorney and Guardianship.

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## **Carers Rights Day: Adult Carer Support Plans**

**Thu 23 Nov | 1pm - 2pm | [On Zoom](#)**

Find out more about Adult Carer Support Plans including how to get one and what information is included.

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## **Parent carers: a neurodiverse affirming approach**

**Thu 23 Nov | 6pm - 7.30pm | [On Zoom](#)**

Join Occupational Therapist Rhona McAlpine to discuss individual differences rather than deficit in neurodiversity. Learn how we can focus on changes to the environment and/or the task, rather than attempt to 'fix' the individual and how we can support day-to-day function and promote positive mental health and wellbeing.

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## **Managing money**

**Mon 27 Nov | 11am - 12.30pm | [On Zoom](#)**

A session on strategies for managing and saving money in these tough times.

## Future planning: practical advice for dealing with a death

**Mon 27 Nov | 6pm - 7.30pm | Edinburgh Carers' Hub**

Dealing with the loss of someone is a difficult time. This session will prepare you for all you need to know including funeral planning. This relaxed and informal session led by Valerie from Dignity Funeral Plans will explain exactly what steps to take when someone dies.

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## Scam awareness

**Tues 28 Nov | 11am - 12pm | On Zoom**

Anyone can be a victim of a scam, particularly now when fraudsters are finding new ways to target people all the time. In this session we will talk about the latest scams and help you to identify, avoid and deal with scam cold calls, email, text or WhatsApp messages and what to do if you think you've been targeted.

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## Basic benefits

**Wed 29 Nov | 12pm - 1pm | On Zoom**

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

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## Parent carers: communication with children with Additional Support Needs (ASN)

**Thu 30 Nov | 10am - 11.30am | On Zoom**

Join Louise Day, a specialist speech and language therapist, who will share tips and advice to support your child with their communication.

# December

## Future planning: Thinking about long-term care

**Mon 4 Dec | 11am - 12.30pm | On Zoom**

Information and advice on how to plan long-term care such as residential care, day care or care at home. Includes information on how it is arranged and paid for. This session is attended by Stephen Whitby, a financial advisor with expertise in long-term care.

## **Future planning: an introduction to writing your will**

**Mon 4 Dec | 1pm - 2pm | On Zoom**

This session will talk you through the importance of making a will and demonstrate how to do it using the Bequeathed Will for Good Service.

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## **Coping with Christmas: a workshop for carers who support autistic people**

**Mon 4 Dec | 6pm - 8pm | On Zoom**

Christmas can be stressful and enjoyable for families but can be challenging for autistic children and adults. This interactive workshop will share practical approaches for families to make Christmas more manageable and enjoyable for everyone. Suitable for carers of children and adults.

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## **Parent carers: getting transitions right from child to adult services**

**Tue 5 Dec | 10am - 12pm | On Zoom**

This is a chance to find out what to expect during transition, along with information, tools and tips that can help when caring for a child with Additional Support Needs. It will be especially useful if your young person is aged 14-18.

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## **Understanding dementia**

**Tue 5 Dec | 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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## **Basic First Aid**

**Wed 6 Dec | 2pm - 3.30pm | Edinburgh Carers' Hub**

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

## Everyday technology for dementia care

Thu 7 Dec | 11am - 12pm | [On Zoom](#)

This session will be a lively tour of some digital devices that people living with dementia and their carers find useful.

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## Mental Health First Aid

Thu 7 Dec | 1pm - 2.30pm | [On Zoom](#)

This session will explore techniques that can give initial support and comfort to someone experiencing a mental health problem and provide help to prevent a mental health problem developing into a more serious state.

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## Stress and distress in dementia

Wed 13 Dec | 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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## Get active with Edinburgh Leisure: strength and cardio

Wed 13 Dec | 3pm - 4pm | [Meadowbank Sports Centre, EH7 6AE](#)

Try out this light energetic circuit class designed to work the whole body. Ideal for those looking to improve their fitness in a friendly environment.

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## Origami Christmas workshop

Thu 14 Dec | 11am - 12.30pm | [Edinburgh Carers' Hub](#)

In this workshop, Makiko will walk you through each step of making a Christmas decoration in a relaxing environment. This session is suitable for beginners and all materials will be provided.

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## Lunchtime wellbeing check-in

Mon 18 Dec | 1pm - 2pm | [On Zoom](#)

Take this time out to rest, relax and practise some mindfulness techniques.



**Book at [carerstraining.co.uk](http://carerstraining.co.uk) or call 0808 196 6666**



# carerstraining.co.uk

Carers Training is brought to you by VOCAL.  
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