



Events and activities for unpaid carers in Midlothian

| 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 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 0808 196 6666 or email midlothian@vocal.org.uk.

To book, visit carerstraining.co.uk or call 0808 196 6666.

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!

Where to find us

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

  VOCAL Midlothian

 VOCAL - Voice of Carers Across Lothian


vocal
working *with* carers

October

Supporting children through puberty

Tue 3 Oct | 10am - 12.30pm | Midlothian Carer Centre

A follow-up session to our 'introduction to supporting children through puberty and growing up'. You do not need to have attended the first session to attend this one. The group will discuss topics such as consent, navigating internet safety, body image and mental health.

Carer morning cuppa

Wed 4 Oct | 10am - 12pm | Midlothian Carer Centre

Enjoy a cuppa and chat with other carers and have some time for yourself at our relaxed and friendly Carer Centre.

Carers Action Midlothian (CAM)

Tue 10 Oct | 10.30am - 12pm | Zoom

An opportunity to discuss carer issues you may be facing and share your experiences. The group can make a difference to carers and shape services in the future.

Parent carers of adults group

Wed 11 Oct | 6pm - 7.30pm | Midlothian Carer Centre

Meet other parent carers of children aged over 16 who have additional support needs. The informal group is led by parent carers and meets to discuss issues that matter most to you.

Sound bath experience

Thu 12 Oct | 7.30pm - 8.30pm | Premier Pilates & Fitness, Dalkeith

A sound bath session will help relax your body, mind and soul. Get comfortable on the mat, then allow the sound to encompass you as you float into a blissful state!

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

Carer evening cuppa: caring for someone with dementia

Tue 17 Oct | 6pm - 7.30pm | Midlothian Carer Centre

Discuss issues that matter most to you, and meet other carers on a similar journey at our friendly Carer Centre.

Parent peer support group

Tue 24 Oct | 10.30am - 12.30pm | Midlothian Carer Centre

Enjoy some time for you and meet local parent carers for a cuppa and chat. A great relaxed group where you can share knowledge, experiences and ideas.

Carer craft group

Wed 25 Oct | 10.30am - 12.30pm | Midlothian Carer Centre

This month you will be shown how to make cards using the dye cutting technique. No previous experience or skills are required. All materials and instructions are provided.

Working carer session

Wed 25 Oct | 7pm - 8pm | Zoom

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

Welfare rights and income maximisation

Thu 26 Oct | 1pm - 3pm | Midlothian Carer Centre

In this session, a member of the welfare and income maximisation team from Into Work will provide information on local initiatives and financial wellbeing. The aim of this session is to maximise your income and entitlements. We will discuss budgeting, energy saving tips, benefits, emergency funding and support schemes.

Healthy bladder and bowels information session

Fri 27 Oct | 10.30am - 12pm | Midlothian Carer Centre

We will be joined by a member of the Continence Care Service who will provide information and advice on bowel and bladder issues.

Positive behaviour

Mon 30 Oct | 10am - 2pm | Midlothian Carer Centre

This session aims to increase your understanding of the behaviour of the person you care for. Learn practical ways to manage difficult behaviour and situations.

November

Carer morning cuppa

Wed 1 Nov | 10am - 12pm | Midlothian Carer Centre

Meet other carers for a cuppa and a chat at our friendly and relaxed Carer Centre.

Dementia information day

Fri 3 Nov | 9.30am - 2.30pm | Midlothian Carer Centre

An opportunity to meet Michael Huddleston, Alzheimer Scotland Dementia Advisor and other professionals. They will aim to help you develop practical and emotional strategies to cope with caring for someone with dementia. Lunch will be provided.

Kinship carer cuppa

Mon 6 Nov | 10.30am - 12pm | Midlothian Carer Centre

Find out about the support and advice available to kinship carers from the Kinship Care Advice Service. Kinship care is where a relative or friend takes on the care of a child/young person when their parents cannot look after them.

Book at carerstraining.co.uk or call 0808 196 6666

Introduction to pilates

Mon 6 Nov | 1.15pm - 2.15pm | Premier Pilates & Fitness, Dalkeith

Join other carers for a beginners class and introduction to pilates.

Parent carers legal support: guardianship and children

Wed 8 Nov | 6.30pm - 8pm | Zoom

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.

Introduction to writing your will

Mon 13 Nov | 1pm - 2pm | Midlothian Carer Centre

Join this session to learn about the importance of making a will. Find out more about the support available to create a free will using the Bequeathed Will for Good service.

Mental Welfare Commission information session

Tue 14 Nov | 6pm - 7.30pm | Midlothian Carer Centre

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 their services, mental health laws and your rights as a carer including Power of Attorney and Guardianship.

Future planning: practical advice for dealing with a death

Wed 15 Nov | 12.30pm - 2pm | Midlothian Carer Centre

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 informal session led by Valerie from Dignity Funeral Plans will explain what steps to take when someone dies.

Carer evening cuppa

Wed 15 Nov | 6pm - 7.30pm | Zoom

Can't make our morning cuppa? Join this evening cuppa and enjoy a chat with other carers and discuss issues that matter most to you!

Parent carers legal support: wills and trusts

Tue 21 Nov | 6.30pm - 8pm | Zoom

Greg Douglas, Caesar & Howie Solicitor will explore the options available to parent carers to ensure that any inheritance that a child receives from their parents is used for their own benefit.

Carer craft group

Wed 22 Nov | 10.30am - 12.30pm | Midlothian Carer Centre

This month's craft group will be making gift bags and a desk tidy. Join other carers to make your craft pack and enjoy a blether whilst doing so! Craft packs, materials and instructions will be provided.

Working carer session

Wed 22 Nov | 7pm - 8pm | Zoom

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

Carers Rights Day: Mental Welfare Commission

Thu 23 Nov | 11am - 12pm | Zoom

The Mental Welfare Commission (MWC) for Scotland promotes and protects the rights of anyone who has a mental health condition, learning disability, 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.

Book at carerstraining.co.uk or call 0808 196 6666

Future planning: practical advice for dealing with a death

Mon 27 Nov | 6pm - 7.30pm | Zoom

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 informal session led by Valerie from Dignity Funeral Plans will explain what steps to take when someone dies.

Parent peer support group

Mon 27 Nov | 10.30am - 12.30pm | Midlothian Carer Centre

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

December

Dealing with guilt

Tue 5 Dec | 6.30pm - 8pm | Zoom

This session will help you to explore the meaning and purpose of the feeling of guilt. We will explore the reasons why carers feel guilt and how it affects them. There will also be tips and ideas on reducing feelings of guilt in the future.

Carer morning cuppa

Wed 6 Dec | 10am - 12pm | Midlothian Carer Centre

Join us and other carers for a cuppa and chat and have some 'me' time.

Carers Action Midlothian (CAM)

Tue 12 Dec | 10.30am - 12pm | Zoom

An opportunity to discuss carer issues and share your experiences. We can share any concerns with our partners in local and national government to drive change. Your input can make a difference to carers and shape services in the future.

Carer evening cuppa: caring for someone with dementia

Tue 12 Dec | 6pm - 7.30pm | Midlothian Carer Centre

Come along to our friendly Carer Centre and discuss issues that matter most to you, and meet other carers on a similar journey.

Carer craft group

Wed 13 Dec | 10.30am - 12.30pm | Midlothian Carer Centre

Get creative and enjoy a blether whilst doing so! No previous experience or skills are required. Materials and instructions will be provided.

Parent carers of adults group

Wed 13 Dec | 6pm - 7.30pm | Midlothian Carer Centre

Meet other parent carers who have a child 16 or over with an additional support need and discuss issues that matter most to you. The group is informal and relaxed and led by parent carers.

How do I book?

If you have any questions, please contact our team on midlothian@vocal.org.uk or call us on 0808 196 6666.

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

0808 196 6666 (option 2)
midlothian@vocal.org.uk
carerstraining.co.uk

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

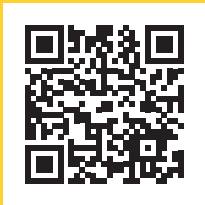
If you have not used Zoom before, we can help you set up Zoom on your own device so you can access any of our online events and activities.

For more information or to book an appointment, call us on 0808 196 6666 or email mid-training@vocal.org.uk.

Do you care for or support someone with dementia?

We can help you find the right support, in partnership with Alzheimer Scotland. For more information, use the contact details above.





carerstraining.co.uk

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

0808 196 6666 | midlothian@vocal.org.uk | vocal.org.uk

