



# Events and activities for unpaid carers in Midlothian

January – March 2024

# 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](mailto:midlothian@vocal.org.uk).

**To book, visit [carerstraining.co.uk](http://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



# January

## **Carer cuppa morning**

**Wed 10 Jan | 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.

---

## **Carer relaxation session: Sound bath experience**

**Wed 10 Jan | 7.30pm - 8.30pm | Premier Pilates & Fitness, Dalkeith**

A sound bath session will help you to relax your body, mind and soul. Come along to experience this unique session which will leave you feeling relaxed and recharged.

---

## **Carer art and craft group**

**Thu 18 Jan | 10am - 12pm | Midlothian Carer Centre**

Working with an artist from Art in Healthcare, you can get creative and make your very own masterpiece using different techniques and materials. Enjoy a chat and cuppa with other carers whilst doing so. No previous experience or skills are required. All materials and instructions will be provided.

---

## **Carer craft group**

**Thu 24 Jan | 10.30am - 12.30pm | Midlothian Carer Centre**

Join other carers and take part in making something crafty and enjoy a blether whilst doing so! No previous experience or skills are required. Materials and instructions will be provided.

---

## **Parent carers: Supporting young people with ASN to safely use the internet**

**Tue 30 Jan | 10.30am - 12.30pm | Midlothian Carer Centre**

During this session, led by Corrie, we will explore how the internet is changing and how children and young people interact with each other online.

## **Working carer workshop**

**Tue 30 Jan | 7pm - 8pm | On 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 carers in employment.

# February

## **Money management**

**Thu 1 Feb | 10.30am - 12pm | On Zoom**

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

---

## **Carer cuppa morning**

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

This month, we will be joined by Hayley Marwick, our Carer Support Practitioner, who will advise you about the importance of emergency and future planning. Come along for a cuppa and find out more!

---

## **Future planning: Practical advice for dealing with death**

**Tue 8 Feb | 10.30am - 12pm | On Zoom**

Dealing with the loss of someone can be a difficult time. This relaxed informal session will be led by Valerie from Dignity Funeral Plans who will explain exactly what steps to take when someone dies.

---

## **Carer craft group**

**Wed 14 Feb | 10am - 12pm | Midlothian Carer Centre**

Get creative and enjoy a blether! No previous experience or skills are required. Materials and instructions will be provided. If you prefer, please bring your own craft such as knitting.

## **Evening cuppa: Caring for someone with dementia**

**Tue 20 Feb | 6pm - 7.30pm | Midlothian Carer Centre**

Enjoy a cuppa and a chat at our friendly and relaxed Carer Centre. Discuss issues that matter most to you, and meet other carers supporting someone with dementia.

---

## **Carer cuppa: Caring for someone with a learning disability**

**Wed 21 Feb | 10.30am - 12pm | Midlothian Carer Centre**

We will hear from People First Scotland who will talk about supported decision making. Supported decision making is an alternative to guardianship and allows individuals to make their own decisions.

---

## **Carer art and craft group**

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

Working with an artist from Art in Healthcare, you can get creative and make your very own masterpiece using different techniques and materials. Enjoy a chat and cuppa with other carers whilst doing so. No previous experience or skills are required. All materials and instructions will be provided.

---

## **Mindfulness group**

**Mon 26 Feb - Mon 18 Mar | 10.30am - 12pm | Midlothian Carer Centre**

A four-week introduction to Mindful Meditation for those new to mindfulness or those who would like to return to the practice. Mindfulness is a gentle and safe way of slowing down and can help in stressful times.

---

## **Parent carer cuppa**

**Tue 27 Feb | 10.30am - 12pm | Midlothian Carer Centre**

Enjoy some for time yourself and meet other local parent carers for a cuppa and chat. We will hear from Sleep Action, who will talk about their sleep support services for children over 12 months old.

## **Making money from your hobby**

**Wed 28 Feb | 1.30pm - 2.30pm | 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 advisor.

# **March**

## **Moving and handling**

**Mon 4 Mar | 9.30am - 4.30pm | McSense, EH22 5AT**

Learn about moving and handling, which will help you safely support others with their mobility. You will learn the theory and then have the opportunity to practise for yourself!

---

## **Carer cuppa morning**

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

Join us and other carers for a cuppa and chat and have some time for yourself!

---

## **Carers Action Midlothian (CAM)**

**Tue 12 Mar | 10.30am - 12pm | On 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.

## **Parent carers of adults group**

**Wed 13 Mar | 6pm - 7.30pm | Midlothian Carer Centre**

Meet other parent carers with a child aged 16 or over who has Additional Support Needs. Led by parent carers, this is an informal group who meet to discuss issues that matter most to you. This month we will be joined by Midlothian Health and Social Care Partnership who will share information on upcoming workshops and opportunities to provide feedback on their services which impact carers.

---

## **Working carer workshop**

**Wed 13 Mar | 7pm - 8pm | On 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 carers in employment.

---

## **Carer craft group**

**Wed 13 Mar | 10am - 12pm | Midlothian Carer Centre**

Come along and join other carers to make your craft pack and enjoy a blether whilst doing so! No previous experience or skills are required. Materials and instructions will be provided. You can also bring your own craft such as knitting.

---

## **An introduction to writing your will**

**Thu 14 Mar | 1pm-2pm | Midlothian Carer Centre / On Zoom**

This session will talk you through why it is important to make a will and demonstrate the process using the Bequeathed Will for Good service.

---

## **Carer art and craft group**

**Thu 21 Mar | 1.30pm - 2.30pm | Midlothian Carer Centre**

Working with an artist from Art in Healthcare, you can get creative and make your very own masterpiece using different techniques and materials. No previous experience or skills are required. All materials and instructions will be provided.

## How do I book?

If you have any questions, please contact our team on [midlothian@vocal.org.uk](mailto: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](mailto:midlothian@vocal.org.uk)**

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

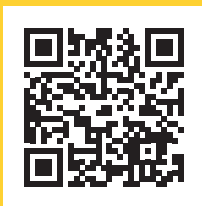
## Zoom support to access our online events and activities

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

