



# Events and activities for unpaid carers in Midlothian

April – June 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

  
vocal  
working *with* carers

# April

## **Carer cuppa morning**

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

Come along and have some time for you! Meet with other carers for a cuppa and chat at our relaxed and friendly Carer Centre.

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

**Tue 16 Apr | 6pm - 7.30pm | Midlothian Carer Centre**

Enjoy a cuppa and chat with other carers supporting someone with dementia. Discuss issues that matter most to you in a relaxed and friendly environment.

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## **Carer craft group: Décopatch**

**Wed 17 Apr to 24 Apr | 2 sessions | 10.30am - 12.30pm | Midlothian Carer Centre**

Décopatch is the art of decorating an object by gluing coloured paper cut-outs. Each layer is sealed until the 'stuck on' appearance disappears and the result looks like painting or inlay work.

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## **Art in Healthcare workshop**

**Thu 18 Apr | 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.

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## **Working carer session**

**Mon 22 Apr | 7pm - 8pm | Online**

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.

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

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

**Thu 25 Apr | 10.30am - 12pm | Midlothian Carer Centre**

During this session you will learn how care home fees are assessed and calculated and have the opportunity to ask questions around long-term care.

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## **Money management**

**Mon 29 Apr | 11am - 12.30pm | Online**

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

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## **Parent carer cuppa**

**Tue 30 Apr | 10.30am - 12pm | Midlothian Carer Centre**

Meet with other local parent carers for a cuppa and chat. A great opportunity to share your experiences and ideas.

# May

## **Carer cuppa morning**

**Wed 1 May | 10am - 12pm | Midlothian Carer Centre**

Come along and have some time for you! Meet with other carers for a cuppa and chat at our relaxed and friendly Carer Centre.

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## **Parent carer of adults group**

**Wed 8 May | 6pm - 7.30pm | Midlothian Carer Centre**

Meet other parent carers who have a child 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.

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

**Tue 14 May | 10.30am - 12pm | Online**

An opportunity to discuss carer issues and share your experiences. Your input can make a difference to other carers and help to shape local and national services in the future.

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## **Carer craft group**

**Wed 15 May | 10am - 12pm | Midlothian Carer Centre**

Get creative and enjoy a blether whilst doing so! No previous experience or skills are required. All materials will be provided or if you prefer you can bring your own craft such as knitting!

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## **Mindfulness group**

**Wed 15 May to Wed 5 Jun | 4 sessions | 6.30pm - 8pm | Online**

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.

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## **Carer Rights, Power of Attorney and Guardianship**

**Thu 16 May | 11am - 12pm | Online**

Kathleen Taylor from the Mental Welfare Commission for Scotland will give a talk on the Commission, mental health laws and your rights as a carer including Power of Attorney and Guardianship.

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## **Art in Healthcare workshop**

**Thu 23 May | 10am - 12pm | Midlothian Carer Centre**

Working with an artist from Art in Healthcare, 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 is required. All materials and instructions will be provided.

# June

## **Carer cuppa morning**

**Wed 5 Jun | 10am - 12pm | Midlothian Carer Centre**

Come along and have some time for you! Meet with other carers for a cuppa and chat at our relaxed and friendly Carer Centre.

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## **Working carer workshop**

**Wed 5 Jun | 7pm - 8pm | Online**

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.

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

**Thu 6 Jun | 1pm-2pm | Online**

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.

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## **Carer craft group**

**Wed 12 Jun | 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.

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

**Tue 18 Jun | 6pm - 7.30pm | Midlothian Carer Centre**

Enjoy a cuppa and chat with other carers supporting someone with dementia. Discuss issues that matter most to you in a relaxed and friendly environment.

## **Art in Healthcare workshop**

**Thu 20 Jun | 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.

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## **Parent carer cuppa**

**Tue 25 Jun | 10.30am - 12pm | Midlothian Carer Centre**

Meet with other local parent carers for a cuppa and chat. A great opportunity to share your experiences and ideas.

## 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)

