



Events and activities for unpaid carers in Edinburgh

| 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 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.

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, call 0808 196 6666 or email 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

April

Walk and talk (Saughton Park and Gardens)

Wed 3 Apr | 10.30am - 11.30am | Saughton Park and Gardens, EH11 3BQ

Enjoy the benefits of walking and meet other carers while exploring Saughton Park and Gardens.

Drop-in volunteering at Lauriston Farm

Thu 4 Apr | 1pm - 3pm | Lauriston Community Farm, EH4 5EX

Volunteer and make a real, positive difference to food and farming in Edinburgh. No previous knowledge or experience with plants or growing is needed - this is a great place to learn and connect with others. Tools and work gloves will be provided.

Coping strategies

Mon 8 Apr | 11am - 12.30pm | On Zoom

Caring for someone can be challenging. Learn more about the impact of caring on your emotional wellbeing and how to develop strategies to self-regulate and cope with difficulties.

Managing loneliness

Tue 9 Apr | 11am - 1pm | 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. Learn how to work through these feelings and find new skills that will help you manage challenging times.

Macrame your own plant hanger

Wed 10 Apr | 11am - 1pm | Edinburgh Carers' Hub

Join Jeanne-Marie to learn how to macrame your own houseplant hanger. All materials will be supplied.

Future planning: Emergency and anticipatory planning

Mon 15 Apr | 11.30am - 1pm | On Zoom

A workshop on options to help you plan for an emergency for yourself or the person you care for. You will be supported to write an emergency and anticipatory care plan. Our expert Carer Support Practitioner Sophie will be joining us to answer your questions.

Taster session for sibling carers

Mon 15 Apr | 5.30pm - 7pm | On Zoom

Do you care for your sibling? Join this workshop to meet other sibling carers, share your experiences and to find out more about how VOCAL can support you.

Book club (city centre)

Tue 16 Apr | 1pm - 2.30pm | Edinburgh Central Library, EH1 1EG

Join us to discuss all things books in the lovely surroundings of Edinburgh Central Library. In this session, we will explore Demon Copperhead by Barbara Kingsolver.

Poetry for carers

Wed 17 Apr - Wed 15 May | 5 sessions | 10.30am - 11.45am | On Zoom

Join this informal group for an exploration into poetry collections with other carers. No previous experience is required, just an interest in poetry and a willingness to open your mind.

Yoga

Wed 17 Apr - Wed 8 May | 4 sessions | 12pm - 1pm | Edinburgh Carers' Hub

This gentle yoga class will begin with intention setting and a variety of breathing practices. This is followed by a gentle flow of sun salutations, balances and twists for flexibility, balance and strength. We will finish each session with a guided meditation. Expect to feel relaxed and rejuvenated after every session, bringing a sense of wellbeing into every aspect of your life. Modifications, chair and mat options available.

Understanding dementia

Thu 18 Apr | 10am - 12pm | On Zoom

Led by an experienced dementia nurse, this session is aimed at carers supporting someone in the early or mid-stages of dementia.

Working carers workshop

Mon 22 Apr | 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.

Future planning: An introduction to residential care

Tue 23 Apr | 6pm - 7.30pm | On Zoom

When the person you care for goes into residential care this can be a difficult time for all. In this workshop, we will explain the basics of care home fees and pensions. You will also learn about free personal and nursing care payments.

Adult Carer Support Plans

Thu 25 Apr | 10am - 11.30am | On Zoom

Find out more about Adult Carer Support Plans including how to get one, what information is included and why it is important to complete one.

Book club (online)

Thu 25 Apr | 1pm - 2pm | On Zoom

Join us for a chat about all things books! We will choose a book together, and meet regularly to discuss what we have read. In this session, we will explore *The Dictionary of Lost Words* by Pip Williams.

Money management

Mon 29 Apr | 11am - 12.30pm | On Zoom

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

Sound therapy

Tue 30 Apr | 10.30am - 12pm | Pilton Community Health Project, EH5 2PW

This live sound bath session will gently guide you into a meditative state of deep relaxation and calm, soothing mind and body.

May

Coping strategies

Wed 1 May | 6pm - 7.30pm | On Zoom

Caring for someone can be challenging. Learn more about the impact of caring on your emotional wellbeing and how to develop strategies to self-regulate and cope with difficulties.

Stress and distress in dementia

Thu 2 May | 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.

An introduction to Self-directed Support

Thu 2 May | 1pm - 2.30pm | On Zoom

Explore what Self-directed Support (SDS) is, who it is for and how to access it. We will also discuss where you can get further help and updates on SDS.

Flower essences to promote emotional wellbeing

Tue 7 May | 11am - 1pm | Edinburgh Carers' Hub

Flower essences contain the energy from flowers and plants to help address emotional imbalances. In this workshop, we will look at essences which can support us with difficult feelings. Participants will have the opportunity to make up and take home an essence bottle specific to their needs.

Origami workshop

Thu 9 May | 11am - 1pm | Edinburgh Carers' Hub

In this workshop, Makiko will walk you through each step in making a spring Origami wreath in a relaxing environment. Suitable for beginners and all materials will be provided.

Getting a break from caring

Thu 9 May | 1pm - 2.30pm | On Zoom

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

How VOCAL can support with money and benefits

Mon 13 May | 1pm - 2.30pm | On Zoom

Join this session to find out how VOCAL can support you to manage money better and understand which benefits you and your family might be eligible for.

Taster session for 20-something carers

Mon 13 May | 6pm - 7pm | On Zoom

Join this workshop to meet other carers in your age group, share experiences and find out more about how VOCAL can support you.

Caring dads

Tue 14 May | 11am - 12.30pm | Edinburgh Carers' Hub

Led by Mark from Fast Forward, this interactive session is for dads who are caring for their child, offering a supportive space to share experiences and learn. Whether you're seeking advice, friendship or a listening ear, join us and other dads with caring responsibilities to explore the impacts of your caring role and improve your wellbeing.

Guided meditation: Grounding and anchoring

Wed 15 May | 11.30am - 1pm | Edinburgh Carers' Hub

Join Carol for an anchoring and grounding meditation where you will be guided into a safe and serene nature setting. This meditation will be followed with a sharing circle.

Crafting keepsake books

Wed 15 May | 1.30pm - 3.30pm | Edinburgh Remakery, EH6 6AD

Join this session at the Edinburgh Remakery to learn how to make a small book with pockets for keeping little mementos. You will use re-purposed materials such as papers, envelopes, book pages, wrapping and fabrics.

Carers rights, power of attorney and guardianship

Thu 16 May | 11am - 12pm | On Zoom

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.

Foraging walk

Thu 16 May | 12.30pm - 2pm | Meadowfield Park, EH8 7JL

Join us for a guided foraging walk to discover what's growing at this time of year, how to identify what we see, and how much of that can be used or eaten!

Cold water therapy and outdoor swimming: Introductory session

Tue 21 May | 12pm - 2pm | South Queensferry, EH30 9PP

Join Jenny, a qualified Cold Water Therapist, for an introduction to the basics and safety of wild swimming. Relax and absorb the experience as she guides you step-by-step into the water. Learn how to use your breathing and understand the benefits and safety considerations of outdoor dipping and swimming.

Dementia and the home environment

Tue 21 May | 6pm - 7.30pm | On Zoom

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

Parent carers: Girls and autism - a hidden minority?

Wed 22 May | 6pm - 8pm | On Zoom

Join Corrie Mclean in this informal session to discuss how girls with autism are often overlooked, under-diagnosed and less likely to get long-term support. We will look at issues that autistic girls may face and you will learn practical skills to support them and yourselves as carers.

Making money from your hobby

Thu 23 May | 11am - 12pm | 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.

Understanding dementia

Thu 30 May | 10am - 12pm | On Zoom

Led by an experienced dementia nurse, this session is aimed at carers supporting someone in the early or mid-stages of dementia.

Parent carers: Understanding neurodiversity

Thu 30 May | 6pm - 7.30pm | On Zoom

Join Rhona McAlpine, Occupational Therapist, for an introduction to the neurodiversity paradigm. Rhona will discuss an approach that validates individual lived experience and identifies strengths and support needs. Suitable for carers of children and adults with Additional Support Needs.

June

Getting your voice heard

Mon 3 Jun | 11am - 12.30pm | On Zoom

Do you feel worried about speaking up and advocating for yourself or the person you're caring for? Would you like to feel confident communicating in meetings and difficult situations? Join Louise, a Speech Therapist, to explore the reasons why we can feel stuck communicating our thoughts and to give you tools for using your voice confidently and with ease.

Pilates

Mon 3 Jun - Mon 24 Jun | 4 sessions | 5pm - 5.45pm | On Zoom

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

SMART Home visit

Tue 4 Jun | 10.30am - 12pm | Edinburgh Community Rehabilitation Support Service, EH14 2DA

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

Caring dads

Tue 4 Jun | 6pm - 7.30pm | On Zoom

Led by Mark from Fast Forward, this interactive session is for dads who are caring for their child, offering a supportive space to share experiences and learn. Whether you're seeking advice, friendship or a listening ear, join us and other dads with caring responsibilities to explore the impacts of your caring role and improve your wellbeing.

Getting a break from caring

Wed 5 Jun | 11am - 12.30pm | [Edinburgh Carers' Hub](#)

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

Working carers workshop

Wed 5 Jun | 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.

Future planning: An introduction to writing your will

Thu 6 Jun | 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.

Parent carers: A neurodiverse affirming approach

Thu 6 Jun | 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 rather than attempt to 'fix' the individual and how we can promote positive mental health and wellbeing in children and people with Additional Support Needs.

Everyday technology for dementia care

Mon 10 Jun | 11am - 12pm | [On Zoom](#)

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

Parent carers: Discussing puberty and managing change with young people with a learning disability

Mon 10 Jun | 6pm - 8pm | On Zoom

Join Corrie Mclean in this informal workshop for a gentle introduction to sexual health. We will focus on the importance of acknowledging a young person's sexuality as part of their identity as well as helping to protect them against vulnerabilities.

Retirement benefits

Tue 11 Jun | 12pm - 1pm | On Zoom

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

Talking about loss

Tue 11 Jun | 1.30pm - 3pm | Edinburgh Carers' Hub

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

Royal Botanic Garden Cottage visit

Wed 12 Jun | 10.30am - 12.30pm | Botanic Cottage at the Royal Botanic Gardens, EH3 5LR

Join us in the historic Botanic Cottage to explore the spring garden, pick fresh herbs, drink tea and have a blether. Hear all about the restoration of the glasshouses which includes the iconic Edinburgh Palm House.

Parent carers: Enable Works for jobseekers with learning disabilities

Wed 12 Jun | 6pm - 7pm | On Zoom

Join Luke from Enable Works who will present information on their All In Edinburgh and Next Steps programmes which support individuals over the age of 16 with learning disabilities to reach a positive destination in employment or education.

Stress and distress in dementia

Thu 13 Jun | 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.

Skills Development Scotland

Thu 13 Jun | 12pm - 1pm | On Zoom

Join Skills Development Scotland to find out how they can support you, as a carer, into employment, training or education.

Adult Carer Support Plans

Fri 21 Jun | 11am - 12.30pm | Edinburgh Carers' Hub

Find out more about Adult Carer Support Plans including how to get one, what information is included and why it is important to complete one.

Coping strategies

Wed 26 Jun | 10am - 11.30am | Edinburgh Carers' Hub

Caring for someone can be challenging. Learn more about the impact of caring on your emotional wellbeing and how to develop strategies to self-regulate and cope with difficulties.

Future planning: Emergency and anticipatory planning

Thu 27 Jun | 11.30am - 1pm | Edinburgh Carers' Hub

A workshop on options to help you plan for an emergency for yourself or the person you care for. You will be supported to write an emergency and anticipatory care plan. Our expert Carer Support Practitioner Sophie will be joining us on this session to answer your questions.

Digital drop-in: Support with your devices

Thu 27 Jun | 1.30pm - 3pm | Edinburgh Carers' Hub

Bring your device along to this informal drop-in session and get support to improve your online skills or fix any issues that you may be having.

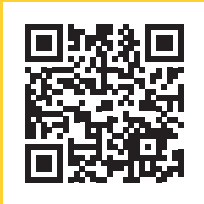
An introduction to papercutting

Fri 28 Jun | 11am - 1pm | Edinburgh Carers' Hub

Get creative and learn the beautiful art of papercutting.







carerstraining.co.uk

Carers Training is brought to you by VOCAL.
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