




# Events and activities for unpaid carers in Edinburgh

| July - September 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

# July

## Basic first aid

**Mon 3 Jul | 12.30pm - 2pm | On Zoom**

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

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## Self-harm for parent carers (evening)

**Tue 4 Jul | 5.30pm - 7.30pm | Edinburgh Carers' Hub**

This session aims to increase parents' understanding of self-harm and offers practical ways to help young people who may consider or display self-harming behaviour.

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## Managing medication

**Tue 4 Jul | 7pm - 8.30pm | On Zoom**

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

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## Managing household finances

**Wed 5 Jul | 11am - 1pm | Edinburgh Carers' Hub**

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

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## Managing stress

**Thu 6 Jul | 11am - 1pm | On Zoom**

Learn more about stress and its impact, and develop techniques to plan for and manage symptoms.

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## Making an emergency plan

**Mon 17 Jul | 10.30am - 11.30am | On Zoom**

A workshop on options for to help plan for an emergency for yourself or the person you care for. You will be supported to write an emergency plan.

## Continence care

Mon 17 Jul | 2pm - 3pm | [On Zoom](#)

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

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## Understanding dementia

Tue 18 Jul | 10am - 12pm | [Pilton Community Health Project, EH5 2PW](#)

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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## Book club

Tue 18 Jul | 1pm - 2.30pm | [Edinburgh Central Library, EH1 1EG](#)

Join us for a chat about all things books! We will be discussing *The Strings of Murder* by Oscar de Muriel.

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## Working carers workshop (evening)

Tue 18 Jul | 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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## Customising tote bags

Wed 19 Jul | 11am - 1pm | [Edinburgh Carers' Hub](#)

Customise your own cotton tote bag using a variety of embellishments, including decorative embroidery stitches and iron on vinyl. Suitable for beginners to intermediate. All materials provided.

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## Getting a break from caring

Thu 20 Jul | 1pm - 2.30pm | [On Zoom](#)

A workshop on planning a break from caring. Learn about the support and funding available to you as a carer and how VOCAL can help you find your ideal break from caring.

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## Managing stress

Fri 21 Jul | 11am - 1pm | [Edinburgh Carers' Hub](#)

Learn more about stress and its impact, and develop techniques to plan for and manage symptoms.

## Thinking about long-term care

**Mon 24 Jul and Mon 31 Jul | 2 sessions | 11am - 12pm | 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. The second session is attended by Stephen Whitby, a financial advisor with expertise in long-term care.

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## An introduction to writing your will

**Mon 24 Jul | 1pm - 2pm | On Zoom**

This session will talk you through the importance of making a will and support you to create a free will using the Bequeathed Will For Good service.

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## Pilates

**Mon 24 Jul - Mon 14 Aug | 4 sessions | 5pm - 5.45pm | On Zoom**

Join Janine, our Pilates instructor, who uses the original principles of pilates. You will have the opportunity to lengthen and strengthen your body using this gentle, mat-based exercise. The course is suitable for all levels and modifications for exercises will be given.

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## Stress and distress in dementia

**Tue 25 Jul | 10am - 12pm | Pilton Community Health Project, EH5 2PW**

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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## Walk and talk

**Tue 25 Jul | 1.15pm - 2.45pm | Cramond, Edinburgh**

Enjoy the benefits of walking and meet other carers while exploring the Cramond coastline.

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## Carers' summer picnic

**Wed 26 Jul | 11am - 2pm | Granton Community Gardens, EH5 1LY**

Enjoy the summer surrounded by flowers and homegrown produce at Granton Community Garden. Meet other carers, have lunch and find out more about this fantastic community resource in the city.

## Benefits beyond working age

Thu 27 Jul | 11am - 12pm | [On Zoom](#)

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

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## Book club

Thu 27 Jul | 1pm - 2pm | [On Zoom](#)

Join us for a lunchtime chat about all things books! We will be discussing *The Strings of Murder* by Oscar de Muriel.

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## Refocusing the lens on neurodiversity

Thu 27 Jul | 6pm - 7.30pm | [On Zoom](#)

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

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## Carers' workshop (Saturday)

Sat 29 Jul | 11am - 1pm | [On Zoom](#)

Join us for a Saturday session covering emergency planning and wellbeing.

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## Lunchtime wellbeing check-in

Mon 31 Jul | 1pm - 2pm | [Zoom](#)

Take time out to rest, relax and practice mindfulness techniques.

# August

## Gardening at Hopetoun House

**Tue 1 Aug | 10.30am - 12.30pm | Hopetoun House, EH30 9RW**

Spend a morning with Emma the Ranger at Hopetoun House. Connect with nature and learn about the history of the estate. In this session, you will head out into the grounds to free up a patch of daffodils from brambles and finish up with an outdoor warm drink.

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## Accessing digital health workshop

**Wed 2 Aug | 12pm - 2pm | Edinburgh Carers' Hub**

Join us for an informal session on digital health tools and resources that can support you and the person you care for's health and wellbeing. We will introduce you to free digital health and social care support, and you'll get a chance to try out some tools and resources.

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## Carers' rights, Power of Attorney and Guardianship

**Thu 3 Aug | 10.30am - 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.

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## Arty and crafty carers

**Mon 7 - Mon 28 Aug | 4 sessions | 10.30am - 11.30am | On Zoom**

Calling all arty and crafty carers! A craft/art project will be sent to you for the first week then you can complete any arts and crafts you wish from the comfort of your own home for the remaining weeks.

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## Lunchtime wellbeing check-in

**Mon 7 Aug | 1pm - 2pm | On Zoom**

Take time out to rest, relax and practice mindfulness techniques.

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## Finding balance

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

Learn how to find balance within your thoughts and feelings, and set up healthy routines to support your wellbeing.



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

**Tue 8 Aug | 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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## **Carers' wellbeing session (evening)**

**Tue 8 Aug | 6pm - 8pm | The Haven, EH30 9JA**

Join us for an informal wellbeing session and connect with other carers.

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## **Keeping safe online**

**Wed 9 Aug | 1pm - 2.30pm | Edinburgh Carers' Hub**

This session will cover a variety of topics on keeping safe and secure online – from antivirus and password managers, to safely using public WiFi.

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## **Understanding dementia (evening)**

**Wed 9 Aug | 5.30pm - 7pm | 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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## **Moving and handling**

**Thu 10 Aug | 9.30am - 4.30pm | McSense Communication, Dalkeith, EH22 5TA**

Learn about moving and handling in this full-day workshop, which will help you safely support others with their mobility. You will learn the theory and have the opportunity to practice too.

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## **A neurodiverse affirming approach**

**Thu 10 Aug | 6pm - 7.30pm | On Zoom**

Join Rhona McAlpine, Occupational Therapist, 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. Rhona will also cover how to support day-to-day function and promote positive mental health and wellbeing.

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## **An introduction to the Carers Act and carers' rights (dementia specific)**

**Tue 15 Aug | 10am - 11.30am | On Zoom**

In this workshop, we will look at carers' rights under the Carers (Scotland) Act 2016 including: Adult Carer Support Plans, carers' rights in relation to hospital discharge, and the responsibilities of local authorities.



## Managing behaviour that is challenging (adults)

Tue 15 Aug | 1pm - 2.30pm | Edinburgh Carers' Hub

This session will provide you with the opportunity to talk about and learn how to respond to behaviour that is challenging in adults.

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## Everyday technology for dementia care

Wed 16 Aug | 12pm - 1.30pm | Edinburgh Carers' Hub

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

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## Room for art

Thu 17 Aug - Thu 28 Sep | 7 sessions | 10am - 11.30am | Blended - Edinburgh Carers' Hub/Zoom

Heather (from Art in Healthcare) will guide the group through a seven-week block of art projects. No previous experience is needed, and all materials are provided. Our first and final sessions will be in person. All other sessions will be online.

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## Benefits for school age children

Mon 21 Aug | 10am - 11am | On Zoom

Information about welfare benefits available to carers and those they care for who are of school age.

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## Turning your hobby into a business

Mon 21 Aug | 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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## Guided looking: George IV at the Palace of Holyroodhouse

Tue 22 Aug | 11am - 12pm | On Zoom

Join Fiona Johnston, as she describes a famous portrait of King George IV from the Royal Collection at the Palace of Holyroodhouse. This session offers the chance to explore the painting in a calm environment and discover the fascinating stories behind this spectacular event in history.

## **Stress and distress in dementia (evening)**

**Tue 22 Aug | 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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## **SMART Home visit**

**Wed 23 Aug | 10.30 - 12pm | ECRSS, 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.

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## **After caring**

**Fri 25 Aug - Fri 1 Sept | 2 sessions | 1.30pm - 3.30pm | Edinburgh Carers' Hub**

It can be a difficult time when your caring role comes to an end. Take time during this course to share thoughts and feelings with others in a similar situation.

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## **How VOCAL can support with money and benefits**

**Mon 28 Aug | 12pm - 1pm | On Zoom**

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

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## **Working carers workshop (evening)**

**Mon 28 Aug | 7pm - 8pm | On Zoom**

Juggling work and care can be challenging. Working carers are invited to join a short workshop to discuss issues that matter most to you and to meet other carers.

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## **An introduction to supporting young people with Additional Support Needs (ASN) through puberty and growing up**

**Tue 29 Aug | 10am - 12pm | On Zoom**

This relaxed, informal session, led by Corrie, focuses on the importance of supporting your child's experience of puberty, as well as helping to protect them against vulnerabilities. Topics include human rights and vulnerabilities and the natural progression of sexuality.

## Getting transitions from child to adult services right

Wed 30 Aug | 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. It's especially useful if your young person is aged 14-18.

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## Book club

Wed 30 Aug | 11am - 12pm | Portobello Library, EH15 1AU

Join us for a chat about all things books! Information on the book we will be discussing will be on our Carers Training website.

# September

## Obsessive Compulsive Disorder (OCD) in children and young people

Fri 1 Sep | 9.30am - 11.30am | Goodtrees Neighbourhood Centre, EH17 7LB

The session will focus on the affect of OCD on children and young people, and consider how parent carers and other family members can support young people experiencing these difficulties.

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## Monday morning mindfulness

Mon 4 Sep | 10am - 11.30am | On Zoom

Monday mornings can be tough! Take time out to rest, relax and practice mindfulness techniques.

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## Everyday technology for dementia care

Mon 4 Sep | 12pm - 1.30pm | On Zoom

This session will demonstrate some of the digital devices that people living with dementia and their carers find useful.

## Supporting children through puberty and beyond

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

Corrie is back to talk about a theme that will be decided by you as a follow up to the initial 'Introduction to supporting young people with ASN through puberty and growing up'. You don't need to attend the first session to attend this follow up. Topics may include consent, navigating internet safety, body image, mental health and many more.

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## Talking about loss

**Tue 5 Sep | 12.30pm - 2.30pm | Edinburgh Carers' Hub**

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

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## Communication with children with Additional Support Needs (ASN)

**Wed 6 Sep | 10am - 11.30am | On Zoom**

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

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## Poetry for carers

**Wed 6 Sep – Wed 24 Sep | 4 sessions | 10.30am - 11.45am | On Zoom**

Explore poetry collections with other carers. No previous experience is required, just an interest in poetry.

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## Upcycling and revamping clothes workshop

**Wed 6 Sep and Wed 13 Sept | 2 sessions | 10.30am - 12.30pm | Edinburgh Carers' Hub**

An introduction to ideas and techniques on how to make your wardrobe more sustainable. Re-work old clothing or repair old favourites in a decorative way to give your clothes a new lease of life. Bring along your clothes for upcycling and all other materials will be provided.

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## Remembering me

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

Often caring can lead to a loss of sense of self. This workshop helps us reflect on, and remember, who we were before caring, and consider how to move forward.

## Walk and talk

**Thu 7 Sep | 10am - 11.30am | Dundas Castle Estate, EH30 9SP**

Enjoy the benefits of walking and meet other carers while exploring Dundas Castle Estate in South Queensferry.

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## Adapt and recover

**Thu 7 Sep | 1.30pm - 3pm | On Zoom**

This workshop will explore tools and strategies to build resilience. You will learn to help yourself and others adapt and recover from challenges by identifying practical and emotional skills that help when faced with a crisis.

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## Understanding dementia

**Fri 8 Sep | 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.

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## An introduction to writing your will

**Mon 11 Sep | 10am - 11am | On Zoom**

This session will talk you through the importance of making a will, and support you to create a free will using the Bequeathed Will For Good service.

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## Benefits for working age

**Mon 11 Sep | 1pm - 2pm | On Zoom**

Find out what benefits are available for those who are of working age.

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## Carers' rights, power of attorney and guardianship

**Tue 12 Sep | 10.30am - 12pm | On Zoom**

Join us for this talk on the Commission, mental health laws and your rights as a carer including Power of Attorney and Guardianship.

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## Making an emergency plan

**Tue 12 Sep | 1pm - 2.15pm | 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 plan.

## **Mental health first aid (evening)**

**Tue 12 Sep | 6pm - 7.30pm | 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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## **Basic first aid**

**Wed 13 Sep | 1.15pm - 2.45pm | Edinburgh Carers' Hub**

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

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## **Digital drop-in-support with your iPad/tablet, mobile phone and laptop**

**Thu 14 Sep | 12pm - 1.30pm | Edinburgh Carers' Hub**

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

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## **Coaching conversations for carers**

**Wed 20 and Wed 27 Sep | 2 sessions | 11am - 12.30pm | Edinburgh Carers' Hub**

Learn a coaching technique that will help improve your communication with the person you care for and others in your life.

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## **Coping with change**

**Thu 21 Sep | 1pm - 2.30pm | On Zoom**

This session explores what has changed in your life since caring, the process we go through when things change, and how to cope in this challenging time.

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## **Stress and distress in dementia**

**Fri 22 Sep | 1pm - 3pm | 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.

## Getting a break from caring

**Mon 25 Sep | 11.30am - 1pm | On Zoom**

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

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## Walk and talk

**Tue 26 Sep | 12.30pm - 2pm | St Margaret's Loch, Holyrood Park**

Enjoy the benefits of walking and meet other carers while exploring St Margaret's Loch and Holyrood Park.

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## Low mood and depression in teenagers

**Thu 28 Sep | 6.30pm - 8.30pm | Southside Community Centre, EH8 9ER**

This session will focus on how low mood and depression can affect children and young people and consider how parents and other family members can support young people experiencing these difficulties.

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## Adult Carer Support Plans

**Fri 29 Sep | 11am - 1pm | Edinburgh Carers' Hub**

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





# carerstraining.co.uk

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