

# Edinburgh Winter 2022/2023 Activity and Support Programme

The Festive season can be a fun time but it can also be challenging for many people. There are often a lot of commitments, expenses and social gatherings. VOCAL is offering a range of free activities and events to help carers over the Festive period and into the New Year.



# Activities and Events

## **\*Snow White and the Seven Dwarfs Pantomime | Thu 29 Dec | 2pm | Festival Theatre**

We're giving carers two tickets to see Snow White and the Seven Dwarfs Pantomime – (Oh yes we are!)

## **\*An Edinburgh Christmas Carol | 30 Dec | 2pm | Lyceum Theatre**

We're offering carers two tickets to see An Edinburgh Christmas Carol.

## **\*Mimi's Bakehouse voucher**

Enjoy a £15 voucher for use at one of their cafes. Why not take a friend for some coffee and cake?

## **\*£20 Vue cinema voucher**

Why not make someone's day by taking them to the cinema with you to enjoy the latest blockbuster!



**You can also apply for funding to help improve your wellbeing and take a short break. Find out more: [weebreaks.com](http://weebreaks.com)**

*\*To note your interest in any of the above events please call VOCAL on 0808 196 6666 or note your interest directly at: [www.weebreaks.com](http://www.weebreaks.com). Our winter programme includes free events, activities and vouchers for carers. To ensure as many carers as possible are able to benefit, we are asking carers to only apply for tickets for one event.*

## **December training and activities**

### **Festive community meal | Wed 14 Dec | 11am - 1pm**

VOCAL and Edinburgh Community Food invite you to come along to our free festive community meal. Enjoy a nutritious and delicious meal with good company, entertainment, and a seasonal take home gift.

### **Christmas craft session | Thu 15 Dec | 10am - 12pm**

Join us for some festive crafting. No previous experience is needed and all materials will be provided.

### **Stress management and surviving the festive period Fri 16 Dec | 10.30am - 1pm and Tue 20 Dec | 10.30am - 12pm**

Learn more about stress and its impact, and develop techniques to plan for, and manage symptoms to get through the festive period.



### **Winter wellbeing walk | Tue 20 Dec | 2pm - 3pm**

Get out of the house and join us for an invigorating winter walk with a hot drink and mince pie

### **Mindful colouring | Wed 21 Dec | 2pm - 3.30pm**

Join us for a mindful colouring session, come away with a colouring book and pencils.

## **January training and activities**

### **Winter wellbeing walk | Wed 11 Jan | 11am - 12pm**

Get out of the house and join us for an invigorating winter walk with a hot drink and mince pie.

### **Introduction to papercutting | Thu 19 Jan | 10am - 1pm**

Learn how to make beautiful pieces of art using the papercut technique.

### **Plan for the year ahead by learning EFT | Fri 20 Jan - Fri 10 Feb | 10.30am - 12.30pm**

Introducing carers to the theory and practice of Emotional Freedom Technique (EFT), which can help you cope with difficult emotions.

### **Learn to knit | Wed 11 Jan - Wed 15 Feb | 2pm - 3.30pm**

Knitting is a great way to relax and save money. Come along to this 6-week workshop to learn how to knit. This course is designed for absolute beginners.

Our training and events can be booked on our Carers Training website. [carerstraining.co.uk](http://carerstraining.co.uk)



# Activities and groups online

Our Edinburgh Carers' Hub is open between Christmas and New Year for telephone support and online activities and events.

## Wednesday 28th December

10am-4pm

### Telephone/Webchat support

Call us for info or support.



10am-12.30pm

### Festive coffee morning

Join us online or at our Edinburgh Carers' Hub for a coffee and chat.



11am-1pm

### Festive craft session

Join our drop in session to make some fun festive crafts. (In person).



2pm-4pm

### SMART Family and Friends Meeting

Support for family of someone with a drug or alcohol dependency. (In person).

## Thursday 29th December

10am-4pm

### Telephone/Webchat support

Call us for info or support.



10am-12.30pm

### Festive coffee morning

Join us online or at our Edinburgh Carers' Hub for a coffee and chat.



11am-12pm

### Quiz

Test your knowledge in the Christmas Quiz. (In person or by Zoom).



2pm-4pm

### Festive craft session

Join our drop in session to make some fun festive crafts. (In person).





3pm-4pm

**Guided meditation**

Relax and unwind with a guided meditation.  
(In person or online).

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(In person or online).

## Winter opening hours

Please see below for details of our Edinburgh Carers' Hub opening times between Christmas and New Year:

- 24 - 27 December: CLOSED
- 28 December: Open 10am - 4pm
- 29 December: Open 10am - 4pm
- 30 December - 3 January: CLOSED
- 4 January: Normal opening times resume

If you would like to join any of our online activities and events, but do not feel confident in doing so, please get in touch and we can arrange to support you with this. Our sessions will be held via Zoom but support can be offered prior to sessions to ensure you can access.





# Useful contacts

- Edinburgh Social Work: 0131 200 2324 / 0800 731 6969 (out of hours emergency)
- NHS 24: Non emergencies dial 111 (or contact GP)
- Police Scotland: Non-emergencies dial 101
- For emergencies (ambulance, fire and police): dial 999
- Accident & Emergency Departments (A&E):  
Edinburgh Royal Infirmary: 0131 536 1000  
St. Johns Hospital, Livingston: 01506 523000
- Samaritans: 116 123 (free from mobile & landline)
- Breathing Space: 0800 83 85 87
- 24h Domestic Abuse Helpline: 0800 027 1234
- Edinburgh Emergency Crisis Centre for Mental Health: 0808 801 0414
- Anti-social behaviour: call 101 or report to your local council office:  
SW: 0131 469 5150  
SE: 0131 529 5123  
NW: 0131 529 5014  
NE: 0131 529 7168
- If you smell gas: 0800 111 999
- Water supply emergencies: 0800 0778 778
- Electricity power cuts:  
Scottish Hydro: 0845 026 0655  
Energy Networks: call 105 to report power faults

# Useful websites

- NHS Inform Self-help Guides: [www.nhsinform.scot/self-help-guides](http://www.nhsinform.scot/self-help-guides)
- Midspace: [www.midspace.co.uk](http://www.midspace.co.uk)
- National Wellbeing Hub: [www.wellbeinghub.scot/our-events/](http://www.wellbeinghub.scot/our-events/)
- Clear Your Head: [www.clearyourhead.scot](http://www.clearyourhead.scot)





**Information on all of our events and activities can be found at:**

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

**and**

[www.weebreaks.com](http://www.weebreaks.com)

**You can also call us on 0808 196 6666 for information and to book.**



### **VOCAL Edinburgh**

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### **VOCAL Midlothian**

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