




# Events and activities for unpaid carers in Edinburgh

| April - June 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

# April

## Mindful Monday

Mon 3 Apr | 2pm - 3.30pm | On Zoom

Mondays can be tough. Take this time out to rest, relax and learn how to practice some mindfulness techniques.

---

## Breathing techniques and grounding

Wed 5 Apr | 1pm - 3pm | Edinburgh Carers' Hub

Introduction to breathing and grounding techniques. This session is suitable for carers who are affected by mild to moderate anxiety and want to find out more about how they can cope.

---

## Tai Chi for dementia carers

Thu 6 Apr and Thu 20 Apr | 2 sessions | 11am - 12pm  
Craiglockhart Leisure Centre, EH14 1BZ

Do you care for someone with dementia? Join our face to face course delivered by an Edinburgh Leisure instructor at Craiglockhart Leisure Centre.

---

## Foraging walk

Tue 11 Apr | 1pm - 3pm | St Margaret's Loch, Holyrood Park

Join us for a guided foraging walk to discover what's growing at this time of year. We'll help you identify what you find and learn what can be safely used or eaten.

---

## Working carers workshop (evening)

Tue 11 Apr | 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.

---

## Stress management

Wed 12 Apr | 10.30am - 12.30pm | On Zoom

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

## Getting a break from caring

**Thu 13 Apr | 1pm - 2pm | On Zoom**

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

---

## Resilience & wellbeing

**Thu 13 Apr | 1pm - 3pm | Rannoch Community Education Centre, EH4 7ES**

A workshop focusing on resilience. We'll support you to spot when your resilience is compromised, share evidence-based practices to enhance our resilience to stress and increase our sense of wellbeing.

---

## Crafty carers

**Mon 17 Apr - Mon 26 Jun | 8 sessions | 10.30am - 11.30am | On Zoom**

Join our self-run craft group that meets every Monday morning. Connect with other carers and start your week with a chat and some laughs.

---

## Fuel discounts and cutting costs in the home

**Mon 17 Apr | 11.45am - 1.15pm | On Zoom**

Information about fuel discounts and strategies to make your money go further.

---

## Making an Emergency Plan

**Mon 17 Apr | 2.30pm - 3.45pm | On Zoom**

At this workshop, we'll cover 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.

---

## A lived experience workshop for carers of children and young people with eating disorders (evening)

**Mon 17 Apr | 6pm - 7pm | On Zoom**

This workshop offers parents and carers the opportunity to hear from people who have gone through eating disorder recovery.

---

## Walking and brambling

**Tue 18 Apr | 10.30am - 12.30pm | Hopetoun House, EH30 9RW**

Spend a morning with Emma the Ranger at Hopetoun House. Walk around the estate, learn about the history and have a chance to connect with nature. De-stress by helping to cut back brambles on the estate.

## Book club

**Tue 18 Apr | 1pm - 2.30pm | Edinburgh Central Library, EH1 1EG**

Join us for a chat at Edinburgh Central Library about all things books! We will be discussing *The Fair Botanists* by Sara Sheridan.

---

## Book club

**Wed 19 Apr | 11am - 12pm | Portobello Library, EH15 1AU**

Join us for a chat at Portobello Library about all things books! We will be discussing *The Fair Botanists* by Sara Sheridan.

---

## Understanding dementia

**Wed 19 Apr | 1pm - 3pm | On Zoom**

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

---

## Addiction and the brain

**Wed 19 Apr | 6pm - 8pm | Edinburgh Carers' Hub**

Dr McCartney from Lothian and Edinburgh Abstinence Programme (LEAP) will explain how addiction affects the brain and the potential implications this has for treatment and recovery for those with an addiction.

---

## Room for art

**Thu 20 Apr - Thu 8 Jun | 8 sessions | 10am - 11.30am | On Zoom**

Heather (Art in Healthcare) will guide you through an 8 week block of art projects. No previous experience is needed, and all materials are provided.

---

## Basic benefits

**Thu 20 Apr | 1.30pm - 2.30pm | On Zoom**

Information about welfare benefits available to carers and the people they care for.

---

## Basic first aid

**Fri 21 Apr | 11am - 12.30pm | On Zoom**

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

---

## Continence care

Mon 24 Apr | 1pm - 2pm | [On Zoom](#)

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

---

## Mindful Monday (evening)

Mon 24 Apr | 6pm - 7.30pm | [On Zoom](#)

Mondays can be tough. Take this time out to rest, relax and learn how to practice some mindfulness techniques.

---

## Carers rights, Power of Attorney and Guardianship

Tue 25 Apr | 10.30am - 11.30am | [On Zoom](#)

Kathleen Taylor (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.

---

## Walk and talk

Tue 25 Apr | 1.30pm - 3pm | [Dr Neil's Garden, EH15 3PX](#)

Enjoy the benefits of walking and meet other carers while exploring Dr Neil's Garden.

---

## Digital buddies - using Zoom, Teams and online classrooms

Wed 26 Apr | 11am - 1pm | [Edinburgh Carers' Hub](#)

Technology is advancing all the time and many of us can feel left behind. Bring your own devices for advice and help with accessing online classrooms so you can enjoy learning from your own home.

---

## Book club

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

Join us online for a chat about all things books! We will be discussing Rizzio by Denise Mina.

---

## Strategies for beating the cost of living crisis

Thu 27 Apr | 3pm - 4.30pm | [On Zoom](#)

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

---

## Getting a break from caring

Fri 28 Apr | 10.30am - 12.30pm | [Edinburgh Carers' Hub](#)

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

# May

## Parent carers: communication with children with Additional Support Needs

**Tue 2 May | 10am - 11.30am | On Zoom**

We will be joined by a specialist speech and language therapist who will share tips and advice to help you support your child with their communication.

---

## Anger management

**Wed 3 May | 1pm - 3pm | Health in Mind, EH2 4RT**

This workshop will help you reflect on process and develop coping strategies for feelings of anger.

---

## Knitting for spring decoration (intermediate ability)

**Wed 3 May - Wed 31 May | 5 sessions | 2pm - 3.30pm | Edinburgh Carers' Hub**

Come along to knit a selection of beautiful spring flowers and wee garden beasts. Participants will need to know how to cast on, knit stitch, purl stitch and cast off. Materials will be provided.

---

## Managing challenging behaviour in adults

**Thu 4 May | 1pm - 2.30pm | On Zoom**

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

---

## Stress and distress in dementia

**Tue 9 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.

## Eating well for older people

**Tue 9 May | 2pm - 3pm | Edinburgh Carers' Hub**

Run by Edinburgh Community Food, this is a certified course covering good nutrition and how to support the person you care for to eat well.

---

## Back to basics - rediscover healthy living (evening)

**Tue 9 May | 7pm - 9pm | On Zoom**

Getting back to basics gives you a grounding to re-discover healthy living. Understand how disease forms in the body and how diet and lifestyle changes can impact symptoms.

---

## Talking about loss

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

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

---

## Emotional regulation

**Wed 10 May | 1pm - 3pm | West Pilton Neighbourhood Centre, EH4 4BY**

Explore the ways we can regulate our emotions. For anyone who wants to learn more about triggers and ways of coping with feelings.

---

## Getting a break from caring

**Thu 11 May | 12pm - 1.30pm | On Zoom**

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

---

## Understanding dementia

**Fri 12 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.

---

## Stress and the teenage brain

**Mon 15 May | 12pm - 2pm | Valley Park Community Centre, EH17 8EU**

This session will allow parents and carers to explore the impact of teenage brain development, and stress on young people's emotional wellbeing. We will also consider managing stress more effectively.



## **Adult disability benefits**

**Mon 15 May | 1pm - 2pm | On Zoom**

Learn more about what benefits are applicable to adults with, or caring for someone with disabilities.

---

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

**Mon 15 May | 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.

---

## **An introduction to sign along for parent carers of children with Additional Support Needs**

**Tue 16 May | 10am - 11.30am | On Zoom**

Do you have a child who is non-verbal, uses a few words or has difficulties with speech? Learn how to improve communication with your child using sign language.

---

## **Turning your hobby into a business**

**Wed 17 May | 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 business advisor.

---

## **Coping with pain (evening)**

**Wed 17 May | 7pm - 8.30pm | On Zoom**

Join this workshop for a discussion about the impact of pain, and explore strategies to cope. Learn what services and support are available.

---

## **Fuel discounts and cutting costs in the home**

**Thu 18 May | 12.30pm - 2pm | On Zoom**

Information about fuel discounts and strategies to make your money go further.

---

## **Introduction to Guardianship for parent carers**

**Tue 23 May | 1pm - 2.30pm | On Zoom**

In Scotland you can't make decisions on behalf of a young person aged 16 and over, unless you've been given specific powers in law - even if you are their parent. This workshop looks at ways to ensure you can still support your young person when they need it.

## Digital Buddies - all about email

Wed 24 May | 11am - 1pm | [Edinburgh Carers' Hub](#)

Technology is advancing all the time and many of us can feel left behind. Bring your own devices for advice and help with setting up and using email.

---

## Origami workshop

Thu 25 May | 1.30pm - 3.30pm | [Edinburgh Carers' Hub](#)

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

---

## Stress management

Fri 26 May | 10.30am - 1pm | [Edinburgh Carers' Hub](#)

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

---

## Working carers workshop (Saturday)

Sat 27 May | 11am - 1.30pm | [Edinburgh Carers' Hub](#)

Join us for a session on learning and mindfulness. We'll cover working carers' rights, emergency planning and wellbeing for those juggling work and care.

---

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

Tue 30 May | 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.

---

## Adapt and recover

Tue 30 May | 1.30pm - 3pm | [Edinburgh Carers' Hub](#)

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

# June

## Basic First Aid

**Mon 5 Jun | 11.45am - 1.15pm | Edinburgh Carers' Hub**

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

---

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

**Tue 6 Jun | 11am - 12.30pm | On Zoom**

SDS is an individual's legal right to shape and manage their own package of care. This session explains how it works in more detail.

---

## Stress and distress in dementia

**Tue 6 Jun | 2pm - 4pm | 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.

---

## Strategies for beating the cost of living crisis

**Wed 7 Jun | 2pm - 3.30pm | Edinburgh Carers' Hub**

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

---

## Supporting someone to live well with dementia (evening)

**Wed 7 Jun | 7pm - 9pm | On Zoom**

This course focuses on creating opportunities for a better quality of life, by looking at simple steps to keep the person you care for living well.

---

## Good foot care

**Thu 8 Jun | 10am - 12pm | Edinburgh Carers' Hub**

This session provides information for carers who are supporting good foot care. Includes practical demonstrations of cutting and filing nails, and other foot care techniques.

## Mindful Monday

**Mon 12 Jun | 2pm - 3.30pm | On Zoom**

Mondays can be tough. Take this time out to rest, relax and learn some mindfulness techniques.

---

## An introduction to Self-Directed Support (SDS) - dementia specific

**Tue 13 Jun | 10am - 11.30am | On Zoom**

Explore SDS including what it is, who it's for and how you can access it. We will also discuss where you can get further help, updates and new developments in relation to SDS.

---

## Walk and talk

**Tue 13 Jun | 2pm - 3.30pm | Colinton and Craiglockhart Dells, Slateford**

Enjoy the benefits of walking and meet other carers while exploring Colinton and Craiglockhart Dells.

---

## Retirement benefits

**Wed 14 Jun | 1pm - 2.30pm | Edinburgh Carers' Hub**

Information about welfare benefits for carers, and the people of retirement age they care for.

---

## Carers rights, power of attorney and Guardianship

**Thu 15 Jun | 10.30am - 11.30am | On Zoom**

Kathleen Taylor (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.

---

## Mental health first aid

**Thu 15 Jun | 1pm - 2.30pm | On Zoom**

Explore techniques that can give initial support and comfort to someone experiencing a mental health problem, to try and prevent this becoming more serious.

## Boundaries

**Fri 16 Jun - Fri 7 Jul | 4 sessions | 2pm - 4pm**  
**Leith Community Centre, EH6 6AD**

Join us to find out more about setting healthy boundaries in your life and in your caring role.

---

## Finding balance

**Mon 19 Jun | 12.30pm - 2pm | On Zoom**

Learn about finding balance within your thoughts and feelings and setting up healthy routines to support your wellbeing.

---

## Communication with teenagers (evening)

**Mon 19 Jun | 6.30pm - 8.30pm | Gate 55, EH11 5PB**

This session aims to help parents and carers explore the challenges of keeping the lines of communication open with teenagers who have emotional wellbeing difficulties and mental health conditions. We'll help you consider listening strategies to encourage teenagers to talk and listen.

---

## Managing loneliness

**Tue 20 Jun | 1pm - 2.30pm | Edinburgh Carers' Hub**

This is an opportunity for you to connect with others and speak openly about feelings of loneliness or isolation. You will also learn skills to support yourself through loneliness.

---

## Stress management

**Wed 21 Jun | 10am - 12.30pm | Pilton Community Health Project, EH5 2PW**

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

---

## Thinking about long-term care

**Thu 22 Jun and Thu 29 Jun | 2 sessions | 10.30am - 11.30am | 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.

## **The impact of caring for an adult with disabilities and Additional Support Needs**

**Thu 22 Jun | 1pm - 3pm | [On Zoom](#)**

Meet other carers with similar experiences and hear from experts on how to support yourself and the person you care for.

---

## **A mindful home**

**Fri 23 Jun | 10.30am - 12.30pm | [Edinburgh Carers' Hub](#)**

Based on Mari Kondo's book, learn how to declutter and organise your home.

---

## **Talking about loss**

**Mon 26 Jun | 1pm - 3pm | [On Zoom](#)**

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

---

## **The impact of caring for someone who is elderly**

**Tue 27 Jun | 1pm - 3pm | [On Zoom](#)**

Meet other carers with similar experiences and hear from experts on how to support yourself and the person you care for.

---

## **The impact of caring for someone with Multiple Sclerosis**

**Wed 28 Jun | 2pm - 4pm | [On Zoom](#)**

Meet other carers with similar experiences and hear from experts on how to support yourself and the person you care for.

---

## **The impact of caring for someone with Parkinson's Disease**

**Thu 29 Jun | 1pm - 3pm | [On Zoom](#)**

Meet other carers with similar experiences and hear from experts on how to support yourself and the person you care for.



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



# carerstraining.co.uk

Carers Training is brought to you by VOCAL.  
Scottish Charity: SC020755 | Company Registration: SC183050

0808 196 6666 | [carertraining@vocal.org.uk](mailto:carertraining@vocal.org.uk) | [vocal.org.uk](http://vocal.org.uk)   