

## Carers Week – Events & Activity Programme

From 7 – 13 June, we will be celebrating Carers Week! This is a unique and collective opportunity to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

This year's theme is 'Make Caring Visible and Valued'. In support of this, VOCAL has a whole host of activities planned. From afternoon tea and online meet-ups, to learning opportunities and free Wee Breaks, there's something for everyone!

All details are included here – we hope you can join us!

### Tue 8 June Coffee morning with afternoon tea

10.30–11.30am  
Midlothian



Join us (via Zoom) for our Carers Week coffee morning where we will deliver an Afternoon Tea directly to your door on the morning of the event! Connect with others carers and VOCAL staff whilst having some time for you!

Book now: [www.carerstraining.co.uk/event/virtual-coffee-morning-junemidlothian](http://www.carerstraining.co.uk/event/virtual-coffee-morning-junemidlothian)

### Tue 8 June Benefits for school age children

10.00–11.30am  
Edinburgh



An outline of the benefits available to you and the child you care for including carers allowance and DLA.

Book now: [www.carerstraining.co.uk/event/benefits-for-school-age-children](http://www.carerstraining.co.uk/event/benefits-for-school-age-children)

### Wed 9 June Caring for a child with learning difficulties (4-week course)

10:30–11.30am  
Edinburgh



Mindroom and VOCAL present this course for parent carers, to learn about the conditions and meet other carers. This is a 4-week course on 9, 16, 23 and 30 June.

Book now: [www.carerstraining.co.uk/event/caring-for-a-child-with-learning-difficulties](http://www.carerstraining.co.uk/event/caring-for-a-child-with-learning-difficulties)

### Wed 9 June Introduction to caring in Edinburgh (3-week course)

2.00–3.00pm  
Edinburgh



A 3-week course aimed at people new to caring, or carers new to Edinburgh, offering information on accessing support, money and welfare rights and VOCAL services. The course will take place on 9, 16, 23 June.

Book now: [www.carerstraining.co.uk/event/introduction-to-caring-in-edinburgh](http://www.carerstraining.co.uk/event/introduction-to-caring-in-edinburgh)

### Wed 9 June Virtual afternoon tea

2:00–3:00pm  
Edinburgh



Join carers from across Edinburgh and our Carer Support Worker Claudine for a wonderful virtual chat and afternoon tea.

You provide the conversation and we will organise a lovely Afternoon Tea delivered right to your door.

Book now: [www.weebreaks.com/breaks/afternoon-tea-edinburgh-2021](http://www.weebreaks.com/breaks/afternoon-tea-edinburgh-2021)

### Thu 10 June Carer relaxation session

1.00–2.30pm  
Midlothian



Enjoy a virtual relaxation session – de-stress, switch-off, rejuvenate and relax with Alison (Yoga instructor/complimentary therapist).

Book now: [www.carerstraining.co.uk/event/carers-relaxation-session-via-zoommidlothian](http://www.carerstraining.co.uk/event/carers-relaxation-session-via-zoommidlothian)

### Thu 10 June Participation and self-advocacy for unpaid carers

1.30–3.00pm  
Edinburgh & Midlothian



This session is for carers in Edinburgh and Midlothian, who are looking to understand how to speak up for themselves and their rights. We will cover what self-advocacy and participation is and why it is important. We will also look at carers' rights, developing the skills of successful self-advocacy, and powerful participation and practice how to do it!

Book now: [www.carerstraining.co.uk/event/participation-and-self-advocacy-for-unpaid-carers](http://www.carerstraining.co.uk/event/participation-and-self-advocacy-for-unpaid-carers)

# Wee Breaks

## Night Fever: Designing Club Culture



Edinburgh

Explore how early nightclubs arose in Italy and New York, relive the fashions made popular on the dancefloor and explore how club culture is evolving and new forms of nightclubs are emerging all around the world!

To request this break, visit: [www.wee-breaks.com/breaks/night-fever-designing-club-culture](http://www.wee-breaks.com/breaks/night-fever-designing-club-culture)

## Family Tickets for Conifox Adventure Park



Midlothian

The Adventure Park has lots of outdoor fun for adults and children of all ages. All equipment, apart from the children's pedal tractor farm area, can be used by parents and children playing side by side.

To request break; visit [www.wee-breaks.com/breaks/conifox-adventure-park](http://www.wee-breaks.com/breaks/conifox-adventure-park)

## Complimentary coffee/tea & cake for two!



Midlothian

The past few months have been very difficult for everyone but particularly challenging for those with caring responsibilities. VOCAL Midlothian are offering carers an opportunity to take some *time off from caring* and enjoy a complimentary coffee/tea & cake with a friend or companion at one of Midlothian's best restaurants.

To request break; visit [www.wee-breaks.com/breaks/coffee-cake-time-off-from-caring](http://www.wee-breaks.com/breaks/coffee-cake-time-off-from-caring)

## FREE Family Tickets for Fort Douglas Adventure Park



Midlothian

Knights, princesses, pirates, adventurers: your fort awaits. Explore the SKY MAZE, the most magical turreted treehouses, zip wires, suspension bridges, slides, climbing walls and secret tunnels of this brand new playground. Fort Douglas has two amazing play zones: one that's perfect for toddler play with our NEW MINI MAZE and another for ages five plus. What's more, adults can go on all the equipment so the whole family can play together, yippee! Let the adventures begin...

To request break; visit [www.wee-breaks.com/breaks/fort-douglas-adventure-park](http://www.wee-breaks.com/breaks/fort-douglas-adventure-park)



7 - 13 June 2021