




Events and activities for unpaid carers in Edinburgh

| January - March 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.

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

January

Crafty carers

Mon 9 Jan - Mon 27 Mar | 12 sessions | 10.30am - 11.30am | On Zoom

Join our self-run craft group that meets every Monday.

Winter wellbeing walk (city centre)

Wed 11 Jan | 11am - 12pm | City Centre

Enjoy the benefits of walking, while meeting other carers for a chat.

Strategies for coping with the cost of living crisis

Thu 12 Jan | 11am - 1pm | On Zoom

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

Tai Chi for dementia carers

Thu 12 Jan - Thu 23 Feb (every 2nd week) | 4 sessions | 11am - 12pm
On Zoom

Do you care for someone with dementia? Join our online Tai Chi course delivered by an Edinburgh Leisure instructor.

Beat the blues with Mindful Monday

Mon 16 Jan | 2pm - 3.30pm | On Zoom

Monday 16 January is known as Blue Monday. Take this time out to rest, relax and focus on you.

Working carers' workshop

Mon 16 Jan | 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.

Introduction to sign language

[Tue 17 Jan](#) | [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.

Winter information and advice drop-in

[Tue 17 Jan](#) | [1pm - 4pm](#) | [Edinburgh Carers' Hub](#)

January can be a difficult month, we welcome you to this open session to find out what support is available to you as a carer. You can also sign up for classes!

Book club (Portobello)

[Wed 18 Jan](#) | [11am - 12pm](#) | [Portobello Library](#)

Join us for a chat about all things books! We will choose a book together, and meet regularly to discuss what we have read.

Digital buddies drop-in

[Wed 18 Jan](#) | [10.30am - 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 emails, Zoom and Teams.

Introduction to papercutting

[Thu 19 Jan](#) | [10am - 12.30pm](#) | [Edinburgh Carers' Hub](#)

Get creative and learn the beautiful art of papercutting.

Emotional Freedom Technique (EFT)

[Fri 20 Jan - Fri 10 Feb](#) | [4 sessions](#) | [10.30am - 12.30pm](#)
[Edinburgh Carers' Hub](#)

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

Communication with teenagers

[Fri 20 Jan](#) | [9.30am - 11.30am](#) | [West Pilton Neighbourhood Centre](#)

This session aims to help parent carers explore how to keep the lines of communication open with teenagers.

Back to basics

Sat 21 Jan | 11am - 2pm | [Edinburgh Carers' Hub](#)

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.

Making your money go further

Mon 23 Jan | 2pm - 3pm | [On Zoom](#)

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

Understanding dementia

Tue 24 Jan | 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.

Foraging walk

Tue 24 Jan | 1pm - 3pm | [Holyrood Park](#)

Join us for a guided foraging walk to discover what's growing at this time of year. Identify what we see and learn what can be safely used or eaten.

Basic benefits

Tue 24 Jan | 1.30pm - 2.30pm | [Edinburgh Carers' Hub](#)

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

Getting a break from caring

Thu 26 Jan | 10am - 12pm | [On Zoom](#)

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

Living well with dementia

Thu 26 Jan | 3pm - 6pm | [Leith Walk](#)

This course focuses on giving you the opportunity for a better quality of life by looking at simple steps to keep you healthy.

Craft workshop

Fri 27 Jan | 1.30pm - 3.30pm | Edinburgh Carers' Hub

Join us for an afternoon of crafts. No experience is needed and materials will be provided.

Basic first aid

Mon 30 Jan | 2pm - 3.30pm | On Zoom

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

Introduction to Mental Welfare Commission

Tue 31 Jan | 10.30am - 11.30am | On Zoom

Come along to find out how the Mental Welfare Commission for Scotland supports the rights of people with mental illness, learning difficulties, and other conditions.

Dealing with loss

Tue 31 Jan | 2pm - 4pm | Edinburgh Carers' Hub

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

February

Making your money go further at home

Wed 1 Feb | 10am - 11.30am | Edinburgh Carers' Hub

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

Making money from your hobby

Wed 1 Feb | 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.

Communication with additional support needs (ASN) children

Thu 2 Feb | 10am - 11.30am | [On Zoom](#)

A specialist speech and language therapist will share tips and advice to help you support your child with their communication.

Dealing with guilt

Thu 2 Feb | 2pm - 4pm | [On Zoom](#)

We will help you explore the meaning and purpose of the feeling of guilt, and manage any guilt you experience.

Moving and handling

Fri 3 Feb or Fri 10 Feb (TBC) | 9.30am - 4.30pm | [McSence, EH22 5TA](#)

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

Making an emergency plan

Mon 6 Feb | 1pm - 2.15pm | [On Zoom](#)

A workshop on options for planning for an emergency. You will be supported to write a personalised Emergency Plan, which can be used by the person you care for to communicate their needs.

Supporting children and young people with bereavement

Mon 6 Feb | 6pm - 8pm | [Richmond's Hope, EH16 4PA](#)

This session, run by Richmond's Hope, is for carers of children and teenagers who have experienced bereavement in their lives.

Stress and distress in dementia

Tue 7 Feb | 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.

Getting transitions right

Wed 8 Feb | 10am - 11.30am | On Zoom

Transition means change, and for young people with additional support needs, growing up is one of the biggest changes they face. This workshop for parent carers is a chance to find out what to expect, along with information, tools and tips.

Valentine's crafts

Thu 9 Feb | 10am - 12pm | Rannoch Community Centre, EH4 7ES

Join this session to create something crafty for Valentine's Day. No previous experience is needed and all materials will be provided.

Taking care of your back

Thu 9 Feb | 7pm - 8pm | On Zoom

Many carers report back problems. Learn basic techniques to protect your back in everyday life and in your caring role.

Walk and talk

Tue 14 Feb | 11am - 12pm | Stockbridge

Enjoy the benefits of walking, while meeting other carers for a chat.

Book club (city centre)

Tue 14 Feb | 1pm - 2.30pm | Central Library

Join us for a chat about all things books! We will choose a book together, and meet regularly to discuss what we have read.

Tackling loneliness

Wed 15 Feb | 10am - 11.30am | Leith Walk

Run by British Red Cross, this is an opportunity for you to speak openly about how it might feel to be lonely or isolated, and learn skills to help those around you who may be suffering.

Thinking about long-term care

Thu 16 Feb - Thu 23 Feb | 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.

Managing challenging behaviour in adults

Thu 16 Feb | 1.30pm - 3.30pm | [On Zoom](#)

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

Beat the blues with Mindful Monday

Mon 20 Feb | 2pm - 3.30pm | [On Zoom](#)

Mondays can be tough. Take this time out to rest, relax and focus on you.

Working carers workshop

Mon 20 Feb | 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 meet other working carers.

Stress management

Tue 21 Feb | 10am - 12pm | [Edinburgh Carers' Hub](#)

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

Retirement benefits

Tue 21 Feb | 1.30pm - 2.30pm | [Edinburgh Carers' Hub](#)

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

Sound therapy

Tue 21 Feb | 3.30pm - 5pm | [Edinburgh Carers' Hub](#)

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

Turning your hobby into a business

Wed 22 Feb | 1.30pm - 2.30pm | [On Zoom](#)

Do you have a business idea, or want to work for yourself? Learn how to put it into action and start your own business.

Poetry for carers

Wed 22 Feb - Wed 15 Mar | 4 sessions | 10.30am - 11.45am | [On Zoom](#)

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

Book club (online)

Wed 22 Feb | 1pm - 2pm | [On Zoom](#)

Join us for a chat about all things books! We will discuss *The Fair Botanists* by Sara Sheridan and will meet regularly to chat about what we have read.

Osteoarthritis myth busting

Thu 23 Feb | 10am - 11am | [On Zoom](#)

Led by a physiotherapist find out the truth about osteoarthritis, followed by a Q&A session.

Understanding dementia

Fri 24 Feb | 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.

How to be heard

Mon 27 Feb & Mon 6 Mar | 2 sessions | 1.30pm - 3pm | [On Zoom](#)

This session is aimed at carers who wish to feel more confident in attending and speaking at formal meetings, and interacting with professionals.

Introduction to Mental Welfare Commission

Tue 28 Feb | 10.30am - 11.30am | [On Zoom](#)

Come along to find out how the Mental Welfare Commission for Scotland supports the rights of people with mental illness, learning difficulties, and other conditions.

Silent disco adventure for parent carers

Tue 28 Feb | 1pm - 2.30pm | [Craigmillar Castle Park](#)

Come on an immersive silent disco adventure in the park. Take a therapeutic walk with some chilled out tunes AND make space for you to bring out your inner disco diva..!

Basic First Aid

Tue 28 Feb | 1pm - 2.30pm | [On Zoom](#)

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

March

Digital buddies drop-in

Wed 1 Mar | 10.30am - 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 emails, Zoom and Teams.

Additional support needs (ASN) and challenging behaviour

Thu 2 Mar - Thu 16 Mar | 3 sessions | 10am - 11.30am | [On Zoom](#)

This course is for carers of children and adolescents with learning disabilities. We will share information on managing challenging behaviour, and there will be a Q&A with a psychologist from CAHMS.

Eating well for older people

Thu 2 Mar | 1pm - 5pm | [Edinburgh Carers' Hub](#)

Run by Edinburgh Community Food, this is a certified course that aims to provide participants with knowledge and appreciation of the importance of good nutrition for older people, and how to support them to eat well. We will cover health conditions and offer practical tips for supporting people to eat well.

Tai Chi for dementia carers

Thu 2 March - Thu 13 April (every 2nd week) | 4 sessions
11am - 12pm | [Meadowbank Sports Centre, EH7 6AE](#)

Do you care for someone with dementia? Join this Tai Chi course delivered by an Edinburgh Leisure instructor.

Dealing with loss

Fri 3 Mar | 10.30am - 12.30pm | [Edinburgh Carers' Hub](#)

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

Supporting someone with secondary breast cancer

Mon 6 Mar | 3pm - 4.30pm | On Zoom

Join this nurse-led session to find out about supporting someone with secondary breast cancer.

Caring for someone with dementia and your rights

Tue 7 Mar - Tue 28 Mar | 4 sessions | 10am - 12pm | Edinburgh Carers' Hub

This four-week course, delivered by Age Scotland and VOCAL, will inform carers of people with dementia about the rights they have, and the support available to them.

SMART Centre visit

Tue 7 Mar | 10.30am - 12pm | Astley Ainslie Hospital

Visit the SMART centre at Astley Ainslie hospital and find out what services they deliver and how they can support the person you care for.

Dealing with anger

Tue 7 Mar | 1.30pm - 3.30pm | Edinburgh Carers' Hub

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

Introduction to guardianship for parent carers

Wed 8 Mar | 10am - 11.30am | 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 legal powers - even if you are their parent. This workshop looks at ways to ensure you can still support your young person when they need it.

Getting a break from caring

Thu 9 Mar | 2.30pm - 3.30pm | On Zoom

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

Stress and distress in dementia

Fri 10 Mar | 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.

Coaching for carers

Fri 10 Mar | 2pm - 4pm | On Zoom

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

Sound therapy

Tue 14 Mar | 3.30pm - 5pm | Edinburgh Carers' Hub

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

Fire safety and understanding smoke alarm regulation in Scotland

Tue 14 Mar | 10.30 - 11.30am | On Zoom

Come along to find out more about fire safety in your home, and new legislation regarding smoke detection.

An introduction to teenage anxiety

Thu 16 Mar | 1pm - 3pm | Gate 55, EH11 4PB

An opportunity for parent carers to gain a greater understanding of anxiety, and explore ways they can support their teenager and themselves to manage anxiety more effectively.

Mindful Monday

Mon 20 Mar | 2pm - 3.30pm | On Zoom

Mondays can be tough. Take this time out to rest, relax and focus on you.

Start a kitchen garden

Tue 21 Mar | 1pm - 3pm | The Crannie, EH8 8BE

Love the idea of growing your own food but not sure where to start? In this session we'll introduce you to some exciting but easy ways to grow plants, and provide materials for you to start a wee kitchen garden.

Addiction and the brain

Tue 21 Mar | 6.30pm - 8pm | On Zoom

Learn more about how addiction affects the brain and how to support someone with an addiction. There will be time for discussion and a Q&A.

Understanding dementia

Wed 22 Mar | 10am - 1pm | 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.

Walk and talk

Wed 22 Mar | 1pm - 2pm | Botanic Gardens

Enjoy the benefits of walking, while meeting other carers for a chat.

Dealing with loss

Thu 23 Mar | 10am - 12pm | On Zoom

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

Introduction to Self-Directed Support (SDS)

Thu 23 Mar | 2pm - 3.30pm | On Zoom

Self-Directed Support (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.

Coping with pain

Fri 24 Mar | 10.30am - 11.30am | 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.

Strategies for coping with the cost of living crisis

Mon 27 Mar | 1pm - 3pm | On Zoom

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

Easter craft workshop

Tue 28 Mar | 1.30pm - 3.30pm | Edinburgh Carers' Hub

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

Stress and distress in dementia

Wed 29 Mar | 10am - 1pm | Westerhailes Healthy Living Centre, EH14 3JF

Led by an experienced dementia nurse, this session will help you understand and manage behaviour you might find distressing, or hard to deal with.

Adult Disability Payment

Wed 29 Mar | 2pm - 3pm | On Zoom

Adult Disability Payment is a benefit which has replaced Personal Independence Payment in Scotland. Join this session to find out more and ask questions.

Making home a safe and nurturing environment

Thu 30 Mar | 11am - 12.30pm | On Zoom

This event will provide you with information about the best ways to make your home an enabling environment, for someone who lives with dementia.

Drop-in gym session for dementia carers

Thu 30 Mar | 12.30pm - 2pm | Meadowbank

Nervous about joining a gym? Come along to this group session led by an instructor to be guided round the gym and enjoy a workout!



carerstraining.co.uk

Carers Training is brought to you by VOCAL.
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0808 196 6666 | carertraining@vocal.org.uk | vocal.org.uk   