

Edinburgh Winter 2021/2022 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

*Christmas at the Botanics | Royal Botanic Garden Edinburgh (Wed 29 Dec, 5.30pm)

Look forward to some together time with family and friends, as you discover sparkling tunnels of light, dancing waterside reflections and trees drenched in jewel-like colour.

*Edinburgh Zoo's Christmas Nights (various dates)

Make your evenings merry and bright this festive season with a magical journey through Edinburgh Zoo! A spectacular light trail will take you on a journey to discover the magic of Christmas spirit and Santa's time at the zoo.



***Mindful Museums – virtual session on Zoom (Fri 10 Dec, 2pm - 3pm)**

Join Museums & Galleries Edinburgh to mindfully explore artworks from the City Art Centre collections and complete a simple calming art activity.

Mimi's Bakehouse

Mimi's Bakehouse is a much-loved family-run business, with cafes across the city. We're offering carers a £10 voucher for use at one of their cafes. Why not take a friend for some coffee and cake?

***Scottish Ballet's The Nutcracker (Wed 15 Dec, 7.30pm)**

Costumes plucked from the most gorgeous chocolate box, Tchaikovsky's score to transport you to a land of dreams, and a story lifted straight from the pages of a classic fairy tale.

You can also apply for funding to help improve your wellbeing or take a short break. Find out more: weebreaks.com

**To note your interest in any of the above events please call VOCAL on 0131 622 6666 or note your interest directly at: www.weebreaks.com.*

Places are limited and you may only be able to access one activity/event so please state your preference when calling.



December training and activities

Planning for the year ahead (Fri 3 Dec, 10.30am - 11.30am)

In this online session, we will create a personalised vision board. This creative, reflective, and fun process can help you clarify your goals, maintain focus, and have a visual picture of what you are working towards.

Coping with the festive season (Thu 16 Dec, 10.30am - 1pm)

The festive season can be difficult for carers. Join us at our Edinburgh Carers' Hub and learn what support and services are available during this period and share your experiences with other carers.

Surviving the festive season as a parent carer (Tue 21 Dec, 10.30am - 11.30am)

At this session, we will cover what impact the festive season has on you as a carer. We will also share what services and support are available to parent carers.

January events

- Evening winter wellbeing (Wed 19 Jan - 23 Feb, 7.30pm - 9pm, online)
- Mindful crochet (Wed 26 Jan, 10.30am - 12.30pm, online)
- Room for art (Thu 27 Jan - 17 Mar, 10.30am - 12pm, online)

Our December training and events can be booked on our Carers Training website. January events will open for booking at the start of January: carerstraining.co.uk



Activities and groups online and at the Edinburgh Carers' Hub



Our VOCAL Edinburgh Carers' Hub (60 Leith Walk) is open between Christmas and New Year to provide in person support by appointment, and telephone support to carers.

Wednesday 29th December

10am-4pm

Telephone support

Call us for info or support



10am - 12.30pm

Festive Coffee Morning

Join us for coffee and a chat at the Centre or by Zoom



11am - 12pm

Quiz

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



2pm - 3pm

SMART Family and Friends Meeting

Support for family of people using drugs or alcohol



3pm - 4pm

Guided meditation

Relax and unwind with a guided meditation
In person or by zoom

Thursday 30th December

10am-4pm

Telephone support

Call us for info or support



10am - 12.30pm

Festive Coffee Morning

Join us for coffee and a chat at the Centre or by Zoom



11am - 12pm

Quiz

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



2.00 - 3.00pm

Festive Reminiscence Session

A look at old local photos from past festive seasons. Bring your snaps to share!
In person or by zoom



3pm - 4pm

Guided meditation

Relax and unwind with a guided meditation
In person or by zoom

Winter opening hours



Our Edinburgh Carers' Hub will close at 3pm on Friday 24 December and will reopen on the following dates:

- 25 - 28 December: CLOSED
- 29 December: Open 10am - 4pm
- 30 December: Open 10am - 4pm
- 31 December - 4 January: CLOSED
- 5 January: Normal opening times resume

To comply with Covid-19 guidance, unfortunately, we cannot offer a drop-in service this year. We are asking carers who would like to attend the Centre on the 29 and 30 December to call us on 0131 622 6666 at least 30 minutes beforehand to book a visit. If you would like to join by Zoom please let us know and we can support you with this.

Please note: the safety and wellbeing of carers, staff and volunteers is of the utmost importance to us. We have implemented a number of health and safety measures to enable you to take part with confidence. Due to the changing guidance around physical distancing and Covid-19, some events may be subject to change. Please be reassured that wherever possible we will notify you of any changes in advance and offer an alternative activity.



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





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

www.carerstraining.co.uk

and

www.weebreaks.com

You can also call us on [0131 622 6666](tel:01316226666) for information and to book.



VOCAL Edinburgh

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