



# Events and activities for unpaid carers in Edinburgh

| January – March 2024

# 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

# January

## Book club

**Tue 23 Jan | 1pm - 2.30pm | Edinburgh Central Library, EH1 1EG**

Join us for a discussion about all things books in the lovely surroundings of Edinburgh Central Library. In this session we will be exploring *L'Assomoir* by Émile Zola.

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## Managing loneliness

**Wed 24 Jan | 10am - 12pm | Edinburgh Carers' Hub**

This is an opportunity for you to connect with others and speak openly about how it might feel to be lonely or isolated. Learn how to work through these feelings and find new skills that will help you manage challenging times.

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## Understanding dementia

**Thu 25 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.

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## Lunchtime wellbeing check-in

**Thu 25 Jan | 1pm - 2pm | On Zoom**

Take this time out to rest, relax and practise some mindfulness techniques.

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## Future planning: Emergency and anticipatory planning

**Mon 29 Jan | 11.30am - 1pm | On Zoom**

A workshop on options for how you plan for an emergency for yourself or the person you care for. You will be supported to write an emergency and anticipatory plan. Our expert Carer Support Practitioner Sophie will be joining us to answer your questions.

## Walk and talk

**Tue 30 Jan | 12pm - 1.30pm | West Gate, Arboretum Place, EH3 5NY**

Enjoy the benefits of walking and meet other carers while exploring a wintery Botanic Garden.

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## Future planning: An introduction to residential care

**Tue 30 Jan | 6pm - 7.30pm | On Zoom**

When the person you care for goes into residential care this can be a difficult time for everyone. In this workshop, Rachel from Age Scotland will explain the basics of care home fees and pensions. You will also learn about free personal and nursing care payments.

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## Working carers workshop

**Tue 30 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.

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## Poetry for carers

**Wed 31 Jan - Wed 21 Feb | 4 sessions | 10.30am - 11.45am | On Zoom**

Our informal group will explore poetry collections. No previous experience is required, just an interest in poetry and a willingness to open your mind.

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# February

## Money management

**Thu 1 Feb | 10.30am - 12pm | On Zoom**

A session on strategies for budgeting and managing money in these tough times.

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## Book club

**Thu 1 Feb | 1pm - 2pm | On Zoom**

In this session, we will explore *Thirsty Animals* by Rachele Atalla. We will then choose a book together for our next session.

## Adult Carer Support Plans

**Tue 6 Feb | 11am - 12.30pm | Edinburgh Carers' Hub**

Find out more about Adult Carer Support Plans including how to get one and what information is included.

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## Dealing with guilt

**Tue 6 Feb | 1.30pm - 3.30pm | On Zoom**

This session will help you understand what guilt is and look at ways to manage any guilt you may experience.

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## Stress and distress in dementia

**Wed 7 Feb | 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.

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## Room for art

**Thu 8 Feb - Thu 28 Mar | 8 sessions | 10am - 11.30am | On Zoom**

An artist from Art in Healthcare will guide the group through an eight-week block of art projects. This course will be online with the exception of the first and final session which will be in person. No previous experience is needed, and all materials are provided.

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## Dementia and the home environment

**Thu 8 Feb | 10.30am - 12pm | On Zoom**

This short workshop, run by Rachel at Age Scotland, will look at the benefits and challenges of the home environment for people living with dementia.

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## Future planning: Practical advice for dealing with death

**Thu 8 Feb | 10.30am - 12pm | Midlothian Carer Centre**

Dealing with the loss of a loved one can be a difficult time. This relaxed informal session led by Valerie from Dignity Funeral Plans will explain exactly what steps to take when someone dies.

## Fuel discounts and cutting costs at home

Mon 12 Feb | 12pm - 1pm | [On Zoom](#)

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

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## How VOCAL can support you with money and benefits

Tue 13 Feb | 1pm - 2.30pm | [On Zoom](#)

Join this session to discover how we can support you to manage your money better and find out which benefits you and your family might be eligible for.

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## Sound therapy

Thu 15 Feb | 10.30am - 12pm | [Pilton Community Health Project, EH5 2PW](#)

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

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## Parent carers: Understanding neurodiversity

Thu 15 Feb | 6pm - 7.30pm | [On Zoom](#)

Join Rhona McAlpine, Occupational Therapist, for an introduction to the neurodiversity paradigm. Rhona will discuss an approach that validates individual lived experience and identifies strengths and support needs. Suitable for carers of children and adults with Additional Support Needs (ASN).

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## Pilates

Mon 19 Feb - Mon 25 Mar | 6 sessions | 5pm - 5.45pm | [On Zoom](#)

Join Janine our Pilates instructor who uses the original principles of Pilates. You will be given the opportunity to lengthen and strengthen your body using a gentle, mat-based exercise suitable for all levels. Modifications for exercises will be given.

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## An introduction to Self-directed Support

Thu 22 Feb | 1pm - 2.30pm | [On Zoom](#)

Explore what Self-directed Support (SDS) is, who it is for and how to access it. We will also discuss where you can get further help and updates in relation to SDS.

## An introduction to papercutting

**Fri 23 Feb | 11am - 1pm | Edinburgh Carers' Hub**

Get creative and learn the beautiful art of papercutting.

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## Retirement benefits

**Mon 26 Feb | 11am - 12pm | On Zoom**

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

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## SMART Home visit

**Tue 27 Feb | 10.30am - 12pm | Edinburgh Community Rehabilitation and Support Service, EH14 2DA**

Visit the SMART Home at Edinburgh Community Rehabilitation and Support Service and see how you or someone you care for could benefit from smart home technology that supports safe and independent living.

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## Weave your own foraging basket

**Tue 27 Feb - Tue 5 Mar | 2 sessions | 1pm - 2.30pm | Water of Leith**

Join our resident forager Johanna to forage basket-weaving material in an informal walking session along the Water of Leith. Then enjoy making your own foraging baskets the following week!

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## Guided meditation: Picturing your own future

**Wed 28 Feb | 11.30am - 1pm | Edinburgh Carers' Hub**

Join Carol for a journey to a healing waterfall and a lightening of your load. Get the opportunity to bring forward your journey into 2024 and beyond with this energising meditation.

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## Making money from your hobby

**Wed 28 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.

## Everyday technology for dementia care

Thu 29 Feb | 12pm - 1pm | [On Zoom](#)

This session will be a lively tour of some of the digital devices that people living with dementia and their carers find useful.

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## Parent carers: A neurodiverse affirming approach

Thu 29 Feb | 6pm - 7.30pm | [On Zoom](#)

Join Occupational Therapist Rhona McAlpine to discuss individual differences rather than deficit in neurodiversity. Learn how we can focus on changes to the environment rather than attempt to 'fix' the individual and how we can promote positive mental health and wellbeing in children and people with Additional Support Needs (ASN).

# March

## Moving and handling

Mon 4 Mar | 9.30am - 4.30pm | [32 Sycamore Road, EH22 5TA](#)

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

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## Understanding dementia

Mon 4 Mar | 5.30pm - 7.30pm | [On Zoom](#)

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

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## Basic First Aid

Tue 5 Mar | 5.30pm - 7pm | [Edinburgh Carers' Hub](#)

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

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## Talking about loss

Wed 6 Mar | 12pm - 2pm | [Edinburgh Carers' Hub](#)

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

## Parent carers: Navigating public and private spaces with autistic children and young people

Wed 6 Mar | 6pm - 8pm | [On Zoom](#)

During this session, we will talk about managing vulnerabilities and how to support children to learn the concept of public and private places, and associated behaviours. For carers of children and young people with Additional Support Needs (ASN).

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## Adult Carer Support Plans

Thu 7 Mar | 12pm - 1.30pm | [On Zoom](#)

Find out more about Adult Carer Support Plans including how to get one and what information is included.

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## Managing stress

Mon 11 Mar | 11.30am - 1pm | [On Zoom](#)

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

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## Parent carers: Supporting young people with ASN to safely use the internet

Mon 11 Mar | 6pm - 8pm | [On Zoom](#)

During this informal session, led by Corrie, we will explore how the internet is changing and how children and young people interact with each other online. We will discuss supportive strategies and how to reduce the risk of harm.

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## Crochet

Tue 12 Mar - Tue 26 Mar | 3 sessions | 11am - 1pm | [Edinburgh Carers' Hub](#)

This beginner-friendly crochet course will teach you several useful crochet stitches and techniques to get you started on your new creative and mindful hobby. Over three weeks we will learn how to make a handful of cute crochet plants. Materials will be provided.

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## Stress and distress in dementia

Tue 12 Mar | 6pm - 8pm | [On Zoom](#)

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

## Digital drop-in: Support with your devices

Wed 13 Mar | 1pm - 2.30pm | [Edinburgh Carers' Hub](#)

Bring your device along to this informal drop-in session and get support to improve your online skills or fix any issues that you may be having.

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## Working carers workshop

Wed 13 Mar | 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.

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## An introduction to writing your will

Thu 14 Mar | 1pm-2pm | [Midlothian Carer Centre / On Zoom](#)

This session will talk you through why it is important to make a will and demonstrate how the process works using the Bequeathed Will for Good Service.

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## Lunchtime wellbeing check-in

Mon 18 Mar | 1pm - 2pm | [On Zoom](#)

Take this time out to rest, relax and practise some mindfulness techniques.

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## Walk and talk

Tue 19 Mar | 1pm - 2.30pm | [Lauriston Farm Road, EH4 5EX](#)

Enjoy the benefits of walking and meet other carers while exploring Lauriston Community Farm.

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## Parent carers: Getting transitions right from child to adult services

Wed 20 Mar | 10am - 12pm | [On Zoom](#)

This is a chance to find out what to expect during transition, along with information, tools and tips that can help when caring for a child with Additional Support Needs (ASN). It's especially useful if you are caring for someone aged 14 - 18.

## **Carers rights, Power of Attorney and Guardianship**

**Thu 21 Mar | 12pm - 1pm | [On Zoom](#)**

Kathleen Taylor from the 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.

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## **Basic benefits**

**Mon 25 Mar | 10am - 11am | [On Zoom](#)**

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

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## **Getting a break from caring**

**Mon 25 Mar | 11.30am - 1pm | [On Zoom](#)**

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

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## **An introduction to Self-directed Support**

**Tue 26 Mar | 2pm - 3.30pm | [Edinburgh Carers' Hub](#)**

Explore what Self-directed Support (SDS) is, who it is for, and how to access it. We will also discuss where you can get further help and updates in relation to SDS.

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## **A herbal cuppa and blether at the Royal Botanic Garden Cottage**

**Wed 27 Mar | 10.30am - 12pm | [Botanic Cottage at the Royal Botanic Gardens, EH3 5LR](#)**

Join us in the historic Botanic Cottage that sits within the Botanic Gardens to try some organic, fresh herbal teas picked from their Edible Garden. Staff will tell tales of the building and a 'potted' history of its unique move across the city.



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