

Carer training, workshops and learning opportunities from May - August 2011

Inside you will find details of:

- VOCAL's 'Caring with Confidence' training programme
- Social, leisure and learning opportunities
- Information events
- Stress management courses
- Workshops dealing with the emotional aspects of caring
- Courses for people supporting someone with an addiction



NEW

Do you find caring stressful at times?

This is a series of one and three day courses for carers called '**Managing Stress**'. Find out about the causes and symptoms of stress, why ignoring stress doesn't work and learn practical ways to deal with it. To book a course below contact VOCAL on 0131 622 6666.

Date	Time	Venue
Tuesday 10 May (one day)	10.30am – 3pm	In partnership with Queensferry Cares Carer Support Service, Kirkliston Community Centre, 16 Queensferry Road
Thursday 12, 19, 26 May (three days)	10.30am – 3pm	VOCAL Carers' Centre, 8 - 13 Johnston Terrace
Monday 30 May (one day)	10.30am – 3pm	Sighthill Health Centre, 380 Calder Road
Wednesday 8 June (one day)	10.30am – 3pm	In partnership with the MS Society Scotland at Hayes Business Centre, 4, Hay Avenue
Monday 13, 20, 27 June (three days)	10.30am – 3pm	Braidwood Centre, 69, Dumbiedykes Road

May - August 2011

All courses are free and carers can reserve a place by:

Booking online at

www.carerstraining.co.uk

Calling VOCAL on

0131 622 6666

Emailing

centre@vocal.org.uk

Pre-booked. For information on any of the events listed in this programme or to reserve a place: training, workshops & courses are free of charge. If required, travel and respite costs are available.

VOCAL's 'Caring with Confidence' training programme

'Caring with Confidence' helps carers to develop skills and knowledge to support them in their caring role, increasing confidence and improving stress levels. The free courses are run in partnership with NHS, social care and other voluntary organisations. To get more information or to reserve a place on any of the events listed below visit www.carerstraining.co.uk, call VOCAL on 0131 622 6666 or email centre@vocal.org.uk.

Date	Course	Description	Where	Time
9 MAY	GOOD FOOT CARE	Good foot care is vital for good mobility. A podiatrist will lead a seminar on supporting someone to keep feet healthy, prevent and ease difficulties, trim nails and get the right shoes.	VOCAL Carers Centre 8-13 Johnston Terrace Edinburgh EH1 2PW	MONDAY 10.30AM - 12.00PM
9 & 16 JUN	FALLS PREVENTION	A two part course looking at how and when falls occur and how they may be prevented.	VOCAL Carers Centre	THURSDAY 10AM - 12.30PM
28 JUN	MANAGING A WHEELCHAIR	For carers who are new to manoeuvring a wheelchair or have experience but are concerned about their technique. As well as providing practical advice, this seminar will provide information on NHS wheelchair provision.	Astley Ainslie Hospital 133 Grange Loan Edinburgh EH9 2HL	TUESDAY 10.30AM - 12.00PM
13 JULY	INCAPACITY BENEFIT REASSESSMENT SEMINAR	An information seminar led by Jobcentre plus staff for carers receiving or supporting someone who is currently on Incapacity Benefit. This seminar explains the process for reassessment and a move towards Jobseekers or ESA.	VOCAL Carers Centre	WEDNESDAY 10AM-12PM
6 SEPT	DOES THE PERSON YOU SUPPORT HAVE DIFFICULTIES WITH MOVEMENT?	Join us for a guided tour of the Disabled Living Centre led by an Occupational Therapist to view and learn about the range of large and small equipment available from hoists to aids to putting on socks	Astley Ainslie Hospital	TUESDAY 10.30AM- 12.15PM
8 SEPT - 13 OCT	CARING FOR A CHILD WITH ADDITIONAL NEEDS	Six session course looking at key issues for parent carers including advice about the education system, how to access support from Local Authority (eg. respite, equipment), and money matters (benefits, planning for the future). There is a chance to think about changing relationships and looking after yourself while supporting a child with additional needs.	VOCAL Carers Centre	THURSDAY 10-12.30PM
12 SEPT - 26 SEPT	UNDERSTANDING BEHAVIOUR AND A CHILD WITH ADDITIONAL NEEDS	A short course exploring possible causes of and strategies to manage 'challenging' or 'difficult' behaviour. It looks at the impact of living with a child whose behaviour can be hard to understand or manage and helps carers to develop coping strategies.	VOCAL Carers Centre	MONDAYS, 10AM- 12.30PM
13 SEPT	DO YOU WORRY?	Do you worry about leaving the person you support alone in a different room, or at night? Are you concerned they will hurt themselves or damage property? If you are concerned, Telecare can provide some support. This show and tell style seminar introduces equipment like motion sensors and fall detectors, and explains how to access them.	VOCAL Carers Centre	TUESDAY 10-12.30PM
14, 21 & 28 SEPT	MANUAL HANDLING	A three part course for carers who are supporting someone with transfers or with mobility issues on an occasionally to regular basis. This course provides both theoretical and practical input around all aspects of manual handling to ensure that carers are safe and confident.	VOCAL Carers Centre	WEDNESDAY 10AM - 1PM

“Bustin’ to hust!”



Over 100 carers from across Scotland took part in a carer hustings event in Edinburgh on 21st March. The event was organised by VOCAL and the Coalition of Carers in Scotland. The panel (pictured above, from the right) Richard Simpson MSP, Shona Robison MSP, Patrick Harvie MSP, Robert Brown MSP and Mary Scanlon MSP were asked questions about respite, short breaks and carers rights. Carers drilled the panel with questions, and one carer announced that he was just ‘bustin’ to hust’!

After Scotland’s Election . . .

Carers have had a higher profile in the Scottish Parliament elections in 2011 than ever before – the carers voice has been present in election manifestos, hustings, press coverage and television debates, and rightly so.

Over the next four years, the new government, local authorities and the NHS will shift more responsibility for the care of older people and people with support needs onto individuals, families, relatives and friends.

While publicly seeking to provide more appropriate care, their priority will also be to radically reduce the cost of public services.

Being supported and cared for at home and in local communities will lead to better and higher quality care for many, but only if families are adequately supported. Carers require more practical and emotional support, financial help, training and the resources to balance caring with work and other responsibilities.

We call on the new government and Ministers responsible for health and social care to take personal responsibility for:

- the speedy implementation of Scotland’s carers strategy and young carers’ strategies
- a commitment to long term and consistent funding of local carer support organisations
- ensuring carers are recognised as equal partners in care, particularly as we move towards more joined-up health and social care services.
- making the Carers Rights Charter a priority to extend the rights and entitlement of carers
- ending the postcode lottery and ensuring carers across Scotland have equitable access to support across Scotland

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Get active or adventurous this summer

VOCAL has organised two exciting activities this summer to help raise funds for our ‘Invest in Carers’ appeal. Choose from adventure or activity with a Forth Rail Bridge Abseil on 19th June or a Walk for Carers on 24th September. The deadline for applications for the Abseil is 15th May. A leaflet is enclosed with this issue of *Carers News* with more information on both events and how to register.



Welcome

A carer provides unpaid care to a family member, partner, relative or friend of any age who needs help to manage a long term condition, disability, physical or mental health problem or addiction. VOCAL supports carers in all family or relationship settings, be they defined by kinship, partnership, friendship, affection or obligation.

VOCAL delivers carer support through two carers centres in Edinburgh and Midlothian and staff in the community.

What do we do?

Carers can access the following:

- Information
- Advice
- Support
- Training
- Family Support (Addictions)
- Groupwork
- Counselling
- Advocacy

How to contact us:

VOCAL Carers Centre
8 - 13 Johnston Terrace
Edinburgh EH1 2PW

Telephone

0131 622 6666 - General
622 7625 - Advocacy
466 8082 - Counselling
672 0987 - South Edinburgh
449 8606 - South West Edinburgh
622 6262 - Family Support
Addictions (FSA)
672 0986 - FSA South Edinburgh
0131 663 6869 - Midlothian

Email and website

centre@vocal.org.uk
www.vocal.org.uk

VOCAL is an active member of the Coalition of Carers in Scotland and affiliated to the Princess Royal Trust for Carers and Carers Scotland.

Dear carers

With just a few days left to the Scottish Parliament elections, we urge you to cast your vote with carers in mind. Judge for yourself from our manifesto summaries which party offers the clearest and most credible commitments for carer support.

Many carers welcomed the new format of Carers News last January. In response to your positive feedback, we have again produced a wrap-around listing of carer training classes, stress management courses and learning opportunities. In this issue we are also promoting more courses by partner organisations and hope to extend this in future issues.

All training and learning opportunities are also listed on the website www.edinburghcarers.org.uk where carers can book on courses online.

Supporting carers to look after their health, well-being and fitness remains a high priority for VOCAL. In partnership with the NHS and Edinburgh Leisure we are finalising a new programme of leisure opportunities with Aquafit, Zumba and Gym Buddies.

Please register your interest early and directly with us – just mail us at centre@vocal.org.uk and we will send you a calendar of events and opportunities.

Finally, you will find a leaflet enclosed about two activities designed to help VOCAL raise funds for carer services. Please help us promote these events, join in yourself or consider sponsoring Pat Clark on our committee, or our staff team.

And for football supporters ... from time to time, at short notice, VOCAL is offered free tickets for carers to Hibs games. We hope to approach Heart about a similar initiative this summer. If a free match ticket is your idea of getting a break, with or without the person you support, please let us know.

We hope you will again find something suitable for your caring situation in this issue of Carers News, with all best wishes

Patrick Layden, Convenor of the Board



VOCAL's 'Invest in Carers' Appeal

Many thanks to everyone who has supported VOCAL's appeal for your generous donations. The Appeal needs to raise £50,000 to secure the continuation of our carer support and counselling services. These services provide a lifeline to carers in greatest need. So far we have raised £7,230 but there is a long way to go. If you haven't already, please consider making a donation today. For more information call 0131 622 6666, email centre@vocal.org.uk or visit www.edinburghcarers.org.uk/invest-in-carers-appeal

Carers – the manifesto commitments of the main political parties

Scottish Conservatives will . . .

Implement the National Carers Strategy; provide additional respite care; integration of social care and NHS services.

Scottish Green Party will . . .

Ensure care is provided as locally as possible, a well organised local health service and smaller hospitals and services.

Scottish Labour Party will . . .

Recognise the obstacles that caring can have to accessing decent, secure jobs; ensure the needs of older carers of adult children with disabilities are properly identified and addressed; recognise that effective support for carers can reduce the need for more expensive care services later on; continue funding pathways for carers' information; recognise the crucial role of carers' centres in providing information and support.

Scottish Liberal Democrat Party will . . .

Ensure better access to information and support services; better assistance from local authorities and health boards; where appropriate, make changes to the law to improve support and give carers more control and choice - a 'Care for Carers Bill' to give carers the right to access self-directed care options; provide a short break entitlement for those in greatest need; and place a

requirement on NHS boards to ensure that information, training and support is provided to all patients and their carers before discharge from hospital and on diagnosis of long term conditions. SLDP commit to taking forward the National Carers Strategy and building upon the existing emotional and psychological support for carers.

Scottish National Party will . . .

Ensure carers are treated as partners in the health service and have a more direct voice in decision making processes; run an annual 'Carers Parliament'; maintain commitment to an extra 10,000 weeks' respite provision per year and protect this investment over the next five years; provide an additional £2 million for short breaks for families who have severely disabled children; take forward the National Carers Strategy; continue with £5 million investment each year in the Carer Information Strategies delivered through the NHS (this provides support to local carer centres and training for carers); extend the Energy Assistance Package to people on Carers' Allowance; create a new Caring for Carers Employers' Kite-mark; ensure that from 2012-13 onwards at least 20% of the Change Fund spend is dedicated to supporting carers; ensure that a bigger share of funding goes straight to communities. SNP state that "we owe it to Scotland's carers not only to get the laws and the guidance right, but also to make sure that words are translated into action on the ground."

Welfare Reform Bill

The UK Government's Welfare Reform Bill is one of the biggest reforms of benefits system in decades. The key issues for carers are that:

- those in receipt of Income Support and Jobseeker's Allowance will move onto Universal Credit*
- Carers Allowance will remain outside Universal Credit
- Disability Living Allowance will be replaced by Personal Independence Payment (PIP) from 2013/14.

*Universal Credit is a means tested benefit replacing Working Tax Credit, Child Tax Credit, Housing Benefit, Council Tax Benefit, Income Support, income-based Jobseeker's Allowance, income-related Employment and Support Allowance. Pilots will run from May 2013 with a full roll out beginning October 2013

Incapacity Benefit re-assessments

VOCAL is running a Incapacity Benefit reassessment workshop on 13 July. Contact VOCAL on 0131 622 6666 to book a place.

Make it happen with CSV volunteers



CSV is a large national volunteering and training organisation with regional and local offices across the UK. CSV has nearly 50 years experience in delivering innovative, flexible and outcomes-

focused volunteering programmes that support the needs of adults and older people. It recruits full-time volunteers from throughout the UK and other parts of the world.

CSV can help individuals to involve volunteers in their self-directed support packages and have choice and control in how they run their

lives including: live-in support to remain in their homes, help to attend university or help to enter or continue employment. The service is cost-effective and flexible to a person's needs.

Hannah from Dunfermline (pictured above) who has progressive motor neurone disease, began receiving support from CSV full-time volunteers in 2007. She has the help of two female volunteers who live with her in her home. Hannah said: "It's great having younger company. I like the fact that it's quite informal and flexible; it's more like a friendship. Having the help of volunteers has helped me to choose where I live and make my own routines. An enjoyable part of every day is making a meal together, sitting round the table, and having a chat. Having volunteers here in my own house has been a big weight off my parents' minds. CSV as an organisation are very approachable, there is a good level of communication and problems are tackled easily."

CSV volunteers can bring a fresh perspective and a different approach that enhances a person's support, adding value and quality. For more information about CSV, the help that volunteers provide, and a full costs breakdown, contact Graham Smith, Regional Volunteer Manager at CSV Edinburgh, on 0131 622 7766. Website: www.csv.org.uk

Carers Allowance	Per week
Rate	£55.55
Attendance Allowance	
Higher rate	£73.60
Lower rate	£49.30
Disability Living Allowance	
Highest rate care	£73.60
Middle rate care	£49.30
Lowest rate care	£19.55
Higher rate mobility	£51.40
Lower rate mobility	£19.55

Taking a break from caring

Care for Carers Stepping Out™ breaks

Breaks for Carers at the Low Port Centre in Linlithgow

Stepping Out™ are organised short residential respite breaks for carers. Care for Carers organise and facilitate these short respite breaks specifically tailored to meet the needs of carers and provide a break from their caring situation. The dates for this year, which run from Friday lunchtime to Sunday lunchtime, are: May (27th - 29th), June (24th - 26th), July (15th - 17th), October (7th to the 9th). For more information or to book a place contact Care for Carers on 0131 661 2077, email admin@care4carers.org.uk or visit: www.care4carers.org.uk

The Broomhouse Centre

The Broomhouse Centre offers support to adult carers, including two monthly group sessions - on 1st Tuesday (2 - 4pm) and last Wednesday (6.30-8.30pm) of the month. They run a carers clinic and a six week course of reflexology and relaxation techniques, helping carer's health and wellbeing. All are welcome. Carers are currently looking forward to a well earned break to Crieff Hydro in May where they will spend the weekend being pampered by our reflexologist. For more information contact Donna Clark on 0131 455 7731 or email adultcarers@broomhousecentre.org.uk

Parkinson's respite care

This new service from Parkinson's UK Edinburgh Branch, and Crossroads Caring Scotland, offers Parkinson's carers flexible short breaks from the caring. There is no charge, to apply you should get in touch with one of the Edinburgh Branch workers: Mrs Sheila Mutch, 0844 225 3727 (West Lothian, West and North Edinburgh) or Mrs Betty Thomson, 0844 225 3771 (Midlothian, East Lothian and East and South Edinburgh).

VOCAL's Short Break Spot-Purchasing Fund

VOCAL has been awarded funding by the Short Breaks Fund to develop a Short Break Spot-Purchasing Fund. Carers can apply to the fund for grants to purchase respite and short break activities. Guidelines, criteria and application forms will be available from 12th May. For more information please contact Jane Greenacre at VOCAL on 0131 622 6666, email jgreenacre@vocal.org.uk or visit VOCAL's website: www.edinburghcarers.co.uk

Kinship care training and support service

A new national training and support service to provide better help and guidance to kinship carers will be delivered by Children 1st, contact 0808 800 2222 for more details.

Digital Switchover Help Scheme

This scheme provides practical help to older and disabled people to make the switch to digital TV. To find out if you are eligible for support contact 0800 40 85 900. The digital switchover takes place in the Edinburgh area in June 2011.

Challenging behaviour booklet

The Challenging Behaviour Foundation has produced three new 'At a glance' guides aimed at carers supporting people whose behaviour is described as challenging. There are separate guides for adults, teenagers and children. To download the guides visit: www.scie.org.uk/publications

Patients Rights Bill

A package of measures to improve patients' experience of the NHS in Scotland became enshrined in law for the first time as the Patient Rights (Scotland) Bill was passed on 24 February. A legal treatment time guarantee and a legal right to complain are among the package of measures passed by the Scottish Parliament. For more details visit the Scottish Government website: www.scotland.gov.uk

New regulator for care and social work

From 1 April 2011, Scotland has a new regulator and inspector for care and social work services and child protection: Social Care and Social Work Improvement Scotland (SCSWIS). The Care Commission and SWIA (Social Work Inspection Agency) will no longer exist. For more information contact SCSWIS on 01382 207100 or visit www.scswis.com.

999 access for people with hearing loss

Mobile providers now offer a special SMS emergency number for people who cannot talk on the phone. The person's mobile number needs to be registered online at www.emergencysms.org.uk Once registered, they are then able to text the emergency services.

If you would like to update or remove your details, or would like your name added to VOCAL's mailing list to receive Carers News, then complete this form and return to: VOCAL Carers Centre, FREEPOST 3172, Edinburgh, EH1 OXG

Title: Name: Add

Address: Remove

Previous address (if updating): Update

Postcode: Tel: Email:

Condition of person being cared for:

Relationship to person being cared for:

Your details will be stored on VOCAL's database and we will send you useful information related to your caring situation. Email addresses will be added to our carers email group to receive e-bulletins. You can remove your details at any time by notifying VOCAL. We treat all information confidentially, and do not share with a third party unless required to do so. We will always seek your consent before sharing information. For more information please contact VOCAL on 0131 622 6666 or email centre@vocal.org.uk.

Switched on workshop at Ca(i)re

The 'Switched on' workshop from The Ca(i)re Programme is on 17 May. It will help you to:

- Understand a gas or electricity bill
- Look at different ways to pay for gas and electricity
- Tackle problems with gas and electricity bills
- Speak with a gas or electricity supplier
- Know how to take a meter reading
- Keep gas and electricity bills low

Ca(i)re are also holding an information session on Tuesday, 7 June (12-2pm) which will include a presentation from Grapevine on disability benefits. For more information on either event contact Julie McEwan, Ca(i)re Programme Manager on 0131 446 3321 or email mcewanj@ericliddell.org.

Depression Alliance Scotland training

The Depression Alliance Scotland has developed a free online course for people experiencing anxiety and depression. The course includes access to their 'Living Life to the Full' interactive website, course materials and regular telephone sessions. Knowing that carers experience a high incidence of anxiety and depression, the Alliance has identified them as a priority group they wish to target. For more information visit: www.dascot.org, call 0845 123 23 20 or email info@dascot.org.

Worried about someone's drinking behaviour?

Wednesdays, 4, 11 and 18 May 2011, 6.30 - 8pm

The Royal Edinburgh Hospital, Morningside Terrace

In partnership with Lothian Alcohol Problems Service, this is a course for family members, partners or friends who are concerned about someone's drinking behaviour. To find out more, or to book a place, contact Moira on 0131 622 6262 or email mscarcliffe@vocal.org.uk.

PASDA (Parents of Autism Spectrum Disorder Adults)

PASDA (Parents of Autism Spectrum Disorder Adults) are running three courses for carers between May and October 2011:

Living Life to the Full

This 8 week course looks at altering unhelpful thinking and behavioural patterns in order to challenge low mood and anxiety. Starts 6th May.

Understanding the Autism Spectrum

Participants will develop an understanding of the Triad of Impairments, Weak Central Coherence and Sensory Challenges.

Two 3 hour sessions. Starts 18th May.

Living with Asperger Syndrome, What Helps?

Practical strategies for supporting an adult with AS/HFA.

One 2.5 hour session. Starts 5th July.

The courses are aimed at parents, partners, siblings, friends and other carers of adults (over 16's) with autism. For more information or to sign up, please contact Karina Williams at karina.williams@aiscotland.org.uk or 0759 200 6222. For more detailed information see the PASDA website: www.pasda.org.uk.

Carer Workshops

Dealing with guilt

22 June, 10.30am - 3pm, Norton Park Conference Centre, 53 Albion Road
or

17 November, 10.30am - 3pm, County Hotel, Dalkeith

Questions what we mean by guilt, how to let go of inappropriate feelings and accept ourselves.

Changing relationships

24 October, 10.30am - 3pm, VOCAL

This workshop looks at how becoming a carer can affect your relationships, not only with the person you care for, but also with family, friends and others.

Loss and bereavement

23 August, 10.30am - 3pm,

County Hotel, Dalkeith

or

14 September, 10.30am - 3pm, The Engine Shed, Edinburgh

This workshop looks at how loss can affect us and the stages we may go through when we are confronted with different kinds of loss, including death.

Open to carers and those who have been carers within the last two years. To book a place or get more details contact Ada Blair at VOCAL on 0131 466 8082. Lunch is also provided.

Carer reading groups

VOCAL, in partnership with City of Edinburgh libraries, runs a number of reading groups across the city. They are a great way to meet people and to form friendships. Groups meet at Oxfords and Leith Libraries and at VOCAL Carers Centre - both day and evening times. For more information on dates of the group see the back page, or contact VOCAL on 0131 622 6666, email centre@vocal.org.uk.

VOCAL Carers Centre

8 - 13 Johnston Terrace

Edinburgh EH1 2PW

tel: 0131 622 6666

email: centre@vocal.org.uk

website: www.carerstraining.co.uk

Scottish charity: SC020755 Company reg: SC183050



A quick glance at free social, leisure and support group opportunities for carers available during May - Aug 2011

MAY 2011						
S	M	T	W	T	F	S
						7
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JUNE 2011						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JULY 2011						
S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

AUGUST 2011						
S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

DATE	Activity	Description	Where	Time
7 MAY (and every Saturday)	DEMENTIA CAFE (different locations throughout the City)	Alzheimer Scotland has opened four Saturday cafés to support both people with dementia and their carers. You can come along for the whole day or along for the whole day or drop in for part of it. The cafe offers time to relax, get advice and support, and socialise with others. Teas and coffee will be available throughout the day. Snack Lunches will be available from approximately 12.30 to 1.30 pm. There will be a charge of £2.50 for this. For more information please contact Alzheimer Scotland on 0131 551 9350 or contact their Dementia Advisor on 0131 662 1204.	1st & 3rd Saturday – Life Care Centre, Stockbridge 2nd Saturday – Salvation Army Hall, Gorgie Road 4th Saturday – Salvation Army Hall, East Adam St	SATURDAYS 11 - 2PM
9 MAY 2nd Monday (monthly)	VOCAL CARER READING GROUP (EVENING)	Book groups are a great way to meet people or make friends. Organised by VOCAL in partnership with City Libraries. Call VOCAL on 0131 622 6666	VOCAL Carers Centre	MONDAYS 6.30 - 8PM
10 MAY 2nd Tuesday (monthly)	OXGANGS LIBRARY CARER READING GROUP	Book groups are a great way to meet people or make friends. Organised by VOCAL in partnership with City Libraries. Call VOCAL on 0131 622 6666	Oxgangs Library, 343 Oxgangs Road North	TUESDAYS 10.30AM - 12PM
10 MAY 1st Tuesday (monthly)	BROOMHOUSE CENTRE GROUP SESSIONS	Monthly support group for carers at the The Broomhouse Centre. An evening group also runs on last Wednesday (monthly) 6.30-8.30pm. Contact Donna Clark on 0131 455 7731.	The Broomhouse Centre	TUESDAYS, 2 - 4PM
25 MAY	BODYCOMBAT	A unique blend of various combat sports giving you a fat burning, strength-gaining workout.	Glenogle Leisure Centre	WEDNESDAY 11 - 12PM
26 MAY	LEITH LIBRARY CARER READING GROUP	Book groups are a great way to meet people or make friends. Organised by VOCAL in partnership with City Libraries. Call VOCAL on 0131 622 6666	Leith Library, 28-30 Ferry Road	THURSDAYS 10.30AM - 12PM
31 MAY Last Tuesday (monthly)	BREATHTAKERS - ACTION FOR BRONCHIECTASIS	Support group for those who have bronchiectasis or care for someone with the condition. Contact James Wildgoose on 07818012685 or email breathtakers@hotmail.co.uk	Royal Infirmary of Edinburgh, Seminar Rm 1640, opposite Ward 204	TUESDAYS, 3 - 4PM
13 - 19 JUNE	CARERS WEEK	Carers Week 2011 has the theme 'the true face of carers'. For more information about activities in Edinburgh and Lothian during the week visit www.edinburghcarers.co.uk	Various locations throughout Edinburgh	VARIOUS DAYS AND TIMES
7 JULY 1st Thursday (monthly)	VOCAL CARER READING GROUP (AFTERNOON)	VOCAL is launching a new reading group for carers. We are inviting people to join us for an initial meeting to talk about it. Call 0131 622 6666	VOCAL Carers Centre	THURSDAYS 1 - 2.30PM

VOCAL's Month - Month Year programme of training, workshops and courses. All places must be pre-visit www.carerstraining.co.uk, call VOCAL on 0131 622 6666 or email centre@vocal.org.uk. All VOCAL tra