

Carer learning & leisure events Apr-Jun 2021

Learn to Zoom



Free courses for unpaid carers.

Develop new skills & knowledge to support you in your caring role. Reduce your stress levels. Improve your confidence & general wellbeing.



To register or find out more visit carerstraining.co.uk or call us on 0131 622 6666

Drop into any of these sessions to increase your confidence in learning to video call using a platform called Zoom.

VOCAL delivers its online training programme via Zoom, so coming to the session will let you fully access our other events.

Zoom is also a great way to stay connected during the pandemic.

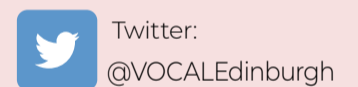
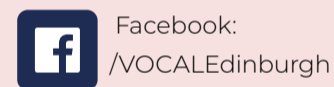
- APR 8** 10:00am - 11:00am
- MAY 26** 10:00am - 11:00am
- JUN 14** 2:00pm - 3:00pm



VOCAL - Voice of Carers Across Lothian
60 Leith Walk, Edinburgh EH6 5HB

Scottish Charity: SC020755
Company Registration: SC183050

Spring highlights



Money Matters

Universal credit

APR 20 Explaining Universal Credit which has replaced benefits such as ESA, housing benefit, council tax benefit and more.

10:00am - 11:30am
On Zoom

Friends against Scams

APR 20 This session from Royal Bank of Scotland will educate carers on current frauds and scams happening right now in your community; how to spot them, stop them and how to report them.

2:00pm - 3:00pm
On Zoom

Financial independence

APR 27 Money Advice Scotland provide an introduction to bank accounts, credit reports, methods of paying bills, as well as some examples of household bills.

10:30am - 11:15am
On Zoom

Introduction to buying and selling on eBay

MAY 5 **JUN 30** Learn about how to buy and sell items on eBay with Debbie from Treasure Tree.

2:00pm - 3:00pm
On Zoom

Bank accounts

MAY 11 From Money Advice Scotland, an overview of bank accounts available, the pros and cons of each.

10:30am - 11:30am
On Zoom

Debt and budgeting

MAY 11 Offering sensitive advice on how to manage debt and budget effectively, led by a practitioner who works for a debt advice service in Edinburgh.

2:00pm - 3:00pm
On Zoom

Fraud, scams and financial wellbeing

MAY 17 This session from Royal Bank of Scotland focuses on understanding how you can protect yourself and your family against fraud and scams and how to manage financial wellbeing.

2:00pm - 3:00pm
On Zoom

Generating money with eBay

JUN 2 Figured out how to buy and sell on eBay? Debbie from Treasure Tree will explain how VOCAL can help you to generate profit for yourself and also be able to give something back.

2:00pm - 3:00pm
On Zoom

Benefits for school age children

JUN 8 Information about welfare benefits available to carers and the school age children they care for.

10:00am - 11:30am
On Zoom

Basic benefits

JUN 15 Information about welfare benefits available to carers and the people they care for, as well as information on some of the changes to benefits due to COVID-19

10:00am - 11:30am
On Zoom

Working carers lunch workshop

Working carers are invited to join VOCAL on your lunchbreak, for discussion and information. A different topic will be covered each month.

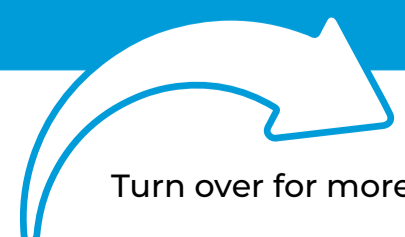
12:30pm - 1:30pm
On Zoom

APR 22 **MAY 20** **JUN 17**



Book online at carerstraining.co.uk or call the VOCAL carer training team on 0131 622 6666

Turn over for more courses



April 2021

Caring for someone with Parkinson's

An opportunity to learn about Parkinson's, share how it impacts you and meet other carers.

10:00am - 11:00am (4 sessions to 30 April)

On Zoom

FRI
9

Yoga for carers

This short course is open to carers new to yoga, or those who would like to have a bit more practise.

10:45am - 11:45am (3 sessions to 28 April)

On Zoom

WED
14

Dealing with guilt

Helping carers to explore the meaning and purpose of the feeling of guilt and manage their experience.

2:00pm - 3:00pm (2 sessions to 28 April)

On Zoom

WED
21

Understanding dementia

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

2:00pm - 3:30pm

On Zoom

THU
22

Stress management

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

2:00pm - 3:30pm (2 sessions to 30 April)

On Zoom

FRI
23

Nutrition

An introduction to the key concepts of good nutrition for you and the person you care for.

2:00pm - 3:30pm

On Zoom

MON
26

Fire safety in the home

Fire Scotland provides information about fire safety in your home and the home of those you care for.

2:00pm - 3:00pm

On Zoom

TUE
27

Caring for a child with additional support needs and coping with behaviour

Led by VOCAL, and a Clinical Psychologist from CAHMS, this session explores behaviour that challenges and shares tips and advice for coping with this.

11:00am - 12:30pm (2 sessions to 6 May)

On Zoom

THU
29

May 2021

Managing medication

Information and advice on how to manage the medication of the person you care for.

2:00pm - 3:30pm

On Zoom

TUE
4

Introduction to reflexology

An introduction to the practice of reflexology.

10:00am - 12:00pm

On Zoom

TUE
4

Evening carer relaxation session

De-stress, switch-off, rejuvenate and relax with Alison, a wellbeing practitioner.

7:30pm - 8:30pm (4 sessions to 26 May)

On Zoom

WED
5

May 2021

Walking for carers

In National Walking Month we introduce the benefits of walking and guide you to reach your own targets.

2:00pm - 3:00pm (4 sessions to 27 May)

On Zoom

THU
6

Caring for someone with dementia and your rights

This 4 week course delivered by Age Scotland and VOCAL will inform carers of people with dementia on the rights they have and support available.

10:30am - 12:00pm (4 session to 28 May)

On Zoom

FRI
7

Self-advocacy and communication

This workshop helps us work out how best to convey the messages we want to be heard as carers.

2:00pm - 3:00pm (3 session to 21 May)

On Zoom

FRI
7

Smoking and mental health

Ash Scotland gives information on smoking and mental health, and local services to help people stop.

2:00pm - 3:00pm

On Zoom

MON
10

Reflection session - telling your story

Take time to reflect with other carers on how this will be a pivotal moment in history.

10:00am - 11:00am (2 sessions to 19 May)

On Zoom

WED
12

Poetry appreciation

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

10:00am - 11:00am

On Zoom

THU
13

Stress management

See April 23 for description.

10:00am - 11:30am (2 session to 22 May)

On Zoom

SAT
15

Craft workshop

Open to new and existing crafters. Materials will be provided and sent to you.

2:00pm - 3:30pm

On Zoom

TUE
18

Changing relationships

Explore how relationships work, what they mean to us and how caring affects them.

2:00pm - 3:30pm (19th)

10:30am - 1:00pm (28th)

On Zoom & Edinburgh Carers' Hub

WED
19

FRI
28

Basic first aid for carers

A practical session, led by a Red Cross professional, covering commonly used first aid techniques.

10:00am - 11:30am

On Zoom

MON
24

Using digital resources to improve wellbeing

In an increasingly digital era, discover online resources that can support your mental and physical wellbeing.

10:00am - 11:00am

On Zoom

TUE
25

Emergency planning

Explore options for planning for an emergency. You will be supported to write a personalised Emergency Plan.

2:00pm - 3:30pm

On Zoom

WED
26

June 2021

Domestic abuse information session

Understand more about domestic abuse and how to support someone you think may be affected.

10:00am - 12:30pm

On Zoom

TUE
1

Getting a break from caring

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

2:00pm - 3:00pm (2 sessions to 10 June)

On Zoom

THU
3

Caring for someone with a progressive neurological condition

For those caring for someone with MS, Parkinson's, MND or other neurological conditions.

10:00am - 11:00am (3 sessions to 18 June)

On Zoom

FRI
4

Podcast group for carers

Find out how to access podcasts, listen to chosen weekly episodes and discuss your thoughts.

2:00pm - 3:00pm (3 sessions to 18 June)

On Zoom

FRI
4

Caring for a child with learning difficulties

Mindroom and VOCAL present this course for parent carers. Learn about the conditions and meet others.

10:30am - 11:30am (4 sessions to 30 June)

On Zoom

WED
9

Introduction to caring in Edinburgh

A course aimed at people new to caring, or carers new to Edinburgh, offering information on accessing support, money and welfare rights and VOCAL services.

2:00pm - 3:00pm (3 sessions to 23 June)

On Zoom

WED
9

Getting a break from caring

See June 3 for description.

10:30am - 1:00pm

Edinburgh Carers' Hub

FRI
11

Taking care of your back

Learn basic techniques to protect your back in everyday life and in your caring role.

2:00pm - 3:30pm

On Zoom

TUE
15

Caring for someone with dementia and managing behaviour that challenges

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

10:00am - 11:30am

On Zoom

THU
17

Dealing with guilt

See April 21 for description.

10:30am - 1:00pm

Edinburgh Carers' Hub

TUE
22

Help in home and garden

Learn about support available to help you manage your own or someone else's home and/or garden.

10:00am - 11:30am

On Zoom

THU
24

Emergency planning

See May 26 for description.

10:30am - 12:00pm

Edinburgh Carers' Hub

FRI
25

Supporting someone to make decisions

Looking at formal methods of supporting someone who is unable to or has difficulty making decisions themselves, including Power of Attorney and Guardianship

10:00am - 11:30am

On Zoom

TUE
29

*Sessions which are shaded are part of Carewell Health and Wellbeing partnership.

Carer learning & leisure opportunities

To register or find out more visit carerstraining.co.uk or call us on 0131 622 6666

Session key*:

MON
20

Daytime

MON
20

Evening

SAT
20

Weekend

MON
20

In-person