

Midlothian 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

***Hansel & Gretel | Brunton Hall, Tue 14 Dec, 7pm or Wed 29 Dec, 2pm**

Free tickets (oh yes, they are!) to Hansel & Gretel at Brunton Hall. The showing on 29 Dec is autism friendly.

***Spectacle of Light | Dalkeith Country Park, Sat 18 Dec, 7pm**

Free tickets where you can enjoy a wander through the Country Park and enjoy the fantastic light display.

***Eat out to chill out | Venue TBC**

Enjoy a complimentary two course lunch with a friend or companion. Tickets are for two course lunch for two people from a set menu and can be used throughout December, January and February.

***Coffee and cake voucher | St. Johns & Kings Park Church Community Café, Dalkeith**

Enjoy coffee and cake at a local community café where you can meet local people and have time for yourself. Vouchers can be used Mondays, 10am - 12.30pm.





*Cinema voucher

Take some time out and enjoy a movie on us!

National Mining Museum | Newtongrange

Tickets for a wander round the mining museum, where you can be astounded by the engineering brilliance and retrace the footsteps and struggles of thousands of miners and their families.

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

**To note your interest in any of the above events please call VOCAL on 0131 663 6869 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 registering.

Training and activities

Book via
carerstraining.co.uk

Christmas coffee morning | Online, Tue 14 Dec, 10.30am - 11.30am

Join us for a festive cuppa and get together with others carers. Free morning tea box delivered to your door prior to event.

Look out for some new events in the New Year such as digital support, wellbeing activities and workshops.

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

Activities and groups online

Our VOCAL Midlothian Carer Centre is open between Christmas and New Year for telephone support and online activities and events.

Wednesday 29th December

10am-4pm

Telephone/Webchat support


Call us for info or support



10am - 11.30am


Festive cuppa and quiz

Join us online via Zoom for a coffee, chat and quiz. Morning tea and cake box provided.



12pm – 1pm

Guided meditation/relaxation
Relax and unwind with guided meditation session via Zoom.



2pm – 3pm

Festive craft session
Join other carers online to make your craft pack and enjoy a blether whilst doing so! Craft packs provided.

Thursday 30th December

10am-4pm

Telephone/Webchat support


Call us for info or support



10am - 11.30am


Looking after yourself in winter

Join us to get useful information and resources to help look after YOU!



12pm – 1pm

Guided meditation/relaxation
Relax and unwind with guided meditation session via Zoom.



3pm – 4pm

Festive afternoon tea and bingo

Join us online via Zoom for a cuppa, chat and a game of bingo. Afternoon tea box provided.

Winter opening hours

Our Midlothian Carer Centre will close at 1pm 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

In order to comply with Covid-19 guidance, unfortunately we cannot offer a drop-in service this year. If you would like to join any of our online activities and events, but do not feel confident in doing so, please get in touch and we can arrange to support you with this. Our sessions will be held via Zoom but support can be offered prior to sessions to ensure you can access.



Useful contacts

- Midlothian Social Work: 0131 271 3900 / 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 0131 271 3394 for Midlothian Council tenants
- 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

Useful websites

- NHS Inform Self-help Guides: www.nhsinform.scot/self-help-guides
- Midspace: www.midspace.co.uk
- National Wellbeing Hub: www.wellbeinghub.scot/our-events/
- Clear Your Head: www.clearyourhead.scot





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 663 6869](tel:01316636869) for information and to book.



VOCAL Edinburgh

VOCAL Midlothian

Edinburgh Carers' Hub

60 Leith Walk

EDINBURGH

EH6 5HB

0131 622 6666

centre@vocal.org.uk

Twitter: @VOCAL Edinburgh

Facebook: /VOCALEdinburgh

VOCAL Carer Centre

30/1 Hardengreen Estate

DALKEITH

EH22 3NX

0131 663 6869

midlothian@vocal.org.uk

Twitter: @VOCAL Midlothian

Facebook: /VOCALMidlothian

Scottish Charity: SC020755
Private Ltd Company: SC183050