



Events and activities for unpaid carers in Midlothian

Jan-Mar 2022

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.

For more information about a course or event listed, please contact VOCAL on 0131 663 6869 or email midlothian@vocal.org.uk.

To book visit carerstraining.co.uk or call 0131 663 6869.

1-2-1 Zoom support to access our online events and activities

If you have not used Zoom before, we can help you set up Zoom on your own device so you can access any of our online events and activities. For more information or to book an appointment, call us on 0131 663 6869 or email midlothian@vocal.org.uk.

Where to find us

Midlothian Carer Centre
30/1 Hardengreen Estate
Dalkeith EH22 3NX

  VOCAL Midlothian

 VOCAL - Voice of Carers Across Lothian

January

Carer afternoon cuppa

Wed 12 Jan | 1pm - 2.30pm | On Zoom

Join us and other carers for a cuppa, chat and some 'me time'.

Carers Action Midlothian (CAM)

Wed 19 Jan | 10am - 12pm | On Zoom

Join us and other carers and share your experiences. You will help make a difference to other carers and shape local services in the future.

Emotional wellbeing

Thu 20 Jan | 11.30am - 1pm | On Zoom

An introduction to therapeutic approaches including counselling, individual and group support, and alternative therapies. Learn what support and services are available to help maintain your emotional wellbeing.

New to caring

Sun 23 Jan | 10.30am - 12pm | On Zoom

Do you provide support or care for a family member, friend or loved one? Join us to find out what support we can offer you in your caring role now and in the future. This event is aimed at people new to caring, or if their caring role has changed.

Parent peer support group

Wed 26 Jan | 7.15pm - 9pm | [On Zoom](#)

Join VOCAL Midlothian staff, Lothian Centre for Inclusive Living (LCIL) staff and other parent carers for a cuppa and chat, and some 'me' time.

Carer craft group

Thu 27 Jan | 10.30am - 12pm | [On Zoom](#)

Join other carers to make your craft pack and enjoy a blether whilst doing so! Craft packs provided. No previous experience or skills are required. All materials and instructions are provided on the day.

Dealing with guilt

Thu 27 Jan | 6.30pm - 8pm | [On Zoom](#)

A session to support carers to explore the meaning and purpose of guilt and how to better manage the guilt often experienced with caring.

February

Money matters

Thu 3 Feb | 12pm - 1pm | [On Zoom](#)

Join us and other carers for a cuppa and learn about the support that's available to help manage finances for you and the person you care for. Topics include Power of Attorney and welfare rights.

Nutrition for older people

Mon 7 Feb | 11.30am - 1pm | [On Zoom](#)

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

Finding balance

Thu 10 Feb | 7pm - 8pm | On Zoom

Join us and explore the challenges of managing multiple demands in life and strategies on finding balance to maintain wellbeing.

Long-term care

Wed 16 Feb | 3.30pm - 5pm | On Zoom

Learn what long-term care is, the options available and discuss how you feel about long-term care.

Carer morning cuppa

Fri 18 Feb | 10.30am - 11.30am | On Zoom

Join us and other carers for a cuppa and a chat, and some 'me' time.

Parent peer support group

Wed 23 Feb | 7.15pm - 9pm | On Zoom

Join VOCAL Midlothian staff, Lothian Centre for Inclusive Living (LCIL) staff and other parent carers for a cuppa, chat and some 'me' time.

Carer craft group

Thu 24 Feb | 10.30am - 12pm | On Zoom

Join other carers to make your craft pack and enjoy a blether whilst doing so! Craft packs provided. No previous experience or skills are required. All materials and instructions are provided on the day.

March

Understanding mental health and caring for someone with mental health condition

Fri 4 Mar | 11.30am - 1pm | On Zoom

Caring for someone with a mental health condition can be complex and challenging with carers often feeling hidden. Join us to explore the impact of mental health conditions and the different support that is available. We will also provide guidance on where to find more information and tips for friends and family.

Building confidence in your caring role

Tue 8 Mar | 6.30pm- 8pm | On Zoom

Join us for 6 fortnightly sessions, starting on 8 March. Learn about falls prevention, oral care, medication, foot care, eye and ear care, and continence care.

Carer morning cuppa (in-person)

Wed 9 Mar | 10am - 12pm | On Zoom

Join VOCAL Midlothian staff and other carers for a cuppa, chat and some 'me' time.

A break from caring

Thu 17 Mar | 12pm - 1pm | On Zoom

A workshop exploring how to plan for a break from caring and accessing funds and opportunities. Also learn about the support and services available for replacement care.

Carers Action Midlothian (CAM)

Wed 23 Mar | 1.30pm - 3pm | On Zoom

Join us and other carers and share your experiences. You will help make a difference to other carers and shape local services in the future.

Managing loss and bereavement

Thu 24 Mar | 3.30pm - 5pm | On Zoom

A workshop on understanding loss and grief, bereavement models and factors affecting the grieving process. This session is open to carers who are nearing the end of caring or are no longer caring.

Parent peer support group

Wed 30 Mar | 7.15pm - 9pm | On Zoom

Join VOCAL Midlothian staff, Lothian Centre for Inclusive Living (LCIL) staff and other parent carers for a cuppa, chat and some 'me' time.

Carer craft group

Thu 31 Mar | 10.30am - 12pm | On Zoom

Join other carers to make your craft pack and enjoy a blether whilst doing so! Craft packs provided. No previous experience or skills are required. All materials and instructions are provided on the day.

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 Midlothian.

0131 663 6869

midlothian@vocal.org.uk

carerstraining.co.uk





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Carers Training is brought to you by VOCAL.
Scottish Charity: SC020755 | Company Registration: SC183050

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