

Midlothian Winter 2023/2024 Activity and Support Programme

We are delighted to launch our Midlothian winter programme for 2023/24! VOCAL is offering a range of free activities and events for carers over the festive period and into the New Year.



Activities and Events

Buckingham Palace: Historic Home and Royal Office

Wed 6 Dec | 11am | Online

Join Catherine for an online interactive session to learn about Buckingham Palace, as a historic home but also a royal office.

Sustainable crafts at the Botanic

Wed 6 Dec | 1.30pm | Royal Botanic Garden Edinburgh

Get into the Christmas spirit and create some eco-friendly, festive star decorations from paper bags.

Edinburgh Castle of Light: Magic and Mystery

Sat 16 Dec | 5pm | Edinburgh Castle

You and a companion are invited to visit the Castle for an evening of magic and mystery.

Guided tour of Modern Art Gallery One

Tue 19 Dec | 10am | National Galleries Scotland

Enjoy a relaxed guided tour with Modern Art Gallery One.

Cinderella The Pantomime

Thu 21 Dec & Fri 29 Dec (relaxed performance) | 7pm & 11am | Loretto School Musselburgh

We're giving carers tickets to see Cinderella – (Oh yes we are!).

Eat out to chill out voucher

Enjoy a complimentary two-course lunch with a friend at one of Midlothian's best restaurants.

Odeon cinema voucher

Grab some popcorn and catch up on the latest blockbusters with friends or family at any Odeon Cinema.



High tea at Dobbies voucher

Get into the Christmas spirit and treat yourself and a friend to a delicious Festive or Traditional Afternoon Tea.

High tea at Craigie Hotel voucher

Enjoy afternoon tea with a friend at Craigie Hotel.

Fun fair tokens for Edinburgh Christmas Market

Enjoy some festive fun for all the family, including traditional Christmas Markets, funfair rides, delicious food and drink, plus so much more.

To note your interest in any of the above events, please visit: www.weebreaks.com or call VOCAL on 0808 196 6666. To ensure as many carers as possible are able to benefit, we are asking carers to only apply for tickets for one event.

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

December training and activities

Carer morning cuppa

Wed 6 Dec | 10am - 12pm | Midlothian Carer Centre

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

Carers Relaxation Sessions

Wed 13 Dec & Wed 10 Jan | 7.30pm - 8.30pm | Premier Pilates & Fitness Studio, Dalkeith

Make some time for yourself and join other carers for a relaxing Sound Bath session.



Christmas Craft Group

Wed 13 Dec | 10.30am - 12.30pm | Midlothian Carer Centre

Enjoy a cuppa and chat with other carers while creating a card of your choice.

January training and activities

Carer morning cuppa

Wed 10 Jan | 10am – 12pm | Midlothian Carer Centre

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

Craft group

Wed 24 Jan | 10am – 12pm | Midlothian Carer Centre

Come along and make up your craft pack and enjoy a blether whilst doing so! All materials are provided. No previous experience or skills are required. This month, we will be making cards and gift boxes.

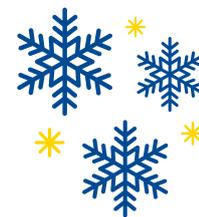
Working carers session

Tue 30 Jan | 7pm – 8pm | Online

Juggling work and care is challenging. Working carers are invited to attend a short workshop to discuss issues that matter most to you, and meet other working carers.

Our training and events can be booked on our Carers Training website. carerstraining.co.uk





Activities and groups

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

Wednesday 27th December

10am-4pm

Telephone/Webchat support

Call us for info or support.



1.30pm-3pm

Carer Cuppa (In person)

Reduce your stress levels and join Carole, a mindfulness practitioner, who will guide you through relaxing techniques.



2pm-4pm

SMART Family and Friends Meeting (Edinburgh Carers' Hub)

Support for family of someone with a drug or alcohol dependency.

Thursday 28th December

10am-4pm

Telephone/Webchat support

Call us for info or support.



10.30am-12pm

Carer Cuppa (In person)

Come along for a cuppa and a game of bingo with other carers at our friendly and relaxed carer centre!



2pm-3.30pm

Quiz (Online)

Test your knowledge in the Christmas Quiz.





Winter opening hours

Please see below for details of our Midlothian Carer Centre opening times between Christmas and New Year:

- 25 - 26 December: CLOSED
- 27 December: Open 10am - 4pm
- 28 December: Open 10am - 4pm
- 29 December - 2 January: CLOSED
- 3 January: Normal opening times resume

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.

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
- Scotland's Domestic Abuse & Forced Marriage 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
- Energy Networks: call 105 to report power faults

Useful websites

- NHS Inform Self-help Guides: www.nhsinform.scot/self-help-guides
- Thrive Edinburgh: www.edinburghthrive.com/
- National Wellbeing Hub: www.wellbeinghub.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 0808 196 6666 for information and to book.



VOCAL Edinburgh

Edinburgh Carers' Hub
60 Leith Walk
EDINBURGH
EH6 5HB
0131 622 6666
centre@vocal.org.uk
Twitter: @VOCAL Edinburgh
Facebook: /VOCALEdinburgh

VOCAL Midlothian

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