

Edinburgh Winter 2023/2024 Activity and Support Programme

We are delighted to launch our Edinburgh 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

The Pantomime Adventures of Peter Pan

Fri 1 Dec | 7pm | Festival Theatre

We're giving carers tickets to see The Pantomime Adventures of Peter Pan – (Oh yes we are!).

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 Botanics

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

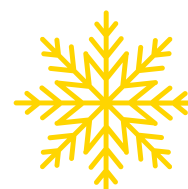
Enjoy a relaxed guided tour with Modern Art Gallery One.

£50 voucher for Mimi's Bakehouse

We're offering carers a £50 voucher for Mimi's Bakehouse.

£50 voucher for Odeon Cinema

Calling all film fans! Included in our winter programme this year is a £50 voucher which can be used at any Odeon cinema.



Fun fair and big wheel tokens for Edinburgh Christmas Market

Enjoy some festive fun for all the family, including traditional Christmas Markets, funfair rides and fun on the Big Wheel!

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

Coping with Christmas - a workshop for carers who support autistic people | Mon 4 Dec | 6pm - 8pm | Online

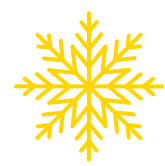
This interactive workshop will share practical approaches for families to make Christmas more manageable and enjoyable for everyone.

Basic First Aid | Wed 6 Dec | 2pm - 3.30pm | Edinburgh Carers' Hub

A practical introductory session, led by British Red Cross, covering common first aid techniques. No previous experience is needed.

Mental Health First Aid | Thu 7 Dec | 1pm - 2.30pm | Online

This session will explore techniques that can give initial support and comfort to someone experiencing a mental health problem.



**Get active with Edinburgh Leisure: strength and cardio |
Wed 13 Dec | 3pm - 4pm | Meadowbank Sports Centre**

Try out this light energetic circuit class designed to work the whole body.

**Lunchtime wellbeing check-in | Mon 18 Dec | 1pm -
2pm | Online**

Take this time out to rest, relax and practise some mindfulness techniques.

January training and activities

**Book club | Tue 23 Jan | 1pm - 2.30pm | Edinburgh
Central Library**

In this session we will be exploring L'Assomoir by Emile Zola.

**Managing Loneliness | Wed 24 Jan | 10am - 12pm |
Edinburgh Carers Hub**

This is an opportunity for you to connect with others and speak openly about how it might feel to be lonely or isolated.

**Walk and talk | Tue 30 Jan | 12pm - 1.30pm | Arboretum
Place**

Enjoy the benefits of walking and meet other carers while exploring a wintery Botanic Gardens.

Poetry for carers | Wed 31 Jan | 10.30am - 11.45pm | Online

Join this informal group for an exploration into poetry collections with other carers. No previous experience is required, just an interest in poetry and a willingness to open your mind.

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





Activities and groups

Our Edinburgh Carers' Hub 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.



11am-12.30pm

Guided meditation (In person)

Join Carol, a Wellness Therapist, for a guided, winter, meditation journey full of energy and fun.



2pm-4pm

SMART Family and Friends Meeting (In person)

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.



10am-1pm

Carers Craft Café (In person)

Join us for a morning of crafts and a cuppa.

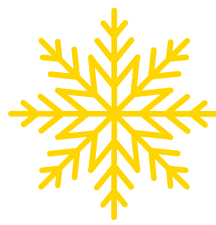


2pm-3.30pm

Quiz (Online)

Test your knowledge in the Christmas Quiz.





Winter opening hours

Please see below for details of our Edinburgh Carers' Hub 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

- Edinburgh Social Work: 0131 200 2324 / 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 report to your local council office:
SW: 0131 527 3800
SE: 0131 529 5151
NW: 0131 529 5050
NE: 0131 529 3111
- 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.



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