

## July 2017

### Caring for someone with dementia: thinking about challenging behaviour

A short session led by a dementia nurse helps us to understand and manage others' behaviour.

10am - 2.30pm (lunch included)

VOCAL Carer Centre

SAT  
1

Weekend

### Understanding dementia

A course for carers supporting someone in the mid-stages of dementia.

10am - 12.30pm (6 weeks: 6 Jul - 10 Aug)

Wester Hailes Healthy Living Centre

THUR  
6

### Switching lab

Find out if you are getting the best deal and make changes to reduce your household bills.

10am - 12pm VOCAL Carer Centre

THUR  
20

### Mental health: dealing with challenging behaviour

Learn more about low mood, delusions, lack of motivation and more from a Psychiatrist.

6pm - 8pm (2 sessions: 20 & 27 Jul)

VOCAL Carer Centre

THUR  
20

Evening

### Basic first aid for carers

Learn first aid to deal with situations including choking, bleeding, burns and seizures.

10am - 12.30pm Drumbrae Hub

TUE  
25

### Switching lab

Find out if you are getting the best deal and make changes to reduce your household bills.

6pm - 8pm VOCAL Carer Centre

WED  
26

### Dementia interaction

Learn how to engage someone with dementia in activities, using poetry, photos and stories.

10.30am - 12.30pm VOCAL Carer Centre

THUR  
27

## August 2017

### Shaping the care package for the person you support

Learn how to access and maximise support from health and social care services.

10am - 12.30pm (2 sessions: 2 & 9 Aug)

VOCAL Carer Centre

WED  
2

### Accessing services and support

Learn how to get the help you need for you and the person you support.

10am - 12.30pm VOCAL Carer Centre

WED  
2

## August 2017

### Care at home to care home

Explore how our role and lives change when the person we care for moves into a care home.

10am - 12.30pm (6 sessions: 8 Aug - 12 Sep)

VOCAL Carer Centre

TUE  
8

### Introduction to Self-Directed Support

Find out how to access Self Directed Support including assessments and direct payments.

10am - 12.30pm (lunch included)

VOCAL Carer Centre

WED  
9

### Introduction to caring in Edinburgh

A one day event providing information on money matters, carers' rights, services and support.

10am - 12.30pm VOCAL Carer Centre

FRI  
18

### Thinking about and paying for long term care

Find out how care in a residential home is arranged and how to select and pay for a care home.

10am - 2.30pm LifeCare Centre

WED  
30

## September 2017

### Basic benefits for carers

Learn about welfare benefits and entitlements for carers and the people they support.

10am - 12.30pm VOCAL Carer Centre

WED  
6

### Caring for someone with dementia: challenging behaviour

A short course led by a dementia nurse helps us understand behaviour and manage behaviour.

10am - 12.30pm (2 sessions: 7 & 21 Sep)

VOCAL Carer Centre

THUR  
7

### Money goals

Join an advisor from Money Advice Scotland to find out how to make household savings.

10.30am - 12.30pm VOCAL Carer Centre

TUE  
12

### Maximise your income

Explore ways to make your money go further with savings and discounts.

10am - 12.30pm VOCAL Carer Centre

WED  
13

### What follows school for a child with additional support needs

For parents of children with additional needs aged 13-18, focussing on this important transition.

10am - 12.30pm (5 sessions: 14 Sep - 12 Oct)

VOCAL Carer Centre

THUR  
14

### Switching lab

Find out if you are getting the best deal and make changes to reduce your household bills.

1.30pm - 3.30pm VOCAL Carer Centre

THUR  
14

## September 2017

### Scams awareness

Learn about the many forms of scams, what to look out for and how to report them.

10am - 12pm VOCAL Carer Centre

FRI  
15

### Supporting someone with M.S.

Find out about treatment, moving and handling and complimentary therapies.

10am - 12.30pm (6 sessions: 19 Sep- 24 Oct)

VOCAL Carer Centre

TUE  
19

### Switching lab

Find out if you are getting the best deal and make changes to reduce your household bills.

10am - 12pm VOCAL Carer Centre

TUE  
19

### Planning financially for the future

Explore the key areas for consideration in a caring role including planning financially for someone else and/or after our own death.

10am - 12.30pm VOCAL Carer Centre

FRI  
22

### Living and dying well

Discuss the months and weeks before a death and what happens afterward.

10am - 12.30pm (4 sessions: 25 Sep- 16 Oct)

VOCAL Carer Centre

MON  
25

### Communication skills for carers

Develop strategies on how to speak up confidently, and make your own views heard.

10.30am - 12.30pm LifeCare Centre

TUE  
26

### Dementia interaction

Learn how to engage someone with dementia in activities, using poetry, photos and stories.

10.30am - 12.30pm VOCAL Carer Centre

THUR  
28

### Mindful Home

Based on the book 'The Life-Changing Magic of Tidying' - explore an exciting approach to de-cluttering your house and working towards a more organised you.

10am - 12.30pm VOCAL Carer Centre

FRI  
29

## Turn over for details of:

### A GRAND DAY OUT

Be a tourist for a day!

### CARING FOR YOURSELF

Short courses on dealing with stress and guilt, maintaining your caring-life balance and free fitness classes!

# Carer learning & leisure opportunities

Free courses, groupwork, social and leisure activities for unpaid carers to develop skills and knowledge to support them in their caring role, meet other carers, increase confidence and improve carers own health and wellbeing. For information or to reserve a place visit:

- Book online: [www.carerevents.co.uk](http://www.carerevents.co.uk)
- Call: VOCAL on 0131 622 6666 or
- Email: [centre@vocal.org.uk](mailto:centre@vocal.org.uk)

### Venue locations

Our free carer events and courses take place in locations throughout Edinburgh. Carers are welcome to attend courses in any part of Edinburgh.

See map overleaf for venue locations

Evening

Evening sessions

Weekend

Weekend sessions

vocal  
working with carers



# A grand day out...

Be a tourist in your own town and explore some of Edinburgh's best-loved visitor attractions with a small group of carers.

**Dynamic Earth visit:** Step back in time and join one of our free social and educational trips around the Dynamic Earth exhibition. **Wed 26 July or Thurs 7 September 10.30am - 1pm**

**Discover Edinburgh Castle:** Visit to one of Scotland's treasures - right on VOCAL's doorstep! **Thurs 14 September 10am - 5pm**

**Royal Collection at Holyrood Palace:** Guided tour followed by afternoon tea. **Thurs 28 September 11am - 3.30pm**

Book your place at [www.carevents.co.uk](http://www.carevents.co.uk)



Like VOCAL on Facebook: /VOCALcarers  
Follow VOCAL on Twitter: @EdinburghCarers

## East Edinburgh

**5. Meadowbank Leisure Centre**  
London Road, Edinburgh EH7 6AE  
Bus: Lothian 4, 5, 15, 26, 44, 45

**4. LifeCare Centre**  
2 Cheyne St, Edinburgh EH4 1JB  
Bus: Lothian 24, 29, 36, 42

**3. West Pilton Gardens Social Work Centre**  
8 West Pilton Gardens, Edinburgh EH4 4DP  
Bus: Lothian 21, 24, 27, 29, 32, 37

**2. Drumbrae Leisure Centre**  
30 Drumbrae Terrace, Edinburgh EH4 7SF  
Bus: Lothian 1, 21, 26, 32, 68

**1. Drumbrae Library Hub**  
81 Drum Brae Drive, Edinburgh EH4 7FE  
Bus: Lothian 1, 21, 26, 32, 68

**6. Wester Hailes Healthy Living Centre**  
30 Harvester Way, Edinburgh EH14 3JF  
Bus: Lothian 3, 18, 21, 30, 32, 33

**7. Whinpark Medical Centre**  
6 Saughton Rd N, Edinburgh EH11 3RA  
Bus: Lothian 1, 3, 22, 25, 28, 30, 34, 35

**8. VOCAL Carer Centre**  
8-13 Johnston Terrace, Edinburgh EH1 2PW  
Bus: Lothian 2, 23, 27, 41, 42, 67

**9. Edinburgh Castle**  
Castlehill, Edinburgh EH1 2NG  
Bus: Lothian 2, 23, 27, 41, 42, 67

**10. Dynamic Earth**  
Holyrood Rd, Edinburgh EH8 8AS  
Bus: 6, 35

**11. Holyrood Palace**  
Canongate, Edinburgh EH8 8DX  
Bus: 6, 35

**12. Royal Commonwealth Pool**  
21 Dalkeith Road, Edinburgh EH16 5BB  
Bus: Lothian 2, 14, 30, 33, 48

## South Edinburgh

**1. Drumbrae Leisure Centre**  
30 Drumbrae Terrace, Edinburgh EH4 7SF  
Bus: Lothian 1, 21, 26, 32, 68

**2. Drumbrae Library Hub**  
81 Drum Brae Drive, Edinburgh EH4 7FE  
Bus: Lothian 1, 21, 26, 32, 68

**3. West Pilton Gardens Social Work Centre**  
8 West Pilton Gardens, Edinburgh EH4 4DP  
Bus: Lothian 21, 24, 27, 29, 32, 37

**4. LifeCare Centre**  
2 Cheyne St, Edinburgh EH4 1JB  
Bus: Lothian 24, 29, 36, 42

**5. Meadowbank Leisure Centre**  
London Road, Edinburgh EH7 6AE  
Bus: Lothian 4, 5, 15, 26, 44, 45

**6. Wester Hailes Healthy Living Centre**  
30 Harvester Way, Edinburgh EH14 3JF  
Bus: Lothian 3, 18, 21, 30, 32, 33

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# Course Venues

Book online at [www.carevents.co.uk](http://www.carevents.co.uk) or call VOCAL: 0131 622 6666

# Caring for yourself

## Stress management

Learn about stress and its impact, and develop techniques to plan for and manage stressful situations.

**Whinpark Medical Practice**  
Thurs 13 July 10am - 12.30pm

**LifeCare Centre**  
Wed 19 July 10am-12.30pm

**Drumbrae Hub**  
Tues 1 Aug 10am - 12.30pm

**VOCAL Carer Centre**  
Thurs 10 Aug 6pm-8pm **Evening**  
or Fri 25 Aug 10am - 2.30pm

**Wester Hailes Healthy Living Centre**  
Wed 27 Sept 10am - 2.30pm

## Connections, Choices & Changes

An opportunity for carers to explore strategies to help them manage their caring role, wider lives and communication.

**Wed 16 Aug - 20 Sept (6 sessions)**  
**VOCAL Carer Centre 10am-12.30pm**

## Finding balance

A two part lifestyle management course for carers who are keen to look after their own health and maintain their own interests while caring.

**Whinpark Medical Practice**  
**Thurs 17 & 24 Aug (2 sessions)**  
10.30am - 12.30pm

**West Pilton Gardens Social Work Centre**  
**Thurs 28 Sept & 5 Oct (2 sessions)**  
10.30am - 2.30pm (lunch included)

## Dealing with guilt

Explore the meaning and purpose of the feeling of guilt and explore how to manage these feelings.

**VOCAL Carer Centre**  
Fri 1 Sept 10am - 12.30pm

## Body Balance

A low impact class of yoga/Pilates style exercise class. No experience necessary.

**Meadowbank Leisure Centre**  
**3 Jul- 21 Aug (6 sessions)**  
Please note: no class on 17 or 24 Jul  
10.30-11.30am (Class)  
11.30am-12.30pm (Coffee/social)

## Gym Buddies

Join a small group of carers for gym sessions supported by a trained instructor.

**Meadowbank Leisure Centre**  
**Tue 22 Aug - 26 Sept (6 sessions)**  
10.30-11.30am (Class)  
11.30am-12.30pm (Coffee/social)

**Drumbrae Leisure Centre**  
**Thur 21 Sept - 26 Oct (6 sessions)**  
10.30-11.30am (Class)  
11.30am-12.30pm (Coffee/social)

## Edinburgh Leisure taster sessions

Try a new type of exercise called Sh'bam - a perfect class for all levels of fitness.

**Royal Commonwealth Pool**  
**12 Sep - 3 Oct (4 sessions)**  
11.30 - 12.15pm (Class)  
12.15pm-1pm (Coffee/social)

# Carer learning & leisure events Jul - Sep 2017

Free courses for carers to develop skills and knowledge to support them in their caring role, increase confidence and improve stress levels and wellbeing.



To register or find out more:

Visit [www.carerevents.co.uk](http://www.carerevents.co.uk)

Call us on 0131 622 6666

