

April 2016

Fitness class taster sessions

Come along and try out classes including Pilates, Yoga, Body Balance, Circuits and Zumba.

10.30-12.30 pm (including post-class coffee)
(Fortnightly 4/4 - 27/6)
Royal Commonwealth Pool

MON
4

Housing information

Discover how the housing system works and how to deal with any housing issues.

10am - 12pm
VOCAL Carer Centre

WED
6

Historic church tours

Guided tours exploring the history and architecture of five historic Edinburgh churches.

10.30am - 12.30pm (Fortnightly 7/4 - 19/5)
VOCAL Carer Centre

THUR
7

Changing relationships

Explore how our relationships work, what they mean to us and how caring can affect them.

10am - 1pm
Lothian Autistic Society

TUE
12

Nature walks

Join us to explore the features and wildlife of Holyrood Park with a park ranger.

10.30am - 12pm (2 sessions - 12/4 & 26/4)
Holyrood Park Ranger Station

TUE
12

Caring for an older person

Learn how our bodies change, about medication and accessing support for older people.

10am - 12.30pm (5 sessions: 14/4 - 12/5)
Dr Bells Family Centre

THUR
14

From care at home to care home

Explore how our lives change when we are caring for someone who has moved to a care home.

10am - 12.30pm (6 sessions: 19/4 - 24/5)
VOCAL Carer Centre

TUE
19

Huntingdon's Disease

Explore a range of topics including mobility, physical and mood changes.

6-8pm (7 sessions: 19/4-21/5)
VOCAL Carer Centre

Evening

TUE
19

Dealing with guilt

Learn more about the meaning, purpose and ways to manage feelings of guilt.

10am - 1pm
Lothian Autistic Society

WED
20

April 2016 contd

First Aid for carers

A practical session through which carers can learn first aid to deal with a variety of situations

10am - 12.30pm
VOCAL Carer Centre

WED
27

Visit to Dementia Services Development Centre

A visit to the Technology Suite at Stirling University with specially adapted rooms.

10am - 3.30pm - 10am departure
from VOCAL Carer Centre

THUR
28

May 2016

Falls prevention

Practical advice for carers about falls prevention and what to do if someone has a fall.

10.30am - 12pm
The Haven, South Queensferry

WED
11

Finding balance

Explore ways to look after your own health and maintain your own interests while caring.

10am - 2.30pm (2 sessions: 13 & 20/5)
Pilrig St Pauls Church

FRI
13

Dementia information day

Find out more about dementia, treatments and coping strategies and money matters.

10am - 2.30pm
VOCAL Carer Centre

Weekend

SAT
14

First Aid for carers

A practical session through which carers can learn first aid to deal with a variety of situations.

10am - 1pm
VOCAL Carer Centre

MON
16

Discover poetry

A chance of come together read, talk about and write poetry. No experience necessary.

10.30am-12.30pm (5 sessions: 19/5 - 9/6)
VOCAL Carer Centre

THUR
19

Stress management

Understand stress, its impact, and develop techniques to manage stressful situations.

10am - 2.30pm
VOCAL Carer Centre

Weekend

SAT
21

June 2016

Stress management

Understand stress, its impact, and develop techniques to manage stressful situations.

10am - 2.30pm
VOCAL Carer Centre

TUE
7

Anger management

Learn how to identify your own anger warning signs ways to manage anger.

10am - 1pm
VOCAL Carer Centre

MON
13

Living and dying well

Explore what happens the months and weeks before and after the death of a loved one.

10am - 1pm (4 sessions: 20/6 - 11/7)
VOCAL Carer Centre

MON
20

Introduction to direct payments

Find out about self directed support and how to get and manage a direct payment.

10am - 12.30pm
The Prentice Centre

MON
20

Disabled Living Centre visit

Visit the Disabled Living Centre within the Smart Centre at the Astley Ainslie Hospital.

10am - 12pm
Astley Ainslie Hospital

WED
22

Understanding Dementia

A short course aimed at carers supporting someone in the mid-stages of dementia.

10am - 12.30pm (6 sessions: 23/6 - 28/7)
LifeCare Centre

THUR
23

Turn over for more health and wellbeing courses:

- Fitness classes
- Mindfulness
- Yoga and relaxation
- Living life to the full

Browse all free carer events at:
www.carerevents.co.uk

Follow VOCAL on Facebook:
[/VOCALCarers](https://www.facebook.com/VOCALCarers)

Apr - Jun 2016 Carer learning & leisure opportunities

Free courses, groupwork, social and leisure activities for 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:

- www.carerevents.co.uk
- call VOCAL on 0131 622 6666 or
- email 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

Carer learning & leisure events

Apr - Jun 2016

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

Call us on 0131 622 6666



Mind, Body, Spirit..



Fitness class taster sessions

Come along and try out classes including Pilates, Yoga, Body Balance, Circuits and Zumba.
Mon 4 Apr - 27 June (fortnightly)
10.30-11.30 am
 Royal Commonwealth Pool

Mindfulness 6 week course

The course will introduce carers to a range of mindfulness techniques and tools.
Wed 27 Apr - 1 Jun
10am - 12.30pm (weekly)
 VOCAL Carer Centre

Introduction to Mindfulness

A seminar on mindfulness and how these techniques might help carers.
Wed 6 Apr, 10am - 12.30pm
 VOCAL Carer Centre

Yoga & Relaxation

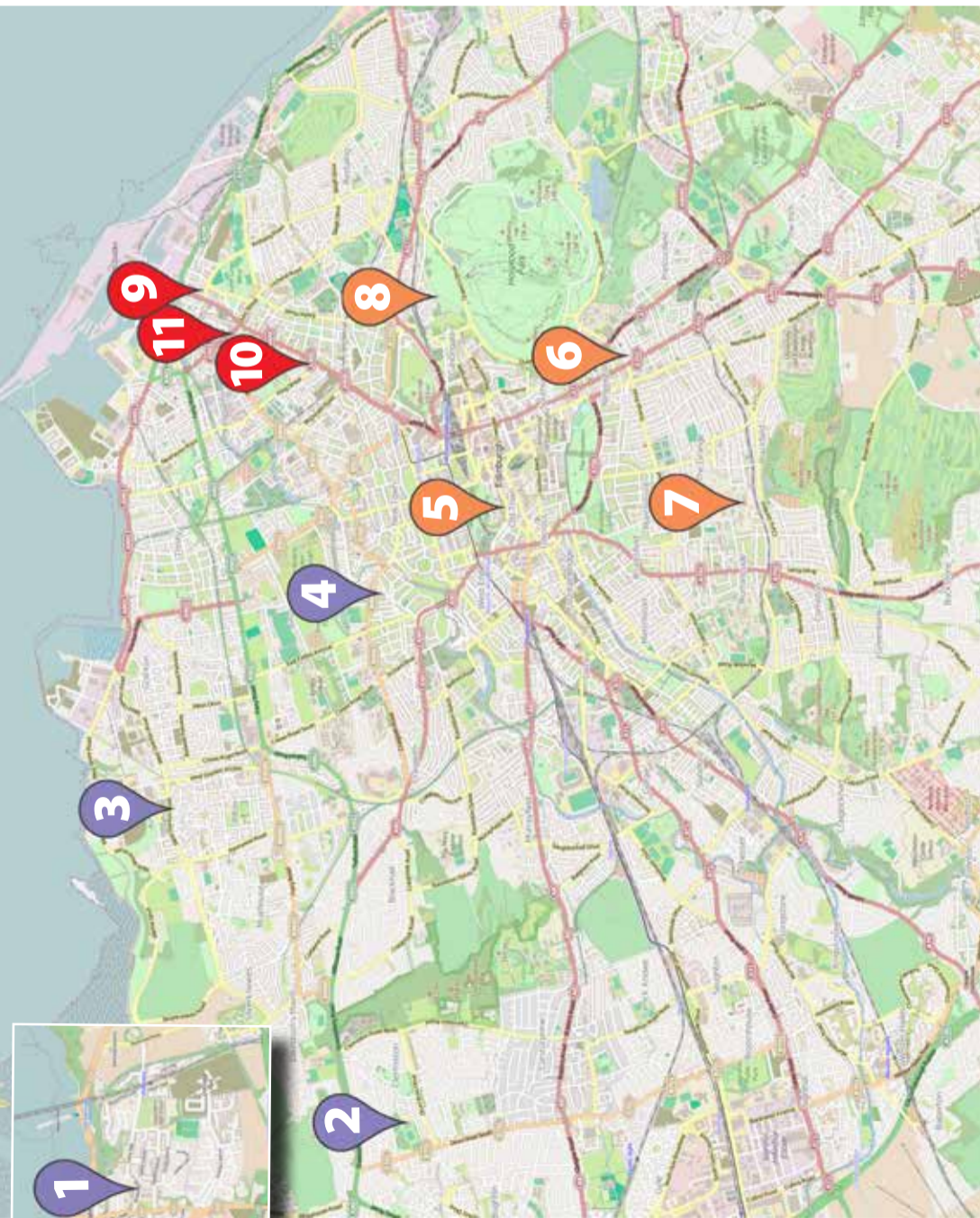
A series of yoga and relaxation sessions for carers. No previous experience is required.
Thursday 2 June - 23 June (weekly)
10.30am - 12.30pm
 The Haven, South Queensferry

Gym buddies

Learn how to use the equipment and get a personalised supported by a trained instructor.
Thur 14 April - 19 May (weekly)
10.30am - 11.30am (class)
11.30am-12.30pm (coffee)
 Drumbrae Leisure Centre

Living life to the full

A course for carers who are interested in giving their mood a boost and getting more from life.
Tuesday 7 June - 12 July (weekly)
10.30am - 12.30pm
 VOCAL Carer Centre



Event venues:



1. The Haven
 25B Burgess Rd
 South Queensferry
 Edinburgh EH30 9JA
Bus routes: Stagecoach 40/40A
 By train to Dalmeny

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

3. Prentice Centre
 1 Granton Mains Ave
 Edinburgh EH4 4GA
Bus routes: Lothian 8, 14, 16, 24, 32

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



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

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

7. Disabled Living Centre
 Astley Ainslie Hospital
 133 Grange Loan
 Edinburgh EH9 2HL
Bus routes: Lothian 24, 38, 41

8. Holyrood Park Education Centre
 1 Queens Drive
 Edinburgh EH8 8HG
Bus routes: Lothian 6, 15, 19, 26, 35, 113



9. Lothian Autistic Society
 Davidson House
 57 Queen Charlotte Street
 Edinburgh EH6 7EY
Bus routes: Lothian 12, 16, 21

10. Pilrig Church
 1b Pilrig Street
 Edinburgh EH6 5AH
Bus routes: Lothian 7, 10, 11, 12, 14, 16, 22, 25, 49

11. Dr Bells Family Centre
 15 Junction Place
 Edinburgh EH6 5JA
Bus routes: Lothian 7, 10, 14, 21, 22, 34, 36