



Winter Activity & Support Programme



*A series of events and
activities to help carers over
the festive period and into
the New Year*

Christmas can be a fun time but it can also be challenging for many people. There are often a lot of commitments, expense and social gatherings. VOCAL is offering a range of free activities and events to help carers over the festive period and into the New Year.

Surviving Christmas as a Carer

A caring role can make a difference to how we view and experience the festive season. Christmas is often promoted as a time for family and a time for happiness and a time for spending money on gifts and food. This can be challenging if you are in a caring role. This workshop helps carers to think about what Christmas means to them, how it might have changed, and to develop coping strategies.

30th November @ VOCAL Edinburgh Carers' Hub, 10.30am -1pm
or

1st December @ Libertus, 10.30am-1pm

or

6th December @ Currie Library, 11.30am -2.30pm

Christmas Craft

For some people the ideal Christmas present is a gift card, cash or a voucher, but how do you make them look special? Come along to a relaxing Christmas Crafting event and find out how to make lovely paper wallets and purses to personalise your gift.

9th December @ Leith Walk, 10.30am-1pm

To book go to www.carerevents.co.uk, or call us on 0131 622 6666.

VOCAL Edinburgh Carers' Hub is open between Christmas and New Year to provide telephone support on 0131 622 6666 and to offer support and activities. Just drop in.

Open to all carers from Edinburgh or Midlothian.

<p>Thursday 27th December</p>	<p>Friday 28th December</p>
<p>9am-5pm Phone support Call us for information or support</p>	<p>9am -5pm Phone support Call us for information or support</p>
<p>10am-3pm Carers café</p> <p>Drop in for coffee, cake and a chat</p> <p>We will also have a range of board and card games to play</p>	<p>10am-3pm Carers café</p> <p>Drop in for coffee, cake and a chat</p> <p>We will also have a range of board and card games to play</p>
	<p>1pm-2pm Guided meditation Relax and unwind with a guided mediation</p>
<p>2pm-3pm Guided meditation Relax and unwind with a guided mediation</p>	<p>2pm-4pm SMART Family and Friends Meeting Support for family and friends of people using drugs or alcohol</p>

Join us for some trips and outings to help you take a break with or without the person you support. Events are open to all carers in Edinburgh or Midlothian. Speak to a Carer Support Worker on 0131 622 6666 (Edinburgh) or 0131 663 6896 (Midlothian) to book a place.

Newbattle Abbey Christmas Fayre

24th November, 11am – 4pm

Beauty & the Beast at The Kings Theatre

A traditional pantomime for kids of all ages

Wednesday 12th December @ 7pm

Sunday 6th January @ 2pm

Forth 1 Big Wheel

See the sights of Edinburgh from a different angle by riding the big wheel on Princes Street.

Wednesday 19th December

Saturday 5th January

Jack and the Beanstalk Pantomime at Brunton Hall

A traditional pantomime for kids of all ages

Thursday 6th December @7pm

Hobo Woodland Cinema

Series of Christmas films to enjoy in an indoor woodland setting within Dalkeith Country Park

Friday 21st – Monday 24th December

Have a **hot drink and cake** for two on us in December and January at

Bonfire, High Street, Dalkeith or

The Undercroft, George Street, Edinburgh

(please note a voucher is required to claim drinks/cake)

As we start 2019 it might be time for New Year's resolutions, reflection and crossing things off our to-do lists.

New Year, New You

An opportunity to make a positive start to the year by reflecting on our lifestyle and possibly making some changes. Explore how to look after yourself while caring, processes of change, what changes when you become a carer and how to make those changes as positive as possible.

Thursdays 10th-24th January, 10.30-1pm @ VOCAL Edinburgh Carers' Hub

Thinking about accessing services and supports for the first time?

Join us for a Carers Information Day and learn more about welfare rights, services and supports.

Monday 21st January, 10.30-2.30pm @ VOCAL Edinburgh Carers' Hub

Wednesday 30th January, 10.30 -2.30pm @ Westerhailes Healthy Living Centre

Wednesday 6th March, 10.30am -2.30pm @ North West Local Office Social Work Centre, Pilton Gardens

Stress Management

Learn about the purpose of stress, its role in our lives and tips and strategies to help us manage our stress.

Monday 28th January, 10.30am-1pm @ Westerhailes Healthy Living Centre

Wednesday 13th February, 10.30-1pm @ VOCAL Edinburgh Carers' Hub

Wednesday 13th March, 10.30am -1pm @ North West Local Office Social Work Centre, Pilton Gardens

Are you thinking about being more active, getting fitter or losing weight?

Visit www.carerevents.co.uk for details of fitness classes and tasters and our weight management sessions

Are you worried about how much money you spent over Christmas?

Speak to a Carer Support Worker about our Energy surgeries to reduce your fuel bills or our Debt surgery to look at paying off credit cards, overdrafts and more.

Please note with the exception of the 27th & 28th
December at the Edinburgh Carers' Hub, VOCAL
Midlothian and VOCAL Edinburgh Carers' Hub will
be closed from lunchtime on 24th December 2018
until 3rd January 2019.

Connect with VOCAL

VOCAL webpage
www.vocal.org.uk



Information & Events for carers in Edinburgh and the Lothian's www.carerevents.co.uk



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