



Midlothian Winter 2019 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, expenses 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.

Activities & Events

Coffee Morning - 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.

Monday 16th December; 10am - 12 noon

Call 0131 663 6869 to book a place or visit

<https://www.carerstraining.co.uk/>

Christmas Craft Group

Come along and join our Craft Group and join them in making some Christmas crafts; the group will be making small DIY candle jars and tree decorations – all whilst enjoying a cuppa, a blether & a mince pie. Call 0131 663 6869 to book a place

Thursday 19th December, 1.30pm - 3.30pm

Cash for Kids - Mission Christmas

Cash for Kids makes sure that all children have presents to open on Christmas morning – if you would like a referral, please contact our duty worker on 0131 663 6869.

Spectacle of Light, Dalkeith Country Park

Tickets available for adult/child entry; call and speak to our duty worker to note your interest in tickets.

Tuesday 17th December; 6.30pm - 7.30pm

Cinderella @ Brunton Hall, Musselburgh

A traditional pantomime for kids of all ages! Call and speak to our duty worker to find out dates and to note your interest.

One Dalkeith – Arthur Christmas Cinema screening

Tickets are available for **Saturday 7th December @ 3pm**. Please call us to note your interest for tickets.

Cinema Tickets – Odeon cinema passes available. Call our duty worker on 0131 663 6869 to note your interest for tickets.

Complimentary Therapies

We have a limited number of 20-minute complimentary therapy sessions. Choose from hand & arm massage, head massage, Indian head massage or BNS massage; enjoy a cuppa & cake whilst here too.

Wednesday 11th December; appts available 10am-3pm (approx.) - call us to book a time slot

Hot drink & cake vouchers (carer & companion)

Voucher for 2ppl to enjoy a coffee/cake at local café in December/January.

- ❖ Gorebridge Beacon
- ❖ Cornerstone Café, Mayfield & Easthouses Church
- ❖ St. Johns & Kings Park Church

Note all tickets/vouchers are limited and it is likely that you will only be able to access activity/event - please call to note your interest, stating your preference – call on 0131 663 6869

Christmas Opening Hours

Midlothian Carer Centre

Close: 12noon on Tuesday 24th December 2019

Open: 9am on Friday 3rd January 2020

Edinburgh Carers' Hub

Close: 12noon on Tuesday 24th December 2019

Open: 9am on Friday 3rd January 2020

Our Edinburgh Carers' Hub, 60 Leith Walk will also be OPEN between Christmas and New Year to provide telephone support to all carers from 10am – 4pm, if required!



If you need to speak to a Carer Support Worker, please call 0131 622 6666

The Edinburgh Carers' Hub will also be open on 30th & 31st December and will have a carer café (11am – 3pm) and also other activities available.

There is no need to book - just pop along/drop-in.

Please note that Midlothian carers can attend our Edinburgh Carers' Hub on these dates, if they want to!

Useful Contacts

Midlothian Social Work: 0131 271 3900 / 0800 731 6969
(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):

Aged 13 & over – Royal Infirmary of Edinburgh: 0131 563 1000

Under 13 years – Royal Hospital for Sick Children: 0131 536 0000

All ages A&E Dept., St. Johns Hospital, Livingston: 01506 532000

Samaritans: 116 123 (free from mobile & landline)

Breathing Space: 0800 83 85 87

Domestic Abuse Violence Helpline: 0808 2000 247

Edinburgh Crisis Centre (mental health): 0131 537 6000

Psychiatric Emergency Team: 0131 537 6000

Antisocial Behaviour Helpline: 0131 529 7050

If you smell Gas: 0800 111 999

Water supply emergencies: 0845 600 8855

Electricity power cuts:

Scottish Hydro: 0800 300 999

SP Energy Networks: call 105 to report power faults

New Year – 2020

As we start 2020 it might be time for New Year's resolutions, reflection and crossing things off our to-do lists...

Carer Wellbeing Workshop

We know that carer can be difficult and that we often forget about our own needs and wellbeing; these workshops can help you to explore and enhance your wellbeing, providing techniques and strategies to ensure you look after yourself too!

**21st January, 4th February & 25th February; 9.30am-4.30pm
@ VOCAL Midlothian Carer Centre**

Counterweights for Carers

New Year resolution? Want to feel fitter, lighter & healthier...

Why not join our group which is exclusively for carers to look at diet, weight and take part in small gentle exercises to help start making changes in the right direction for you.

**(Dates TBC) 10.30am - 12.30pm
@ VOCAL Midlothian Carer Centre**

Mindfulness Group

Do you already know and use mindfulness techniques? If so, why not come along and meet other carers and practice/share together in order to improve your own sense of wellbeing.

Fortnightly; Wednesday's 8th Jan, 22nd Jan, 5th Feb, 19th Feb, 4th Mar, 18th Mar - all from 6 - 8pm @ Midlothian Carer Centre

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

Carers often report that the festive period can have an impact on their finances, why not consider one of our expert surgeries to see if we can help!

Welfare Rights surgery

We hold free regular welfare advice surgeries for carers in Midlothian to help ensure carers and the person they care for are receiving the benefits they are entitled to. Appointments are available for information and support in understanding benefits and how to access them and we can also help to complete application forms, look to maximise your income through benefits and entitlements.

If you are worried about the impact on your finances or if you want to make sure you are getting all the welfare benefits you and the person you care for are entitled to then please contact us on 0131 663 6869.

Energy surgery

Why not speak to a Carer Support Worker about our Energy surgeries and book an appointment to see an Energy Adviser to see if we can help to reduce your fuel bills.





**Information on all of our events & activities for carers
can be found on our Carer Training Website
www.carerevents.co.uk or call us for more
information!**

You may also find some local events at the following:
weebreaks.com/breaks-available/
onedalkeith.wildapricot.org./events

VOCAL Midlothian Carer Centre

30/1 Hardengreen Estate

Dalhousie Road

Dalkeith, EH22 3NX

www.vocal.co.uk

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