

Midlothian programme; carer learning and wellbeing opportunities



All our learning and wellbeing groups are **FREE** for Midlothian carers; our aim is to help carers develop skills and knowledge to support them in their caring role e.g. increasing their confidence and looking after your own health and wellbeing.

Learning & Wellbeing (All hosted online via Zoom)

Carer Relaxation sessions – Wednesdays; 29th July, 5th Aug, 12th Aug & 19th Aug (7.30-8.30pm)

Make time for you, introduce some more self care into your life, press the pause button and enjoy guided visualisations, release the breath and sink into bliss! Book in and enjoy a virtual relaxation session; de-stress, switch-off, rejuvenate and relax with Alison (Yoga instructor/complimentary therapist).

Support for Carers – Learn Digital Skills – Tuesdays (weekly) from 23rd June (2-3pm)

As many services have had to move online in order to continue to offering support, we are aware that it can be quite daunting for carers who don't feel confident in using technology. Run by Volunteer Midlothian, the focus of this group will be building knowledge and confidence to get online and predominantly access zoom. **A referral form is required to be completed for these sessions, so to book a place, please call us on 0131 663 6869.**

Surgery appointments (appts via Telephone / Video Call)

Legal – our surgery continues to run via Telephone appointment where carers can access information on Wills, Trust & Guardianship.

Long Term Care Planning – many carers are concerned about paying for care home fees or how much they will have to pay and what happens to property. Telephone appointments are available to you can discuss your concerns and get expert advice.

Dementia Adviser – no-one should face Dementia alone; book in for a telephone appointment/video call with a Dementia Adviser from Alzheimer Scotland to access information, advice and support for people with dementia and their carer(s).

Welfare Rights/Money Matters – telephone appointments are available to offer information, advice and support in understanding benefits and allowances, help to complete application forms, income maximisation and advice on entitlement.

Power of Attorney – note this surgery is currently on hold.

Peer/Social groups (All hosted online via Zoom)

Coffee Mornings - grab a cuppa and join us online for a bit of 'me' time and chat to other carers guest speakers.

Tuesday 28th July; 10.30-11.30am: join us for a chat and find out more about Wee Breaks and how to access them.

Tuesday 25th August; (10.30-11.30am): Join other carers and independent financial advisor Stephen Whitby who will talk about Long Term Care Planning and answer any questions you may have.

Parent Carer Support Group – 29th July / 26th August / 30th September; 7.30-9.00pm

Facilitated by VOCAL Midlothian & LCIL this group is for parent to join and share their experiences and find out practical information, resources available and it's a great opportunity to meet other parent carers.

Wee Breaks Skills Share – 23rd July & 20th August (2-3pm)

Join us via Zoom to meet and interact with other carers; show us things you have done throughout lockdown to help with looking after your own wellbeing; whether it's something you've knitted, a recipe you've mastered or a garden project to create a relaxing place. Share your knowledge and/or experiences to help and inspire others too.

To register for the learning & social opportunities - go to the Carer training website <https://www.carerstraining.co.uk/>

To book a surgery appointment - call us on 0131 663 6869 or email midlothian@vocal.org.uk

(Instructions on how to join online sessions will be sent via email when you register and Zoom links prior to each event).