



You can register online for all VOCAL carer training courses and events at www.carerevents.co.uk or call the VOCAL Carer Centre on 0131 622 6666

These events are free of charge to carers living and caring in Edinburgh.

Learning & Support for Carers



VOCAL Carers Centre, 8-13 Johnston Terrace, Edinburgh EH1 2PW
Tel: 0131 622 6666 Web: www.vocal.org.uk Email: centre@vocal.org.uk
Scottish Charity: SC020755 Private Ltd Company: SC183050

Caring in the CITY



Promoting support and safety for carers and the person they support



Carers often report that it is hard to know who to ask for support or what support is available.

Visit the **Caring in the City Information Fairs** to learn about services, meet staff and ask questions.

Boroughmuir Rugby and Community Sports Club

Meggetland Wynd, Edinburgh, EH14 1XN

Monday 12th October 2015

10am - 4pm

Pilrig St. Pauls Church

1B Pilrig St, Edinburgh, EH6 5AH

Friday 13th November 2015

10am - 4pm

Stall holders will include:

- ◆ Lothian Autistic Society
- ◆ Care & Repair
- ◆ FAIR
- ◆ Lifecare
- ◆ Ca(i)re
- ◆ Police Scotland
- ◆ Edinburgh Leisure
- ◆ Edinburgh Carer Support Team
- ◆ Edinburgh Garden Partners
- ◆ Lothian & Borders Fire Service

.....and many more

**Refreshments available all day
so pop in for tea, coffee and cake
and to have a look around.**

Boroughmuir Workshops

9am - Am I a carer? - What support is available from VOCAL

10am - Guided Meditation

11am - Seated Exercise

12pm - Help with the Home

1pm - Seated Exercise

2pm - Fire safety for the Home

3pm - Wake Up Call

4pm - Help with the Garden

Pilrig St. Pauls Church Workshops

9am - Am I a carer? - What support is available from VOCAL

10am - Wake Up Call

11am - Help with the Home

11am - Seated Exercise

12pm - Help with the Garden

1pm - Safety at Home - Police Scotland

1pm - Seated Exercise

2pm - Fire Safety for the Home

To reserve a place at a workshop visit

www.carerevents.co.uk or you can register when visiting on the day. Please be aware they spaces are limited so we recommend you book early.