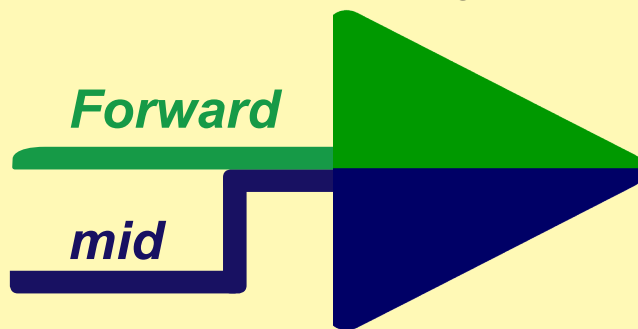


FORWARD MIDLOTHIAN DISABLED PEOPLE



Equality - Diversity - Inclusion

Educational Courses Newsletter

Forward Mid have contacted educational establishments and other companies that supply training and educational courses across Midlothian for everyone.



Education is the foundation of which all our lives are built on. Technology and circumstances change over the years - the rate at which they change is exceedingly fast. Computing must be one of the fastest.

To quote Ken Olson from 1977:
“There is no reason for any individual to have a computer in his home”.

37 years on, over 82% of the households in the UK now have a computer and as computers

evolve to keep up with the computer revolution we have re-educate ourselves regularly just to stay in touch.

Forward Mid hope you can find the time to take a course featured in this newsletter, learn a new skill and be able to put it to use before it is outdated. Not all the courses have fees attached. If you talk to the course provider they can advise you about available funding. This may include child-minding fees.

“Anyone who stops learning is old, whether at twenty or eighty”.

- Henry Ford

We hope to see you on one of the courses!

Iain Tait

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Community Learning and Development Courses

There are two terms and all courses run for 10 weeks unless otherwise stated.

Term 1: 22nd September 2014 until 5th December 2014.

Term 2: 12th January 2014 until 27th March 2014.

Three opens days have been arranged to help you to choose something that is suitable to you.

Dalkeith Library, Monday 8th September 2014 from 16:00 to 20:00.

The Lasswade Centre, Wednesday 10th September 2014 from 16:00 to 20:00.

Penicuik High School, Thursday 11th September 2014 from 16:00 to 20:00.

Midlothian wide courses

Arts and Crafts Courses

| Day | Start Date / Time | Where | Course | Code |
|-----------|--|----------------------|--|------|
| Monday | 22nd September 2014 10 am until 12 noon | Penicuik High School | Arts and Crafts All Levels | A |
| Monday | 22nd September 2014 1 pm until 3 pm | Penicuik High School | Sculpture, Additional charges may apply | A |
| Monday | 22nd September 2014 7 pm until 9 pm | Penicuik High School | Introduction to Drawing and painting Additional charges may apply | A |
| Monday | 22nd September 2014 7:15 pm until 8:45 pm | Penicuik High School | Guitar for Beginners 8 participant limit | B |
| Tuesday | 23rd September 2014 10 am until 12 noon | Penicuik High School | Painting Additional charges may apply | A |
| Tuesday | 23rd September 2014 7 pm until 9pm | Penicuik High School | Portrait Painting/drawing All Levels | A |
| Tuesday | 23rd September 2014 7 pm until 9pm | Dalkeith Campus | Drawing & Painting Intermediate Additional charges may apply | A |
| Tuesday | 23rd September 2014 10 am until 12 noon | Gorebridge Primary | Dressmaking Additional charges may apply | A |
| Wednesday | 24th September 2014 10 am until 12 noon | Penicuik High School | Drawing & Painting Introduction Additional charges may apply | A |
| Wednesday | 24th September 2014 7 pm until 9 pm | Dalkeith Campus | Drawing & Painting Beginners Additional charges may apply | A |
| Wednesday | 24th September 2014 7 pm until 9 pm | Dalkeith Campus | Photography Additional charges may apply | A |
| Wednesday | 24th September 2014 7 pm until 9 pm | Dalkeith Campus | Short film making | A |
| Thursday | 25th September 2014 10 am until 12 noon | Penicuik High School | Arts & Crafts All levels | A |
| Thursday | 25th September 2014 12:30 pm until 2 pm | Penicuik High School | Making jewellery from recycling Additional charges may apply | B |
| Thursday | 25th September 2014 7 pm until 9 pm | Ramsay Campus | Creative Card making Additional charges may apply | A |
| Thursday | 25th September 2014 7 pm until 9 pm | Dalkeith Campus | Creative Card making & Crafts Additional charges may apply | A |
| Thursday | 25th September 2014 7 pm until 9 pm | Dalkeith Campus | Drama | A |

| | | | | |
|--------|--|----------------------|---|---|
| Friday | 26nd September 2014 10 am until 12 noon | Penicuik High School | Picture Framing Starter Kit additional £12 | A |
| Friday | 26nd September 2014 1 pm until 3 pm | Penicuik High School | Picture Framing Starter Kit additional £12 | A |

Health & Wellbeing

| Day | Start Date/ Time | Where | Course | Code |
|---------|---------------------------------------|---------------------|--|------|
| Tuesday | 23rd September 2014 7 pm until 9pm | Newbattle Community | Tai Chi/ Chi Gong Suitable for everyone | B |
| Tuesday | 23rd September 2014 7 pm until 9pm | Dalkeith Campus | Family Nutrition, Health & wellbeing | A |

Information Technology

| Day | Start Date/ Time | Where | Course | Code |
|-----------|---|----------------------|-------------------------|------|
| Monday | 22nd September 2014 9:30 am until 11:30 am | Bonnyrigg Primary | Computing for Beginners | A |
| Monday | 22nd September 2014 1 pm until 3pm | Loanhead Library | Digital Photography | A |
| Monday | 22nd September 2014 6 pm until 8 pm | Dalkeith Library | Computing for Beginners | A |
| Monday | 22nd September 2014 7 pm until 9 pm | Penicuik High School | Creative computing | A |
| Tuesday | 23rd September 2014 9:30 am until 11:30 am | Bonnyrigg Primary | Computing next steps | A |
| Tuesday | 23rd September 2014 10 am until 12 noon | Penicuik High School | Computing for Beginners | A |
| Tuesday | 23rd September 2014 6 pm until 8 pm | Loanhead Library | Computing for Beginners | A |
| Tuesday | 23rd September 2014 6:30 pm until 9 pm | Penicuik High School | SQA Computing | C |
| Tuesday | 23rd September 2014 6 pm until 8 pm | Dalkeith Library | Computing next steps | A |
| Wednesday | 24th September 2014 9:30 am until 12 noon | Penicuik High School | SQA Computing | C |
| Thursday | 25th September 2014 6 pm until 8 pm | Dalkeith Library | Tap a Tablet | A |
| Friday | 26th September 2014 9:30 am until 12 noon | Penicuik High School | SQA Computing | C |

Languages

| Day | Start Date/ Time | Where | Course | Code |
|---------|---------------------------------------|----------------------|-------------------|------|
| Tuesday | 23rd September 2014 7 pm until 9pm | Dalkeith Campus | French Beginners | A |
| Tuesday | 23rd September 2014 7 pm until 9pm | Dalkeith Campus | Spanish Beginners | A |
| Tuesday | 23rd September 2014 7 pm until 9pm | Dalkeith Campus | Mandarin | A |
| Tuesday | 23rd September 2014 7 pm until 9pm | Penicuik High School | French Beginners | A |

| | | | | |
|-----------|---------------------------------------|----------------------|-------------------|---|
| Wednesday | 24th September 2014 7 pm until 9pm | Penicuik High School | Spanish Beginners | A |
|-----------|---------------------------------------|----------------------|-------------------|---|

Social Subjects

| Day | Start Date/ Time | Where | Course | Code |
|----------|---|------------------|---------------------------|------|
| Tuesday | 23rd September 2014 7 pm until 9pm | Dalkeith Campus | Local History | A |
| Thursday | 25th September 2014 7 pm until 9pm | Penicuik Library | Family History | A |
| Saturday | 1st November 2014 9:30 am until 12:30 pm | Rosslyn Chapel | Archaeology in the Chapel | |

Costs of courses:

| Code | Duration | Full fee | under18/ Student / DLA/ PIP | Aged 60 + | Concessions | ILA |
|---------------------------|-------------------|----------|-----------------------------------|-----------|-------------|-------|
| A | 10 weeks x 2hrs | £61.45 | £30.70 | £27.00 | £10.80 | N/A |
| B | 10 weeks x 1.5hrs | £46.20 | £23.10 | £20.20 | £10.80 | N/A |
| C | 16 weeks x 2.5hrs | £122.85 | £61.45 | £54.10 | £15.75 | £0.00 |
| Saturday Work- shop | 1 week x 3 hrs | £12.00 | £6.00 | £4.00 | £3.00 | N/A |

Need help choosing a class? Contact:

Dalkeith, Newbattle & Gorebridge Tel: ☎ 0131 271 4535

Lasswade & Bonnyrigg Tel: ☎ 0131 270 5777

Penicuik High School Tel: ☎ 01968 664114

Beeslack Community High School Tel: ☎ 01968 673 893

Central Office (All Areas) Tel: ☎ 0131 271 3625

To enrol in a class, Community Learning and Development enrolment forms can be found in all Midlothian libraries. You can enrol at any of the open days (see beginning). If you require access or support please call ☎ 0131 271 3625 to discuss your requirements before enrolment. You must enrol before 11th September 2014.

The Lasswade Centre Courses

| Day | Start Date / Time | Course |
|---------|--|---|
| Monday | 22nd September 2014 7 pm until 9 pm | Baking for beginners |
| Monday | 22nd September 2014 7 pm until 9 pm | Patchwork and quilting for beginners |
| Monday | 22nd September 2014 7 pm until 9 pm | French Beginners |
| Monday | 22nd September 2014 7 pm until 9 pm | Spanish Post beginners |
| Tuesday | 23rd September 2014 10 am until 12 noon | Roots - Family History for beginners |
| Tuesday | 23rd September 2014 10 am until 12 noon | Drawing for beginners |
| Tuesday | 23rd September 2014 6:30 pm until 9pm | Dressmaking for beginners - Revamp and Revive |

| | | |
|-----------|---|---|
| Tuesday | 23rd September 2014 7 pm until 9pm | Photography for beginners |
| Tuesday | 23rd September 2014 7 pm until 9pm | Pottery |
| Tuesday | 23rd September 2014 7 pm until 9pm | Employability Computing Skills SQA |
| Tuesday | 23rd September 2014 7 pm until 9pm | Spanish for beginners |
| Wednesday | 24th September 2014 9:30 am until 11:30 am | Knitting for beginners and improver's |
| Wednesday | 24th September 2014 4 pm until 6 pm | Pottery |
| Wednesday | 24th September 2014 4:30 pm until 6:30 pm | Patchwork and quilting for beginners and improver's |
| Wednesday | 24th September 2014 7 pm until 9pm | Card Making and Crafts |
| Wednesday | 24th September 2014 7 pm until 9pm | Drawing for beginners |
| Wednesday | 24th September 2014 7 pm until 9pm | Computing for beginners |
| Wednesday | 24th September 2014 7 pm until 9pm | Digital Photography |
| Wednesday | 24th September 2014 7 pm until 9pm | French conversation intermediate / advanced |
| Wednesday | 24th September 2014 7 pm until 9pm | Italian post beginners |
| Wednesday | 24th September 2014 7 pm until 9pm | Spanish conversation intermediate |
| Wednesday | 24th September 2014 7 pm until 9pm | Higher English |
| Thursday | 25th September 2014 7 pm until 9pm | Computing for beginners |
| Saturday | 27th September 2014 9:30 am until 11:30 am | Dressmaking Revamp and Revive |

Lasswade High: cost of courses

| | Standard | Under 18 | Retired 60 + | Concessions | ILA |
|-------------------------|----------|----------|--------------|-------------|-------|
| Infill | Free | Free | Free | Free | N/A |
| Higher English 32 wks | £197.40 | £98.70 | £86.90 | £34.95 | N/A |
| SQA 30 wks | £126.00 | £63.00 | £55.65 | £31.50 | £0.00 |
| Non-Certificated 6 wks | £55.30 | £27.70 | £23.10 | £10.80 | N/A |
| Non-Certificated 8 wks | £61.45 | £30.70 | £27.00 | £10.80 | N/A |
| Non-Certificated 10 wks | £61.45 | £30.70 | £27.00 | £10.80 | N/A |
| Non-Certificated 20 wks | £72.20 | £36.25 | £31.75 | £12.60 | N/A |
| Non-Certificated 25 wks | £77.70 | £38.85 | £34.15 | £13.65 | N/A |
| Saturday Workshop 3hrs | £12.00 | £6.00 | £4.00 | £3.00 | N/A |


Beeslack Community High School Courses set out by start dates

| Day | Start Date / Time | Course |
|-----------|---|--|
| Monday | 18th August 2014 7 pm until 8 pm | Ladies Swimming (ladies only) |
| Tuesday | 19th September 2014 7 pm until 9pm | Photography the basics |
| Wednesday | 20th August 2014 1 pm until 2 pm | Ladies Swimming (ladies only) |
| Wednesday | 20th August 2014 8 pm until 9 pm | Ladies Swimming (ladies only) |
| Thursday | 21st August 2014 6:45 pm until 9:15 pm | Silver Jewellery |
| Friday | 22nd August 2014 8:45 pm until 9:45 pm | Ladies Swimming (ladies only) |
| Monday | 25th August 2014 6:30 pm until 8:30 pm | Dressmaking |
| Monday | 25th August 2014 6:45 pm until 8 pm | Yoga prenatal |
| Tuesday | 26th August 2014 6 pm until 8 pm | Furniture restoration class |
| Tuesday | 26th August 2014 6:30 pm until 8 pm | Dressmaking |
| Tuesday | 26th August 2014 6:45 pm until 8 pm | Yoga class for all |
| Friday | 29th August 2014 3 pm until 5 pm | Adult and Child cooking / baking class |
| Monday | 1st September 2014 6:45 pm until 8:45 pm | Yoga Health and wellbeing |
| Monday | 1st September 2014 7 pm until 9 pm | Astrology Taster Class 4 weeks only from 1st September |
| Monday | 1st September 2014 7 pm until 9 pm | Italian class Beginners |
| Tuesday | 2nd September 2014 7 pm until 9pm | Human Higher Biology |
| Wednesday | 3rd September 2014 7 pm until 9 pm | Cake Decorating intermediate |
| Wednesday | 3rd September 2014 7 pm until 9 pm | Computing for beginners |
| Thursday | 4th September 2014 7 pm until 9 pm | iPad |
| Thursday | 4th September 2014 7 pm until 9 pm | Indian Cooking |
| Thursday | 4th September 2014 7 pm until 9 pm | Spanish Class |
| Saturday | 6th September 2014 10 am until 12 noon | Craft classes for adults and children |
| Saturday | 27th September 2014 10 am until 2 pm | Picture framing workshop |

| | | |
|----------|---|--|
| Thursday | 2nd October 2014 7 pm until 9 pm | Cooking made easy |
| Monday | 27th October 2014 7 pm until 9 pm | Beginners Baking basics 4 wks |
| Thursday | 6th November 2014 7 pm until 9 pm | Italian Cooking |
| Saturday | 15th November 2014 10 am until 12 noon | Learn how to wrap the perfect present workshop |
| Saturday | 29th November 2014 10 am until 2 pm | Flower arranging workshop |


Various Start dates: for more information tel:01968 673 893

| | |
|--------------------------------------|--------------------------------------|
| Various days Starting September 2014 | Cycling for health Adults (outdoors) |
| Various days Starting September 2014 | Emergency First Aid at Work |
| Various days Starting September 2014 | First Aid at Work |
| Various days Starting September 2014 | Paediatric First Aid |
| Various days Starting September 2014 | Paediatric Emergency First Aid |

In addition Beeslack Community High School have a number ongoing courses. Beeslack is fully accessible to wheelchair users. Some classes have restricted numbers of students. For prices and any other information contact Beeslack Community High School Tel:  01968 673 893

Community Learning & Development Opportunities


This offers free courses across Midlothian. Community Learning and Development will be focusing on providing support to those returning to work, practical parenting, classes for the over 50s and ageing well. They also have a range of short courses including CV writing, interview techniques, job-seeking and some qualification courses to enable you to seek work.

For More information contact Kirsty Lamb Tel:  0131 271 4535 or Sharon Dalgleish Tel:  0131 270 5696

Midlothian Adult Learning Partnership

Helping adults to progress through higher education.

Email:  cld@midlothian.gov.uk



Tel:  0131 271 3625

Progress through Learning Midlothian

Progress through Learning Midlothian offers support to adults in Midlothian who want to go to college or university. It is possible to start your journey today - even with no qualifications.

Tel:  0131 271 3292

Literacy and Numeracy Provision in Midlothian

If you would like to brush up on all aspects of spoken or written English or everyday maths, Community Learning and Development run courses at local venues across Midlothian. For more information contact Tel:  0131 270 8900 or Tel:  0131 271 3713.

Computing and Training opportunities in Midlothian libraries

All libraries in Midlothian are wheelchair friendly. Midlothian libraries run computer training in friendly groups. If you would like to learn more about computing or feel that you need additional help just to get started, Midlothian Libraries IT Side Kicks are available. You can gain confidence with one-to-one tuition. Ask in your library for more information.

Midlothian Science Festival

4th to the 19th October 2014

Science Gala Day: 4th October 2014 10:00 - 16.00, Mayfield Library

Science, fun and activities for all the family

Easter Bush Campus: 4th October 2014 12:00 - 16.00

Open day at The University of Edinburgh's Easter Bush Campus.

A chance to get inside The Roslin Institute and Veterinary Teaching Buildings and find out more.

Science Alive Gala Day 11th October 2014 Lasswade Centre

Come along to this gala day for fun life science shows and great activities. See live neurosurgery, make DNA jewellery and climb inside a giant zorb ball model of a cell!

Lots of great shows are happening through the day. Make sure you get your tickets in advance on their website for:

The Chemistry Brothers, 12:00

Chocolate Alchemy
Workshop, 13:00

Neurotheatre: Live Neurosurgery
14:00

Heaven's Above: October 19th Rosslyn Chapel 18:30 - 20:30 £2.00 surcharge

Stargazing at Rosslyn Chapel.

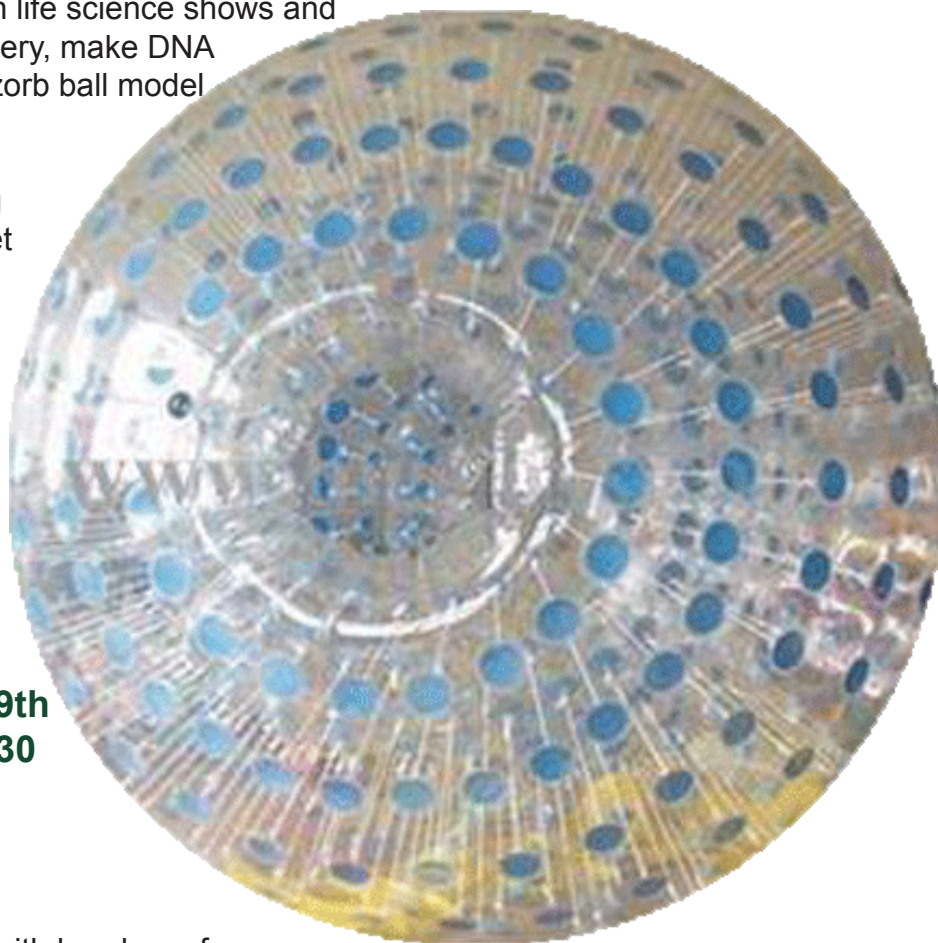
This is an exciting astronomy talk with hands-on fun, presented in association with the Royal Observatory of Edinburgh.

The event starts at 18:30 but the end time is dependent on the weather.

This event will be ticketed.

The event is BSL interpreted. The venue has both disabled access and disabled toilets.

For more information visit the midlothiansciencefestival.com/ website (not suitable for the visually impaired) or ask in your local library.





Newbattle Abbey College

2014 - 2015 courses

Arts and Humanities Access to HE

- Full time access course : September 2014 - 2015
- Offers progression to Higher Education

Celtic studies Access to HE

- Full time access course : September 2014 - 2015
- Celtic culture/ History/ Heritage / Gaelic language for new and fluent learners.
- Offers progression to Higher Education

HNC Social Science

- Full time access course : September 2014 - 2015
- Run in Partnership with Queen Margaret University
- Offers Progression to year 2 in certain Queen Margaret University undergraduate courses

National Certificate (NC) in Rural Skills

- Full time access course : September 2014 - 2015
- Run in Partnership with Forestry Commission Scotland
- Introduction to Gardening and estate maintenance

NC Celtic Studies

- Full time access course : September 2014 - 2015
- Celtic culture/ History/ Heritage / Gaelic language for new and fluent learners

Preparation for Further Education Course

- Short full time course January 2015 - June 2015
- Offers progression to other College Options

For more information or to apply please contact Newbattle Abbey College

Tel:  **0131 663 1921**

Courses at Edinburgh College

Edinburgh College offer Access and Continuing Education in a diverse range of programmes and support for a wide variety of learners. Whether it's providing additional support needs, supporting adults who are returning to education, or helping school leavers in the transition to college, Edinburgh College is dedicated to meeting individual support and learning needs.

Edinburgh College deliver a wide range of full-time and part-time courses, designed for people with additional support needs.

These courses are delivered in smaller groups to provide a higher level of individual support. The pace of learning is tailored to make sure it meets the additional support needs of the learner.

Edinburgh College recognise that, for some classes, extra teaching contact and support can mean everything in providing a positive, supportive, and rewarding learning experience. In these classes, Edinburgh College provide an Additional Support Worker - here to work alongside the lecturer to make sure every individual gets the support they need. This also allows the class to take part in rewarding activities out with the College, as well as allowing technical subjects to be arranged safely.



All Edinburgh College courses provide an opportunity to gain recognised qualifications and valuable experience. There are clear progression routes, whether it's moving on to another course of study or seeking employment. Many of the courses provide an opportunity to do a work experience placement in an area of choice according to interest and future plans.

Edinburgh College offer a substantial and exciting range of Adult Returners courses. These are designed for you if you're looking to return to education after a break. The courses will offer you all the support you need to make that link back to education - whatever the reason for your break from education, Edinburgh College is here for you every step of the way.

With Edinburgh College Full Time Access and Continuing Education Courses, you'll be supported by your dedicated Learning Development Tutor. This person will be your main contact for the duration of your course, here to support you to make sure you're getting the most out of your time at the College. Edinburgh College also offer a substantial Mental Health Outreach programme. This is available at a number of locations within Edinburgh and the Lothians. Access is typically by direct referral from an appropriate medical practitioner.

Whatever you're learning and support needs, you're sure to find a course at Edinburgh College to suit your interests and future plans.

Edinburgh College have four campuses around Edinburgh. Granton Campus is situated in the North of Edinburgh. Milton Road Campus is situated in the East of Edinburgh. Sighthill Campus is situated in the West of Edinburgh and the Midlothian Campus is situated in Hardengreen, Midlothian.

You can study at Edinburgh College in a range of ways. You can study at the College during the day or in the evenings, at home at your own pace, or in a work-based environment.

Full-time

Full-time study of a National Qualification (NQ) and other non-advanced courses generally requires you to attend college approximately 20 hours/3.5 days per week for a year.

Edinburgh College also offer full-time courses starting in January which run for 6 months, as well as some short courses which could run for 8, 10 or 12 weeks.

Full-time study of Higher National Certificate and Diploma (HNC/D) courses requires you to attend college approximately 15 hours/3 days a week. Full-time HNC courses run for one year. Full-time HND courses run for two years starting in August/September and finish in June.

Part-time

Edinburgh College offer a range of part-time advanced, non-advanced and leisure courses. Part-time courses are designed to fit around busy lifestyles and commitments such as work/family. They may be delivered during the day, around school-times or in the evening. Please see the course listing for details.

Most part-time courses start in August/September - however Edinburgh College also offer part-time courses in January and throughout the year.

Evening and Weekend

Edinburgh College evening and leisure courses usually begin in September/October and again in January each year.

The programme covers a wide range of skills and knowledge, from HNC/Ds to short courses in subjects such as computing and foreign languages. Courses can last from one half-day to a weekly class for one year.

Flexible Learning

Flexible and open learning courses allow you to study at a place and pace which suits you. These courses are ideal if you have commitments and are unable to attend college regularly, or if you have been out of formal education for some time.

Edinburgh College have a range of flexible learning courses which you can study at home or at one of the Edinburgh College campuses. You can start such a course anytime throughout the year. A tutor will provide regular guidance and support. You may be required to attend college occasionally for practical work or assessments.

Forward Mid have acquired copies of the prospectives for courses at Edinburgh College. The prospectives are in electronic format and include:-










- Art and Design
- Automotive Engineering
- Business and Finance
- Childhood Practice
- College Based English for Speakers of Other Languages
- Community Access and Continuing Education
- Community Outreach
- Electrical Engineering
- Engineering
- Hair Beauty and Complementary Therapies
- Health and Social Care
- Health and Vet
- Hospitality and Professional Cookery
- Music and Sound Production
- Retail and Events
- Science
- Social Sciences
- Sport and Fitness

These can be downloaded from the Forward Mid website www.forwardmid.org.uk/education2.html


“If you haven’t studied for some considerable time I would suggest trying an NQ Access to Work Course. This will allow you to discover how studying is done now - and in a friendly atmosphere too.” - Iain Tait, former student.


Edinburgh College are currently offering courses on an outreach basis and also offer ECDL distance learning programmes. Study at home with support from a tutor in college is available if you need them. You will only be required to come to the College to sit any tests or exams.

Edinburgh College Outreach Programme Contacts

| Course | Further Information |
|---|--|
| Computing Skills | Mary Bowie Email:  Mary.Bowie@edinburghcollege.ac.uk Tel:  0131 344 7056 |
| Community English for Speakers of Other Languages | Caroline Battes Email:  Caroline.Battes@edinburghcollege.ac.uk Tel:  0131 535 4630 |
| European Computer Driving Licence | Mary Bowie Email:  Mary.Bowie@edinburghcollege.ac.uk Tel:  0131 344 7056 |
| Advanced ECDL | Mary Bowie Email:  Mary.Bowie@edinburghcollege.ac.uk Tel:  0131 344 7056 |
| ECDL Extra - Sighthill | ECDL Extra - Sighthill Faculty Office Creative Industries Tel:  0131 535 4750 |

Contact Edinburgh College for more information

Tel:  0131 669 4400

Email:  info@edinburghcollege.ac.uk

Courses from LCiL

Living and Work Choices:

LCiL offer free courses and one-to-one support for disabled adults and people with long term conditions living in the Lothians.

Living and Work Choices Course – designed and delivered by experienced disabled trainers. This course is all about fulfilling your potential and supporting you to gain confidence and practical skills to achieve your life goals.

Essential Employer Skills Course – this is a three day course, spread out over 2 weeks, that provides disabled employers of PAs with an understanding of the essential responsibilities and roles required of a good employer.

Other courses are also available for disabled people, people with long term conditions and older people.



Confidence Skills Workshops

These workshops are designed to offer people the opportunity to explore the barriers in developing their self-confidence and determine practical methods of addressing these.

Self-Advocacy

- Help you find out what Self Advocacy means;
- Help you find out what type of advocacy could be of most use to you;
- This course would suit disabled people and people with long term conditions who want to speak out for themselves and find out the best way to do this.

I'm Ok!?! (Self Esteem)

- Enable you to explore ways of feeling good about yourself;
- Identify some of the barriers which might prevent you;
- This course would suit disabled people and people with long term conditions who would like to find out about what self-esteem is, explore how our self-esteem can be hurt by other people, or things that have happened, and look at ways of feeling better about themselves.

Time to Decide (Being Assertive)

- Look at 'What is Assertiveness?';
- Gives you a chance to find out how assertive you are and look at ways you can make positive changes;
- This course would suit disabled people and people with long term conditions who find it difficult to assert themselves and are interested in finding out about how to develop assertiveness skills.

Dealing with Niceness

- Explore ways of dealing with extreme 'concern' from people who want to 'help';
- Enables you to explore and develop your own methods of dealing with these attitudes with the minimum of conflict;
- This course would suit disabled people and people with long term conditions who want to be able to assert themselves when faced with very 'helpful' people.

Managing Conflict

- Enable you to recognise potential conflict situations;
- Enable you to develop ways of dealing with potential conflict;
- This course would suit disabled people and people with long term conditions who are/will be responsible for staff, or who just want to develop assertiveness skills in this area.


Making the Right Connections (Communication Skills)

- Explore barriers to communication;
- Enhance existing communication skills;
- Explore alternative ways of getting your message across;
- This course would suit disabled people and people with long term conditions who want to find out more about 'good' communication and explore some of the barriers.


These courses will be run at regular intervals, dependant on interest – contact the training team for more details. Please also check the news and event section for any upcoming courses.

If you have any specific requirements, or have identified barriers to participating in LCiL training, please let us know and we will be happy to discuss possible solutions.

Lothian Centre for Inclusive Living (LCiL)
Norton Park Centre
57 Albion Road
Edinburgh
EH7 5QY

Tel:  0131 475 2350

Minicom:  0131 475 2463

Fax:  0131 475 2392

BIG Learning and Development Day

Saturday 6th September 2014, 09:15 - 15:15
The Lasswade Centre

Quality of Life and Learning for All

www.midlothian.gov.uk

Places are limited and booking is essential. If you would like to request a booking form please contact Jill Marsh: jill.marsh@midlothian.gov.uk - bookings must be received by 15th August 2014.

Morning workshops 1: 09:45 -11:15

You will only be able to attend one of the following workshops in the morning. Please indicate your 1st, 2nd and 3rd choices.

- Supporting Volunteers - Delivered by Gael Belton
- Arts and Crafts from recycled materials - Delivered by Marie McFadzean
- Sign-a-long - Delivered by Heather Brown
- Smart Board - Delivered by Clare Cameron
- Literacy Workshop - Delivered by Martin Todd

Morning workshops 2: 11:30 - 13:00

You will be able to attend one of the following workshops in the morning. Please indicate your 1st, 2nd and 3rd choices.

- Social Media Safety Arts and Crafts - Delivered by Paul Johnson
- Using Recycled Materials - Delivered by Marie McFadzean
- Hate and Race - Delivered by Rona Duncan
- Healthy Living - Delivered by Ramona Kirkness
- Refreshment for the Mind - Delivered by Ian Tullis

Afternoon Workshops: 13:30 - 15:00

You will be able to attend one of the following workshops in the afternoon. Please indicate your 1st, 2nd and 3rd choices.

- Second Language Awareness - Delivered by Clare Cameron
- The Golden rules of Participation - Delivered by Catherine Duns and Gary Fraser
- Introduction to Leading a Group - Delivered by Nicola Grant
- Drugs Awareness - Delivered by MYPAS

Please return forms by email or post to:

Jill Marsh

Email: jill.marsh@midlothian.gov.uk ,

Newbattle CLC,

67 Gardiner Place,

Newtongrange

EH22 4RT



What's on for Carers' at VOCAL Midlothian Carer Centre

TRAINING

August – December 2014

Understanding Dementia

1st Oct – 5th Nov (Wednesdays)
11:00 – 12:30 (followed by a light lunch)

This course aims to provide information on the key aspects of dementia and how it can affect people VOCAL care about and to inform carers about the illness, symptoms and treatments.



Midlothian

WORKSHOPS

MENTOR – addiction (older carers)

Thursday 11th September 10:00 - 15:00 (lunch included)

To explore the challenges carers have in managing a loved one living with addiction and how it affects you as a carer.



working with carers

Energy Workshop

Thursday 23rd October 10:30 - 12:00

Find out more about your bills, meter readings, ways to pay your bills, switching supplier etc.

Self Directed Support (SDS)

October (tbc)

Learn more about Self Directed Support and how it could benefit the person you care for and yourself.

MENTOR – addiction (parent carers)

Wednesday 12th November 10:00 - 15:00 (lunch included)

To explore and gain awareness of drugs & alcohol on young people and how to communicate with them effectively.



Surviving the Festive Period!

6th November & 4th December (2-day workshop) 10:00 - 15:00 (lunch included)

For some this can be the most stressful and saddest time of the year – come and learn some survival hints & tips.

SURGERIES

Welfare Rights: Weekly on Mondays & Fridays Various times available (1 or 2hr appointments), benefits checks and assistance to complete benefit forms etc.

Power of Attorney: Held monthly. Various times available (30min appointments). Advice on PoA, help to draw up documents and register with the Office of the Public Guardian.

Legal: Held every 2 months. Various times available (30min consultation). Information on wills, trusts and guardianship.

Energy: Held every 1-2 months. Various times available (45min appointments). Help with bills, tariffs and how to get the best deals on your energy.



Charities Evaluation Services

PEER SUPPORT

Singing Group Term 2

9th Sept – 11th Nov, 10:30 - 12:00 at tbc - carers are lead in fun singing sessions.


Parent Carer Coffee Morning, Thursday 4th Sept 10:00 - 12:30 at St. Mungo's Church Hall, High Street, Penicuik. Enjoy a cuppa with other carers and the chance to try taster sessions.



Christmas Coffee Morning, Thursday 27th Nov 10:00 - 14:00 at Midlothian Carer Centre. Come along, relax and enjoy some time for you before the festive period.

Craft Circle – card making Autumn (tbc) at Midlothian Carer Centre. Come along, relax and enjoy some time for you whilst creating your own cards (no skills required).

Recognised Scottish charity – SC020755 Private limited company (Scotland) – SC183050

To book a place on any of the above, please contact Pauline Quinn at VOCAL Midlothian Carer Centre Tel:  0131 663 6869 or email

 pquinn@vocal.org.uk



HAPPY TO TRANSLATE

رجد كلفه حاصر আনন্দের সঙ্গে অনুবাদ করব
بسعدينا توفير الترجمة MOŻEMY PRZETŁUMACZYĆ 很乐意翻译

Information Hubs for People with Disabilities

Working in partnership with Forward Mid volunteers and local library staff, a library hub/information point for disabled people has been established in Dalkeith. Further hubs will be placed in Penicuik, Loanhead and Newtongrange Libraries by the end of August.

Forward Mid plan on a future roll out to cover all library locations by the end of the year.

The hubs are physical display stands filled with a wide range of up-to-date, first class information of relevance to disabled people. It is hoped this will enable them to live good lives in and beyond their local communities. This includes information about:

- **Education**
- **Support**
- **Employment**
- **Travel**
- **Benefits**
- **Advocacy**
- **Café Connect/ local activities**
- **Welfare Reform**
- **Accessible Transport**
- **Forward Mid and other local support groups**
- **Self- Directed Support....**

If need can be identified we may organise some drop in information sessions of a peer support type model - perhaps working in partnership with Local Area Co-ordinators and other relevant Health/Social Care staff.

Alternative Publications

Editions of Forward MID newsletters are available in large print or at www.forwardmid.org.uk For alternative publications please email eric.johnstone@mvacvs.org.uk or call Eric Johnstone on 0131-663-9471. Write to him at MVA, 4-6 White Hart Street, Dalkeith, EH22 1AE with your request.