

Freeport RTJZ-RBZT-LHGH  
VOCAL  
8-13 Johnston Terrace  
Edinburgh  
EH1 2PW



HAPPY TO TRANSLATE

MOŻEMY PRZETŁUMACZYĆ    আনন্দের সঙ্গে অনুবাদ করব  
ترجمہ کے لئے حاضر    很樂意翻譯

Summary available in Braille, large print, easy read or audio if you ask us. Call 0131 622 6666.

VOCAL gratefully acknowledge support from:



# Support for carers in Edinburgh



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## VOCAL (Voice of Carers Across Lothian)

8 - 13 Johnston Terrace,  
Edinburgh, EH1 2PW

**T:** 0131 622 6666

**E:** [centre@vocal.org.uk](mailto:centre@vocal.org.uk)

**W:** [www.vocal.org.uk](http://www.vocal.org.uk)

**Facebook:** [facebook.com/VOCALCarers](https://facebook.com/VOCALCarers)

**Twitter:** [twitter.com/EdinburghCarers](https://twitter.com/EdinburghCarers)

VOCAL is a recognised Scottish charity: SC020755  
Private limited company (Scotland): SC183050

## A carer provides unpaid care to a family member, partner, relative or friend with a:

- physical health problem
- mental health problem
- disability or additional support needs
- long term condition
- drug or alcohol problem

VOCAL is a carer-led organisation working with family members, partners and friends who are caring for someone.

# 0131 622 6666



**Do you ...**

provide unpaid help and support to a family member, child, partner, relative or friend, who could not manage without you?

*This could be due to age, a long term condition, disability, physical or mental health problem or addiction.*

VOCAL supports carers in all family or relationship settings, be they defined by kinship, partnership, friendship, affection or obligation.

**How can VOCAL help?**

We provide:

- individual support
- training and groupwork
- emotional support
- counselling

**Carer support**

Find out about your rights, benefit entitlements and support services. We offer free, one-to-one support, regular surgeries and support in planning for the future.

**Training & groupwork**

Increase your confidence, become better informed and improve stress levels by attending a course or seminar. Topic include telecare, falls prevention, continence management, money matters and medical conditions.

Groupwork offers emotional support and deals with changing relationships, stress management, dealing with guilt and coping with bereavement.

**Counselling**

VOCAL's COSCA recognised counselling service is open to carers requiring emotional support. Financial contributions are agreed at a level to suit your individual circumstances.

**Family support addictions**

Supporting family members and friends affected by someone else's addiction, this service provides one-to-one and group support, as well as short training courses.

**To access our services please get in touch:**

**Call:** 0131 622 6666

**Email:** [centre@vocal.org.uk](mailto:centre@vocal.org.uk)

**Online:** [www.vocal.org.uk/referrals/](http://www.vocal.org.uk/referrals/)

**Post:** Complete and return the attached form

Please ring me at home / work to discuss how VOCAL can help me

Please send me a Carer Information Pack and put me on your mailing list

**Name:**

**Address:**

**Postcode:**

**Telephone:**

**Email:**

**Date of birth:**

**Ethnicity:**

**Years caring:**

**Information about the person being cared for:**

**Condition(s):**

**Age:**

**Relationship:**

**Data protection - for your assurance**

The information provided in this form will be stored on VOCAL's database. This will allow us to let you know about events, training and other relevant opportunities. We may occasionally contact you by telephone. If you have an email address we will add you to VOCAL's carer email list. We treat and store all information confidentially. We will not share any personal information with a third party unless required to do so and will always seek your consent first. Information is regularly checked to ensure it is accurate and up to date. Please tick here if you **do not** wish VOCAL to do this.

