Dear Carer,

AS you may be aware, carer involvement in Mental Health services can be very variable. Thrive and VOCAL’s five year mental health carer project will encourage and support carers and mental health professionals to work together, to shape carer involvement in Edinburgh’s mental health services for the future.

If the person you care for uses mental health services in Edinburgh we would like to invite you to take part in one or more of the consultation activities outlined below.

Whichever consultation activity you take part in, anything you share with us will be used anonymously, along with the results of our carer survey, to help us support and encourage mental health services to develop or improve their carer involvement practice. Many thanks.

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| **Activity** | **When** | **Where** | **How to join**  |
| Online or paper survey  | From **1 June until 30 September**  | **n/a** | **Online** please click [here](https://forms.office.com/r/VBvdB7bQPu) or go to <https://forms.office.com/r/VBvdB7bQPu>**Paper based** please request paper copy at:Involve@vocal.org.uk |
| Focus Groups | **8 September 2021** from 10 – 12.30**14 September 2021** from 10 – 12.30  | Focus groups will be held in the Edinburgh Carers Hub, 60 Leith Walk Edinburgh.ORThere is also the option to join by Zoom on 14th September session  | Please register your interest at:involve@vocal.org.uk  |
| 1-1 Interviews  | **8September** – 1 hour slots in the afternoon **10 September** – 1 hour slots in the morning and afternoon **13September** – 1 hour slots in the morning and afternoon **15September** – 1 hour slot in afternoon - zoom or phone only**22 September** – 1 hour slots morning and afternoon **29 September** – 1 hour slot morning and afternoon  | 1-1 interviews will be held in the Edinburgh Carers Hub, 60 Leith Walk Edinburgh.ORThere is also the option to join by Zoom or phone on certain days | Please register your interest at:involve@vocal.org.uk  |
| Telling your story session  | **17September** 1.5 slot hour in the morning**20September** - 1.5 hour slots morning and afternoon **28 September** - 1.5 hour slots in morning and afternoon | 1-1 interviews will be held in the Edinburgh Carers Hub, 60 Leith Walk Edinburgh.ORThere is also the option to join by Zoom | Please register your interest at:involve@vocal.org.uk |