**Carer Support Organisations**

Listed below are Local Carer Organisations who can offer unpaid carers: emotional support; advice to access practical help; assistance with Carer Emergency Plans and ideas on how to have a short break during this time.

This support is currently offered either over the telephone or via digital services such at the NHS Attend Anywhere service.

If you have any queries about this information or who can help you, **please contact the Edinburgh Carer Support Team on 0131-536-3371.** Some organisations have additional information available on their websites.

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| **Organisation** | **Services** | **More information** |
| **Edinburgh Carer Support Team –**  **Edinburgh Health and Social Care Partnership** | Open to carers across the city, this team can also undertake Adult Carer Support Plans during this time. | T: 0131-536-3371  W: <https://services.nhslothian.scot/supportingcarers/CarerSupportServices/Pages/CarerSupportTeam.aspx>  E: [carer.support@luht.scot.nhs.uk](mailto:carer.support@luht.scot.nhs.uk) |
| **Capital Carers (Formerly North West Carers Centre)** | Open to both adult and young carers who live in the North West of Edinburgh. | T: 0131 315 3130  W: [www.nwcarers.org.uk](http://www.nwcarers.org.uk)  E: [lisa.nwccyoungcarers@gmail.com](mailto:lisa.nwccyoungcarers@gmail.com) |
| **Care For Carers** | Open to carers across the city. Providing a weekly hard copy newsletter for carers. | T: 0131 661 2077  W: [www.care4carers.org.uk](http://www.care4carers.org.uk)  E: [admin@care4carers.org.uk](mailto:admin@care4carers.org.uk) |
| **Edinburgh Carers Council** | Open to carers across the city who are caring for someone experiencing mental health illness. | T: 0131 322 8480  W: <https://edinburghcarerscouncil.co.uk>  E: [info@edinburghcarerscouncil.co.uk](mailto:info@edinburghcarerscouncil.co.uk) |
| **Eric Liddell Centre** | Open to carers across the city. | T: 0131 447 4520  W: [www.ericliddell.org/services/befriending](http://www.ericliddell.org/services/befriending)  E: [sorries@ericliddell.org](mailto:sorries@ericliddell.org) |
| **Edinburgh Headway** | Open to carers across the city (and Lothians) to specifically support people caring for someone with an Acquired Brain Injury. | T:0131 370 0393  W: [www.edinburghheadway.org.uk](http://www.edinburghheadway.org.uk/)  E: [carers@edinburghheadway.org.uk](mailto:carers@edinburghheadway.org.uk) |
| **Edinburgh Young Carers** | Open to young carers across the city aged 5-25. | T: 0131-475-2322  W: [www.youngcarers.org.uk](http://www.youngcarers.org.uk)  E: [info@youngcarers.org.uk](mailto:info@youngcarers.org.uk) |
| **Lanfine Carer Support Service** | Open to carers across the city (and Lothians) to specifically support people caring for someone with a Progressive Neurological Condition. | T: 07972 248861  W: <https://services.nhslothian.scot/supportingcarers/Pages/LanfineUnit.aspx> |
| **MECOPP** | Open to carers across the city, this service is available to Black and Minority Ethnic carers. | T: 0131 467 2994  W: [www.mecopp.org.uk](http://www.mecopp.org.uk/)  E: [info@mecopp.org.uk](mailto:info@mecopp.org.uk) |
| **Space & The Broomhouse Hub** | Open to both adult and young carers who live in the South West of Edinburgh. | T: 0131 455 7731  W: [www.spacescot.org](http://www.spacescot.org)  E: [adultcarers@broomhousecentre.org.uk](mailto:adultcarers@broomhousecentre.org.uk)  E: [youngcarers@broomhousecentre.org.uk](mailto:youngcarers@broomhousecentre.org.uk) |
| **Support In Mind (Based in the Stafford Centre)** | Open to carers across the city to specifically support people caring for someone experiencing mental illness. | T: 0131 557 0718  W: [www.supportinmindscotland.org.uk/edinburgh-services](http://www.supportinmindscotland.org.uk/edinburgh-services)  W: [http://www.staffordcentre.org.uk](https://www.staffordcentre.org.uk/)  E: [Lorraine@supportinmindscotland.org.uk](mailto:Lorraine@supportinmindscotland.org.uk) |
| **The Action Group** | Open to carers of children and adults with support needs and learning disabilities, living in Edinburgh, the Lothians and Falkirk areas. | T: 0131 475 2315  W: <https://actiongroup.org.uk/>  E: [info@actiongroup.org.uk](mailto:info@actiongroup.org.uk) |
| **VOCAL** | Open to carers across the city. This service also offers dedicated carers counselling, online carer training opportunities and financial and Power of Attorney advice. | T:0131-622-6666  W: <https://www.vocal.org.uk/>  E: [centre@vocal.org.uk](mailto:centre@vocal.org.uk) |
| **VolunteerNet** | Open to carers across the city, VolunteerNet is a service for unpaid carers who live with the person they care for. At this time carers do not have to be registered with VolunteerNet to access some help from their volunteers. | T: 0131-200-2324 (Social Care Direct)  W: [www.edinburgh.gov.uk/carers/volunteer-support-](http://www.edinburgh.gov.uk/carers/volunteer-support-carers?documentId=12310&categoryId=20077)  E: [socialcaredirect@edinburgh.gov.uk](mailto:socialcaredirect@edinburgh.gov.uk) |

**Other useful websites include:**

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| NHS Inform – testing info for unpaid carers can be found under “Advice for Key Workers” | W: <https://www.nhsinform.scot/wuhan-novel-coronavirus>  T: 0800 22 44 88 |
| Edinburgh Health and Social Care Partnership- Carers COVID- 19 information page | W: <https://www.edinburghhsc.scot/coronavirus-information/carers/> |
| Edinburgh Health and Social Care Partnership- Food Parcel info for vulnerable or shielding people | W: <https://www.edinburgh.gov.uk/coronavirus-4/food-parcels-vulnerable-people-coronavirus>  T: 0131 200 2306 (Edinburgh Vulnerable helpline) |
| Edinburgh Health and Social Care Partnership- COVID-19 and caring for someone with dementia | W: <https://www.edinburghhsc.scot/coronavirus-information/dementia-and-covid-19>  T: 0808 808 3000 (Alzheimer Scotland helpline) |
| Scottish Government - Healthier Scotland | W: <https://clearyourhead.scot> |
| Safer Scotland- Corona virus Hub | W: <https://www.readyscotland.org/coronavirus> |
| CoronaVirus Information for unpaid cares from the Scottish Government | W: <https://www.gov.scot/publications/coronavirus-covid-19-advice-for-unpaid-carers-march-2020/> |
| Short Breaks for Strange Times – online breaks from home | W: <https://www.sharedcarescotland.org.uk/resources/short-breaks-for-strange-times> |