

# Support for carers in Edinburgh



HAPPY TO TRANSLATE

MOŻEMY PRZETŁUMACZYĆ    আনন্দের সঙ্গে অনুবাদ করব  
ترجمے 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.

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## VOCAL - Voice of Carers Across Lothian

Edinburgh Carers' Hub  
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Edinburgh EH6 5HB

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

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

**Twitter:** @EdinburghCarers

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

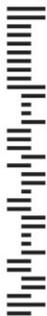
**A carer provides unpaid care to a family member, partner, relative or friend with a:**

- 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.**

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VOCAL Edinburgh Carers Hub  
60 Leith Walk  
Edinburgh  
EH6 5HB



vocal  
working with carers



## Am I a carer?

## How can VOCAL help?

## How do I get in touch?

## Contact VOCAL



### 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. Topics 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)

**On our website:** [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:**

**How we use the information in this form:**

The information provided in this form will be stored on VOCAL's secure systems. We will use it to let you know about carer events, training and other relevant support by post, email, SMS or telephone. We will not share any personal information with a third party unless required to do so or with your consent. Information is regularly checked to ensure it is accurate and up to date and you can ask to amend, view or remove your personal data by contacting us. (detail overleaf)

We would also like to send you occasional information by email about fundraising events and other VOCAL activities.

**Please tick here to receive this information:**

Read our full data protection statement at [vocal.org.uk/privacy](http://vocal.org.uk/privacy)

