



VOCAL Midlothian
gratefully acknowledges
financial support from the
following agencies:



Visit VOCAL online:
www.vocal.org.uk
SC020755
SC183050

Looking after
someone?

Who is looking
after you?



Support for carers
in Midlothian

VOCAL
Freepost Nat 7673
PO Box 28916
Dalkieith
EH22 0BR

No Stamp
Required

0131 663 6869 www.vocal.org.uk

Do you...

look after a relative, partner or friend who needs support because of age, physical or learning disability or illness, including mental health problems?

We're here to support you

VOCAL is the Voice of Carers Across Lothian - an organisation run by carers for carers. We provide the following support to carers in the Midlothian area:

Information on your rights as a carer, including carer assessments

Help with benefits and other financial advice

Information on support services for you as a carer

Information on respite and holidays

Training and events to support your caring

Counselling for carers

Advocacy for carers

A collective voice on issues that are important to you

Carer Support Groups

■ Carers of people with mental health problems

First Wednesday of the month
3.00–4.30
at VOCAL Midlothian Carers Centre

■ Parent Carers (parents of children with additional support needs)

Monthly on a Tuesday evening
7.00–8.30
at VOCAL Midlothian Carers Centre

Get in touch...

Contact your Midlothian Carer Advice & Development Officers, Lissa Smith, Jan Barnett and Claire Easton.

Tel: 0131 663 6869
Email: midlothian@vocal.org.uk
Or return the attached form.

Our services are independent, confidential and free.

Contact Us



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

Please send me a copy of the Carers Information Pack and the newsletter *Carers News*, and put me on the VOCAL Carers Centre mailing list.

Name

Address

Postcode

Telephone

Email

Data protection - for your assurance.

The information you provide on this form will be stored on our database so that we can let you know about publications, training and events that may be of interest. We will not share your details with anyone else. If you don't want us to do this please tick the box.