

**The Princess Royal Trust
VOCAL Carers Centre
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VOCAL

Voice of Carers Across Lothian
8-13 Johnston Terrace
Edinburgh EH1 2PW

0131 622 6666
centre@vocal.org.uk
fax: 0131 622 7621

Direct contact numbers:

Advice and support	0131 622 6666
Advocacy	0131 622 7625
Counselling	0131 466 8082
Training	0131 622 6666
South Edinburgh Carer Support	0131 672 0987
South West Carer Support	0131 449 8606
Coming home from hospital	0131 313 6725
Family Support Addictions	0131 622 6262

VOCAL receives financial support from several trust funds and the following agencies



Looking after
someone?
**Who is looking
after you?**

Support for carers
living in **Edinburgh**

Scottish Charity: SC020755
Company registration: SC183050

0131 622 6666

Do you look after someone who is ill, disabled, frail, has a long term condition or an addiction?

Contact VOCAL



Want to know about your rights?
Need help with benefits?
Looking for services?

Contact the carer support team for free and confidential support. We offer one-to-one information and advice, regular benefits surgeries and support in planning for the future.

Want to learn more about the condition of the person you care for?

Interested in finding out how to access services more effectively?

We provide free **training** to carers on a wide variety of subjects. Contact us to request listings of forthcoming courses.



Are you worried about someone's alcohol or drug use?

The Family Support Addictions Service offers free support to family and friends affected by someone else's addiction. Contact Family Support Addictions on 0131 622 6262



Need to talk?

We provide free one-to-one counselling in person to carers who require emotional support. We also run a groupwork programme that provides courses and workshops focused on the emotional impact of caring.



Carers often feel stuck in situations where their wishes and needs are not taken into account. We provide a free, confidential **advocacy service** which can support you in expressing your views and feelings about your situation. Our advocates are volunteers with experience of caring.

VOCAL supports carers individually and collectively, representing their interests and needs to practitioners, planners and politicians.

A dedicated team of volunteers support the work of VOCAL. To find out about volunteering opportunities, get in touch.

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

Please send information on the following services:

Advice & support Groupwork
Training Family Support Addictions
Advocacy Counselling

Name:

Address:

Postcode:

Telephone:

Caring situation:

Email:

We will add you to our carers email group to receive regular updates

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 events, training and publications 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.

Contact us - fill in the slip >