

The Princess Royal Trust
VOCAL Carers Centre
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Voice of Carers Across Lothian
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Direct contact numbers:

Advice, support, training	0131 622 6666
Advocacy	0131 622 7625
Counselling	0131 466 8082
South Edinburgh Carer Support	0131 672 0987
South West Carer Support	0131 449 8606
Family Support Addictions	0131 622 6262



HAPPY TO TRANSLATE

MOŻEMY PRZETŁUMACZYĆ আনন্দের সঙ্গে অনুবাদ করব

ترجمہ کے لئے حاضر 很樂意翻譯 يسعدنا توفير الترجمة

Summary available in Braille, large print, easy read or audio if you ask us. Call 0131 622 6666.



LOTTERY FUNDED

ACTION

[on alcohol & drugs in Edinburgh]



EDINBURGH
THE CITY OF EDINBURGH COUNCIL



Scottish Charity: SC020755
Company registration: SC183050



Looking after
someone?

Who is looking
after you?

Support for carers
living in **Edinburgh**

0131 622 6666

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

Contact VOCAL



Am I a carer?

A carer provides unpaid care to a family member, partner, relative or friend who may be elderly or requires help to manage a long term illness, disability, physical or mental health problem or addiction.



How can VOCAL help?

VOCAL supports carers in all family or relationship settings, be they defined by kinship, partnership, friendship, affection or obligation. We provide:

- advice and emotional support
- training
- counselling
- groupwork
- advocacy



Carer support

Many carers don't know what they are entitled to. Contact our Carer Support team to get one-to-one support and find out about your options.

Training

Our 'Caring with Confidence' programme helps carers to become better informed,



increases confidence and improves stress levels. The courses and seminars cover specific conditions and topics such as telecare, falls prevention and continence management.

Counselling and groupwork

VOCAL's counselling service is free to carers who require emotional support. The groupwork programme covers a number of themes including changing relationships, stress management, dealing with guilt and loss and bereavement.

Advocacy

We provide a free, confidential advocacy service which can support carers to express their views and feelings about their situation.

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.

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:

Email:

Age:

Condition of person being cared for

Relationship to person being cared for

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 add your email address to carers email group.

If you don't want us to do this please tick the box.